

Sarina Jain



International Fitness Celebrity and Creator of The Masala Bhangra Workout®

Masala Bhangra Workout is the creation of fitness instructor, Sarina Jain. She is an energetic fitness innovator, music-video choreographer and international television/radio personality who basically just loves to dance! Jain is America's first cross-cultural fitness star, combining the *bhangra* tradition from her Punjabi roots with the American craze for healthy living. This unique combination of Punjabi folk dance and cardio workout has won her the attention of those seeking a lively way to tone up. *Masala Bhangra Workout* is also a certified fitness program backed by the U.S. fitness boards. Jain introduced her bhangra-style fitness routine to the U.S. when she founded her fitness company, Masala Dance & Fitness in 1999 in Los Angeles and released her first workout tape that same year. She has since directed and produced a total of seven high-intensity workouts as part of her *Masala Bhangra Workout* series. Jain has been a certified fitness instructor for more than 18 years and brings her business savvy to the table with a degree in marketing and public relations. This year, her aim is to spread the love for bhangra to Latin America, as well as train Masala Bhangra instructors worldwide. Need a new workout regime? Jain's new workout video is in the works.

I LOVED it!!!! Not only is the Masala Bhangra Workout different from any other workout, but my cardio rate increased a lot! Sarina is really charismatic and I love the way she motivates during the workout. She's great!

– Cristina Scabbia, lead singer of Lacuna Coil and metal's sexiest frontwoman

Q&A:

Zodiac sign: Pisces.

Relationship status: Single.

Best way to unwind: Give myself a facial, read a book, watch TV or read the news.

Fave Bollywood movie: Too many yaar!

Favourite Hollywood movie: Anything with Sandra Bullock.

Favourite book: I love reading books! Love all kinds of stories. Just completed *Shantaram* and loved it!

Guilty pleasure: Chocolate!

If you could choose a superpower, what would it be and why? I would want to bring back all the loved ones that I have lost as I miss my Dad and Naniji very much!

What is on your iPod? All kinds of music from B-Tribe and Bhangra/Bollywood to Miles Davis, Lady Gaga and classical Indian music.

Something quirky about you no one would know: I love to laugh out loud.

Best personal feature and why: People say that I energize them with my personality. I love to make a positive difference where ever and whenever I can in a person's life.

Best feature on the opposite sex: Personality!!!!

Celebrity crush: Very attracted to Saif Ali Khan.

If you had to choose, would it be Romance or Hot Sex? Romance, yaar! Romance!

Three things you can't live without: My mom, my sister and laughter!

Most memorable professional moment: Being recognized by the American fitness boards as the first to break barriers and bringing Indian dance to the U.S. fitness industry at a global level, in which it is one of the top 10 workouts around!

Most valuable life lesson: Never lose sight of what you want your goal and don't let your ego get in the way! Be proud of what you do and stand strong! Stay strong!

Motto you live by: Stay fit and keep smiling.