

FLEX

BY VMX > VOLUME 1

3

WAYS
TO BE IN A
CALORIE
DEFICIT **WITHOUT**
GOING ON A DIET

EXCLUSIVE INTERVIEW

With World Record holder Alikhan Kazia

BRAND NEW CLASSES AT VMX

Get Your X Back // Cardio Dance Carnival



TRAINER SPOTLIGHT

RICHARD GITAU

On his journey to becoming a top
trainer, his competitive bodybuilding
success and his workout regime



A woman with dark hair and a leopard-print bikini top is lying on a black wicker lounge chair on a wooden deck. She is holding a red drink in a tall glass with a sprig of greenery. Next to her is a black, stylized face sculpture. In the background, there is a swimming pool and a city skyline under a blue sky with clouds.

SWIMMING POOL ACCESS

VMX Members can access the rooftop swimming pool at Trademark Hotel. Pick up your pool pass from the VMX reception desk to take the plunge!

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FITNESS

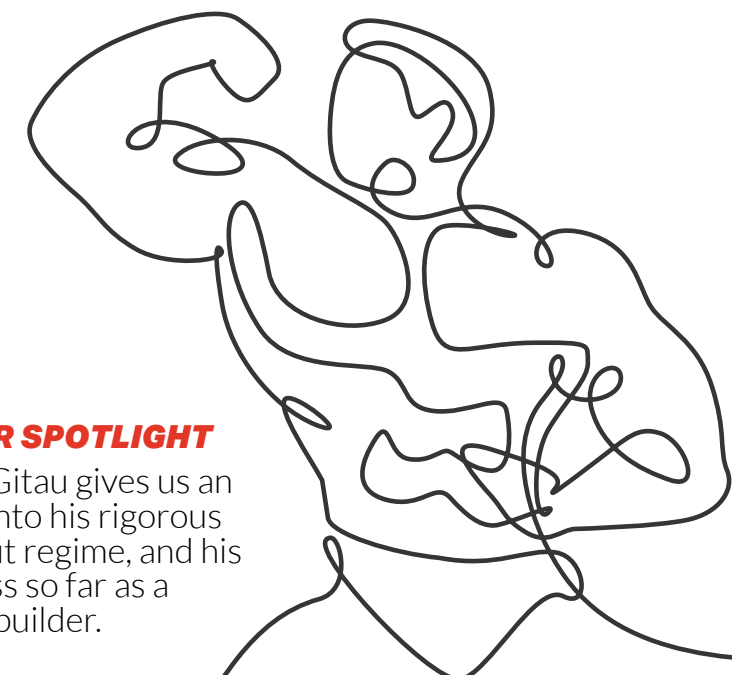
New VMX Fitness and Marketing Manager, Gabriella Fox, looks at three ways to be in a calorie deficit **without** going on a diet.



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TRAINER SPOTLIGHT

Richard Gitau gives us an insight into his rigorous workout regime, and his success so far as a bodybuilder.



NEW CLASSES AT VMX

Check out some of the exciting new classes we've introduced at VMX over the past month.

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INTERVIEW

We speak to Alikhan Kazia – Kenya national archer and table tennis player, and three-time Guinness World Record holder – about his background and journey to the Olympics.

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3 WAYS TO BE IN A CALORIE DEFICIT WITHOUT BEING ON A DIET

WORDS GABRIELLA FOX

We lose weight by being in a calorie deficit – when we expend more energy than we consume through food. Most experts suggest that losing around one pound per week would require a total calorie deficit of about 3,500 calories per week, or 500 calories per day.

The common way for people looking to shift those extra pounds and be in a deficit is through dieting and eating less food. But as we all know, this is usually not an enjoyable experience. However, there are many ways for us to achieve the same calorie deficit result without having to sacrifice those tasty treats. All we have to do is increase our daily energy output, and here are three ways you can do that.

1. EXERCISE

Simple really, but by adding exercise to your daily routine you will burn off extra calories. If you are new to working out, then any physical activity will have benefits to your weight loss journey. Try adding in a daily walk, or join one of VMX's low-impact classes such as Hatha yoga. If you have been working out for a while, then try increasing the intensity of your workouts by progressively overloading the weights, taking less rest, adding on 10 minutes more or trying a high-intensity class such as Box-Fit.

2. INCREASE YOUR NEAT

NEAT stands for Non-Exercise Activity Thermogenesis, and is basically the energy expended for everything we do that isn't sleeping, eating or working out. If you have an office job, your NEAT levels are likely to be very low. But by increasing those levels, you can put your body into a calorie deficit without dieting. Ways to increase your NEAT include walking more and taking the stairs, moving around whenever on the phone, dancing and playing with your kids or dog, or cleaning the car or house. You just need to get creative with your day and make sure you sit less.

3. EAT FOODS THAT BURN CALORIES

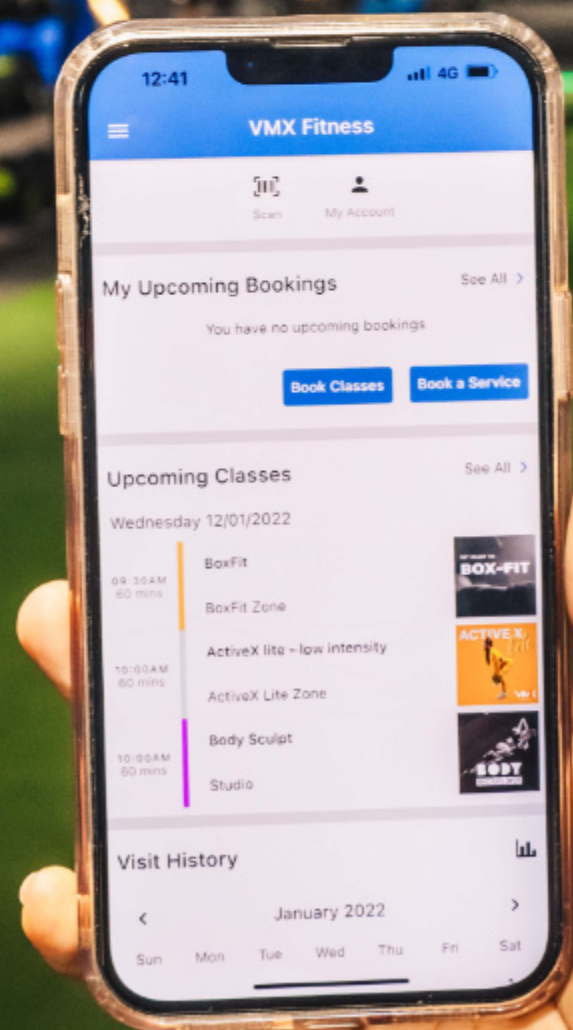
Believe it or not, we also expend energy when we eat, as the process of chewing and digesting food requires effort. This is known as the thermic effect of food (TEF). There are actually some foods that burn more calories than others, e.g. high protein foods such as chicken, tuna and salmon, as well as high fibre foods such as broccoli, beans and collared greens.

Disclaimer: while TEF is a primary component of your total daily energy expenditure, it is only 10% of it, and eating these foods alone won't be enough to make a noticeable difference in your weight loss journey. But combine all three of these methods, and you are guaranteed to start seeing results without having to sacrifice any of those precious calories.



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Check class schedules, manage your membership account and sign up for classes directly from the free app. Ask our front desk agents to help you get started.



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Styku
SHAPE YOUR FUTURE

INTERVIEW

ALIKHAN KAZIA

VMX CLUB MANAGER

Alikhan Kazia is VMX's new Club Manager, and he is also a Kenya national archer and table tennis player. As well as playing competitively, he enjoys producing elaborate table tennis trick shots. Over the years, his @PongMastersKE Instagram page has amassed a huge following. Alikhan is also a three-time Guinness World Record holder, for the most ping pong balls bounced into a cup in one minute, most table tennis serves into a cup in one minute, and fastest time to bounce a ball into five cups. He now teaches others his ping pong skills as a coach.

We sat down with Alikhan to learn more about his incredible sporting achievements.

FLEX: How long have you been playing table tennis?

Alikhan: I started playing at the age of 10 when I made my first international debut, and have been playing for the last 13 years.

How far and wide have you travelled to play table tennis?

I have trained in China, France and Germany. I have also represented Kenya internationally, and have been the national champion multiple times at junior and senior level.

That's amazing. What about archery?

I only recently got into archery after retiring from table tennis. My goal is to qualify for the Olympics, which is a mammoth task because not many people make it.

What's your plan for qualifying for the Olympics?

In archery there is only one distance shot in the Olympics, which is 70 metres. For me to qualify, I have to hit 640 points out of a possible 720, which is an incredibly high mark. But with training and dedication, I believe I can make it. The club I shoot for is the Federation of Target Archery Kenya (FTAK), who have been very supportive.

What about the trick shots – how did that all start?

Someone noticed me trying to recreate trick shots online. He's now one of my closest friends, and he's the reason I've got the following I have today.

How many followers do you have, and how do you come up with the trick shots?

We both give our input into how we want to execute a specific trick. Through trial and error, we first see if a trick is possible, and then immediately start recording. We currently have over 30,000 followers, and millions of views across various platforms.

That's incredible. Which platforms have you been featured on, and how long do the tricks take to master?

We have been recognised on ESPN, Sky Sports, BBC Sport, 9Gag, Daily Mail UK and Australia, Sport Bible, among many others. In terms of the time it takes to master the trick shots, it really depends on the shot. Some can take hours, and even days, while others we complete in minutes.

Three Guinness World Records is impressive. How did that happen?

The head of creative content at Guinness World Records emailed me and asked if I wanted to attempt some records. They had seen my trick shots when I was featured on BBC Sport. I had to take that opportunity and make it happen. I set a few records and have been trying to break them again ever since.

How is a record verified?

A lot goes into it. Luckily, we didn't need an adjudicator to verify the attempt, just a lot of evidence, including witness statements, photographic evidence and slow motion footage. Thankfully, all my records were verified, and I hope to break more in the future.

 @PongMastersKE



SERVICES	MEMBER PRICING	NON-MEMBER PRICING
Physiotherapy Initial (60 minutes)	5,000	5,500
Physiotherapy Follow-Up (45 minutes)	4,500	5,000
Deep Tissue Massage (60 minutes)	3,500	4,000
Myofascial Release (60 minutes)	4,000	4,500
20-minute TheraStretch (Stretch and Theragun)	1,500	2,000
Mobility (60 minutes)	3,000	3,500
Acupuncture (45 minutes)	4,500	5,000
Functional Screening for Lifting/Injury Prevention (60 minutes)	5,000	5,500

RICHARD GITAU



Age: 25

From: Kahawa Sukari

Qualifications: ISSA
Personal Training and
BA Economics and
Sociology from Egerton
University, Kenya

In the first of our VMX Trainer Spotlight series, we profile one of our resident bodybuilders, Richard Gitau.

FLEX: How long have you been at VMX?

Richard: Since it reopened as VMX in September 2021.

How long have you been a trainer?

For three years, since 2019.

How long have you been a bodybuilder?

My first competition was in 2018, but I started training in 2015.

What inspired you to become a bodybuilder?

I started to build muscle for aesthetics, to look good, as well as for fashion. I was surrounded by bodybuilders in my university gym who were very inspiring, and I decided that I wanted to be the best at bodybuilding. I actually placed 6th out of 30 in my first competition – Mr Kenya – which was quite good. I have now competed six times so far.

Are there any competitions that you're most proud of?

It would have to be last year's Mr 001 in Mombasa, where I finished third among the best bodybuilders in Kenya. My physique was great, and it has been my best result to date. It was a considerable improvement from my previous competitions.

What has been your biggest challenge?

It's an expensive sport because of all the food and supplements. For example, at one point I was eating almost 2kg of chicken breast per day. You also have to pay for coaching for four months.

What do you like most about bodybuilding?

Discipline. To become shredded, you have to make sure you eat the right amount of calories in a day, and also ensure that you hit your cardio targets. You can't have cheat meals for four months. At one point last year, I was coming in to VMX at 4.40am to do 40 minutes of cardio to hit my daily cardio targets, then training clients, then weightlifting at 10am for one and a half hours, then 30 minutes of cardio again, then back to training clients... Plus trying to get in six meals a day, which I had to cook every evening. So you can see the discipline needed. Because of that, I felt I needed to win even more.

What does a typical week of training look like for you?

Currently I'm in off-season, so I train four days a week. Monday is chest and shoulders, Tuesday is legs and biceps, Wednesday is back and triceps, and Thursday is hamstrings and shoulders. Then I rest from Friday to Sunday. During the competition season, I train six days a week for four months.

Will you be competing this year?

Yes, I hope to compete in the IFBB Pro League Romania Men's Physique in November.

What tips would you give to aspiring bodybuilders?

First get into the gym, then make sure you have a plan and know what you are training. Then be consistent and patient in everything you do, because it takes time and hard work to become the best.

 @richard_gitau | YouTube: Richard Gitau

TRANSFORM *TODAY.*

ABS ATTACK

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THAT
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MOVE

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06.30 PM - 07.15 PM

THURSDAY

08.15 AM - 09.00 AM

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12,000 FOR 1 MONTH	8,500 PER MONTH	25,000 FOR 3 MONTHS	48,000 FOR 6 MONTHS	90,000 FOR 12 MONTHS
MONTH-TO-MONTH ADVANCE PAYMENT	12-MONTH MEMBERSHIP 12 MONTHLY PAYMENTS	3-MONTH MEMBERSHIP ONE ADVANCE PAYMENT	6-MONTH MEMBERSHIP ONE ADVANCE PAYMENT	12-MONTH MEMBERSHIP ONE ANNUAL PAYMENT
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		+ 2 Free Guest Passes worth KES 5,000	+ 5 Free Guest Passes worth KES 12,500	+ 10 Free Guest Passes worth KES 25,000

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