NAYA NAZIMABAD
A MARK OF PRIDE

SEP/OCT 2024

ISSUE 02

# Inside NAYA NAZIMABAD

QUERIES
EVENTS
LATEST UPDATES
SPILLING THE SECRETS
UNCOVERING EVERYTHING
LATEST TRENDS

nayanazimabad.com
**UAN:** 111-511-611

# CONTENTS


1. WELCOME NOTE
2. ABOUT ALI HABIB
3. ABOUT GYMKHANA
4. HEALTH & FITNESS
5. -YOGA & AEROBICS
6. -SWIMMING
7. -TABLE TENNIS & TENNIS
8. -SQUASH
9. -BADMINTON
10. -GYM
11. OTHER AMENITIES
12. -MEMBERS' LOUNGE & KIDS PLAYING AREA
13. -BISTRO
14. COMMUNITY SPOTLIGHT
15. FASHION & LIFESTYLE
16. FUN & GAMES
17. BEHIND THE SCENES
18. INSIDE PAKISTAN
19. FAQs

Hello, Readers!

We welcome you again on this exciting adventure where we will answer all your queries and give you a sneak peek into the life of Naya Nazimabad.

To remain connected with you, Naya Nazimabad Magazine will bring all the latest updates, events, insightful information, trends, and more right to your screen.

Dive in, explore, and become a part of our growing community with every page you turn.

# ABOUT ALI HABIB

Ali Habib Medical Centre is a dedicated not-for-profit primary health center, established with the mission of meeting the fundamental healthcare needs of the community it serves. It provides accessible and comprehensive health services, ensuring that individuals and families receive the care they require in a supportive environment.

Ali Habib offers a range of specialized services through consultant clinics, which are staffed by experienced professionals in various medical fields. This allows to cater to diverse healthcare needs, from preventive care and routine check-ups to more specialized treatment and management of chronic conditions.

The Medical Centre revolves around the motive that healthcare should be a right for everyone, which is why they strive to keep the services affordable and accessible. The centre not only addresses immediate health concerns but also focuses on preventive measures and education, empowering community members to take charge of their health.

NAYA NAZIMABAD
GYMKHANA

# ABOUT GYMKHANA

Welcome to Naya Nazimabad Gymkhana, your home away from home where you and your family can unwind and create lasting memories.

Set against a backdrop of lush greenery and modern elegance, this haven provides a refined escape from the everyday grind. Here, you can immerse yourself in a variety of activities as the facility offers a perfect blend of relaxation and activity, allowing you to rejuvenate your body through various sports and recreational options.

# Health AND FITNESS

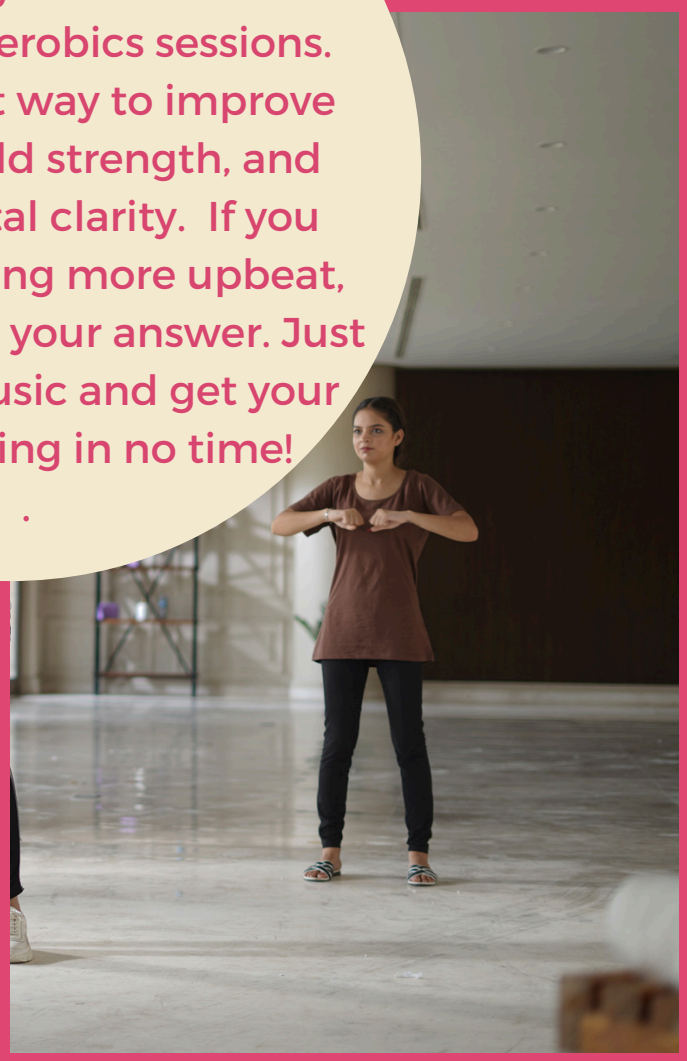
TIRED OF YOUR BORING TREADMILL ROUTINES?

HERE ARE FUN WAYS TO STAY FIT!

## YOGA & AEROBICS

Dance your way into fitness with the dynamic aerobics sessions. Yoga is a great way to improve flexibility, build strength, and achieve mental clarity.  If you prefer something more upbeat, then aerobics is your answer. Just set to lively music and get your heart pumping in no time!

.



# SWIMMING

Do you know swimming burns more calories per hour than running?

If you prefer a low-impact workout, swimming is the ultimate exercise. Whether you are doing laps or just floating around, swimming enhances endurance, strength, and flexibility—all while giving you a break from the gym.

MAKE WAVES, MAKE MEMORIES

# TABLE TENNIS & TENNIS

Looking for a sport that engages both your mind and body?

Table tennis sharpens your reflexes, while tennis keeps you on your toes with fast-paced action. Both sports are great cardiovascular workouts that tone your muscles. Plus, they are social activities—so grab a friend and enjoy some competitive fun!

# SMASH YOUR WAY TO VICTORY

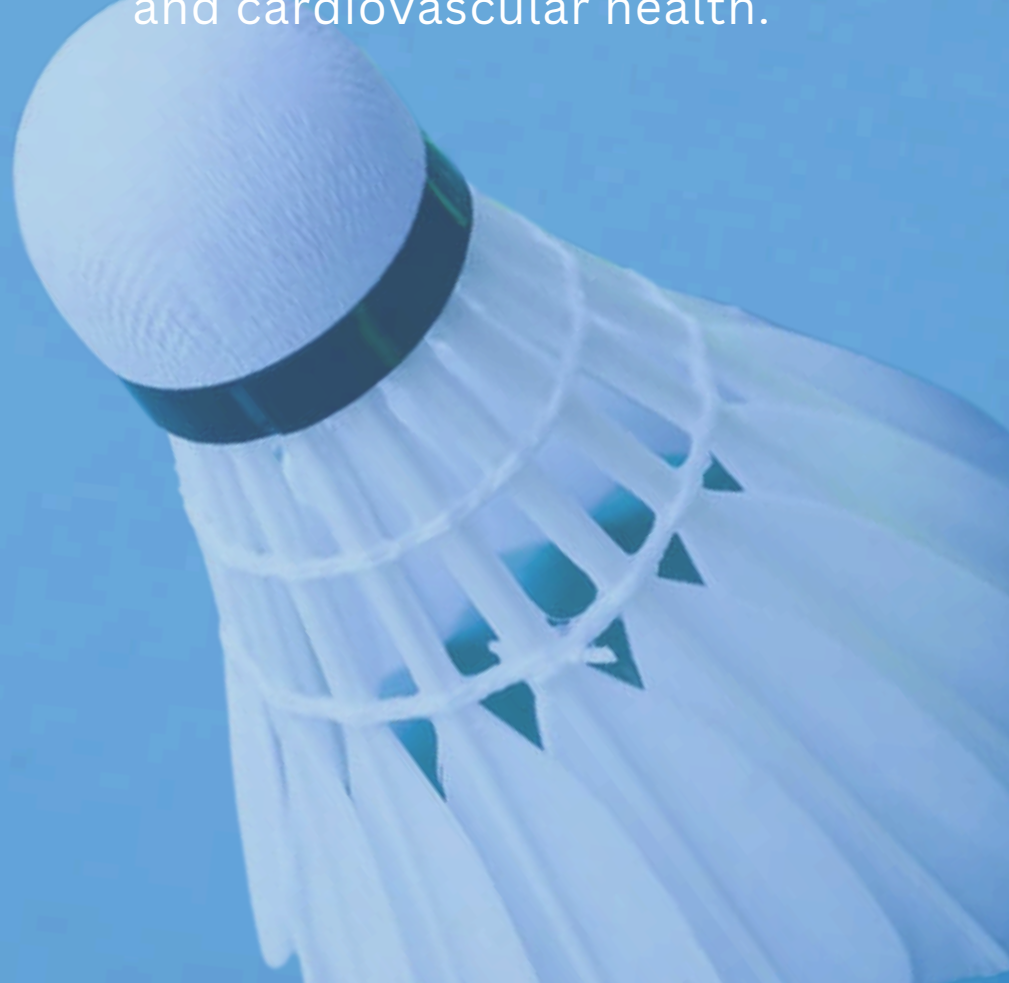
# SQUASH

If you are craving an intense workout, squash is just for you. This fast-moving indoor sport will give you a serious sweat session as you chase the ball across the court.

# BADMINTON

## Light and Fun, Yet Effective

Here is something light on your feet but highly effective. Badminton combines fun with fitness, and the best part is, it is a sport that’s easy to pick up and offers a full-body workout. Whether you are playing casually or competitively, badminton is a great way to burn calories while improving hand-eye coordination and cardiovascular health.



# EXPERIENCE IT ALL

## at Naya Nazimabad Gymkhana

Whether you are drawn to the calm of yoga, the intensity of squash, or the fun of badminton and tennis, you will find everything you need at Naya Nazimabad Gymkhana. Its world-class facilities and diverse range of activities ensure that fitness is not just a routine but an enjoyable experience. Discover a whole new way to stay fit and energized, right here in the heart of Naya Nazimabad!

“STILL WANT TO USE THE TREADMILL?? WHY NOT WITH OUR

MESMERIZING VIEW AND EXPERT TRAINERS”

# GYM

Now, you can burn all your calories while gazing at a mesmerizing view of lush greenery and serene landscapes. Our state-of-the-art gym is equipped with the latest machines and fitness technology, providing an unmatched workout experience. Paired with our experienced trainers, you'll find yourself reaching your fitness goals faster than ever.

# HERE IS A GLIMPSE OF ALL THE OTHER AMAZING AMENITIES

- Full Day Dining
- Bistro
- Juice
- Beverage
- Patio
- Restaurant
- Snooker Billiard
- Chess
- Board Games
- Member's Lounge
- Gaming Zone
- Children's Play Area
- Steam
- Sauna
- Spa
- Hotel
- Multi-purpose Room
- Business Center
- Banquette
- Meeting Rooms
- Mini Theater
- Multi-purpose Hall
- Library
- Paragliding
- Archery
- Hiking
- Camping
- Horse Riding

## MEMBERS LOUNGE & KIDS PLAYING AREA

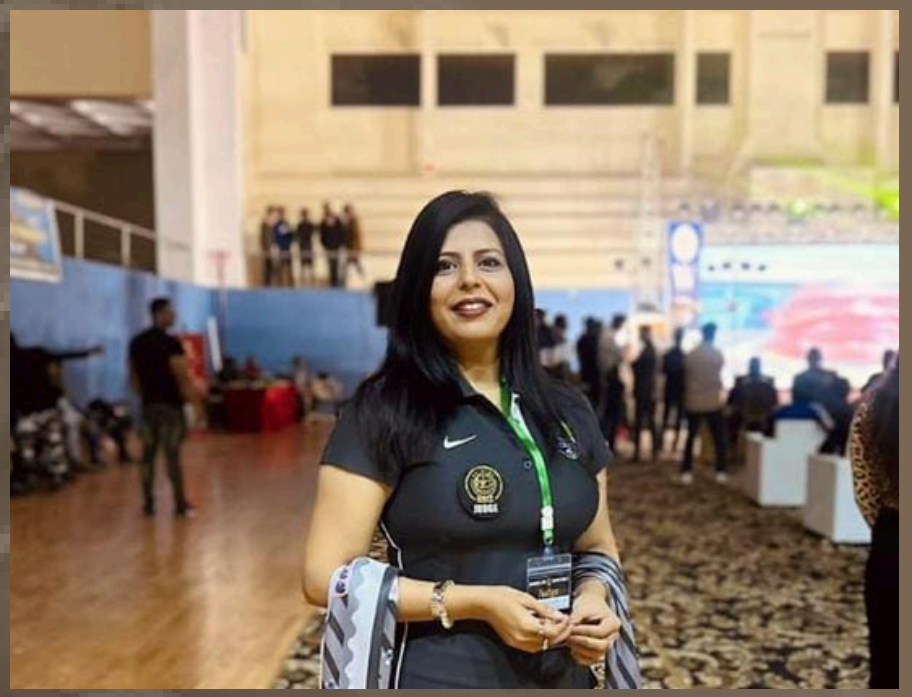
Let your kids enjoy the vibrant Kids Playing Area, where they can engage in fun, energetic activities under the watchful eye of trained staff. While they play, you can spend some well-deserved “me time” in our inviting Members Lounge. It’s the perfect way to unwind and relax while knowing your little ones are having a blast!

# BISTRO

A delicious start to your week.

# COMMUNITY SPOTLIGHT

## NAYA NAZIMABAD GYMKHANA FEMALE GYM TRAINER



**What inspired you to become a gym instructor?**
I see it as a matter of self-improvement. Being a fitness trainer can positively impact my and clients' lives and help them feel good about themselves mentally and physically both as fitness is really important to be a good individual.

**How long have you been working in the fitness industry?**
I am a part of this field for 18years.

**How do you motivate clients to reach their fitness goals?**
Counseling plays a important role in motivating the clients, by setting small goals, by tracking their progress and by engaging them in challenge workouts which can be more interesting for them to participate.

**How do you tailor workouts for different fitness levels?**
My schedule contains variety of workouts that includes high intensity training to relaxing yoga sessions gradually

**Can you share a success story from your experience?**
I have served my responsibilities from a trainer to a manager level. In that journey, I was awarded as Ms. Fitness Model Physics Pakistan and Fit Married Women thrice(above 40) Also recently got a chance to be a judge at an event of the Pakistan bodybuilding federation and the World Bodybuilding Federation.

**What common mistakes do you see clients making?**
Healthy diet is an essential need to be fit, and clients usually take it casually as they might assume that workout is enough for fitness. Although in fitness workout plays a role at 30% and the rest is all about the diet you follow by your instructor.

# NAYA NAZIMABAD GYMKHANA SWIMMING TRAINER

What inspired you to become a swimming instructor?

My childhood fascination with water sports sparked a lifelong passion that grew stronger through my personal experience in competitive swimming. This journey has fueled my commitment to promoting swimming as a sport, as I believe in its incredible benefits for individuals and communities.

What certifications or qualifications do you hold?

I hold Masters degree in Public Administration (Major HRM). Moreover a qualified swim coach from Pakistan Swimming Federation and Level 1 International Swimming Federation (FINA).

How do you stay updated on the latest techniques and trends in swimming?

As a swimming instructor, my goal is twofold: to promote swimming as a sport and to nurture talented swimmers at the city level. I find joy in seeing my students develop a love for the water and witnessing their progress from hesitant beginners to confident swimmers.

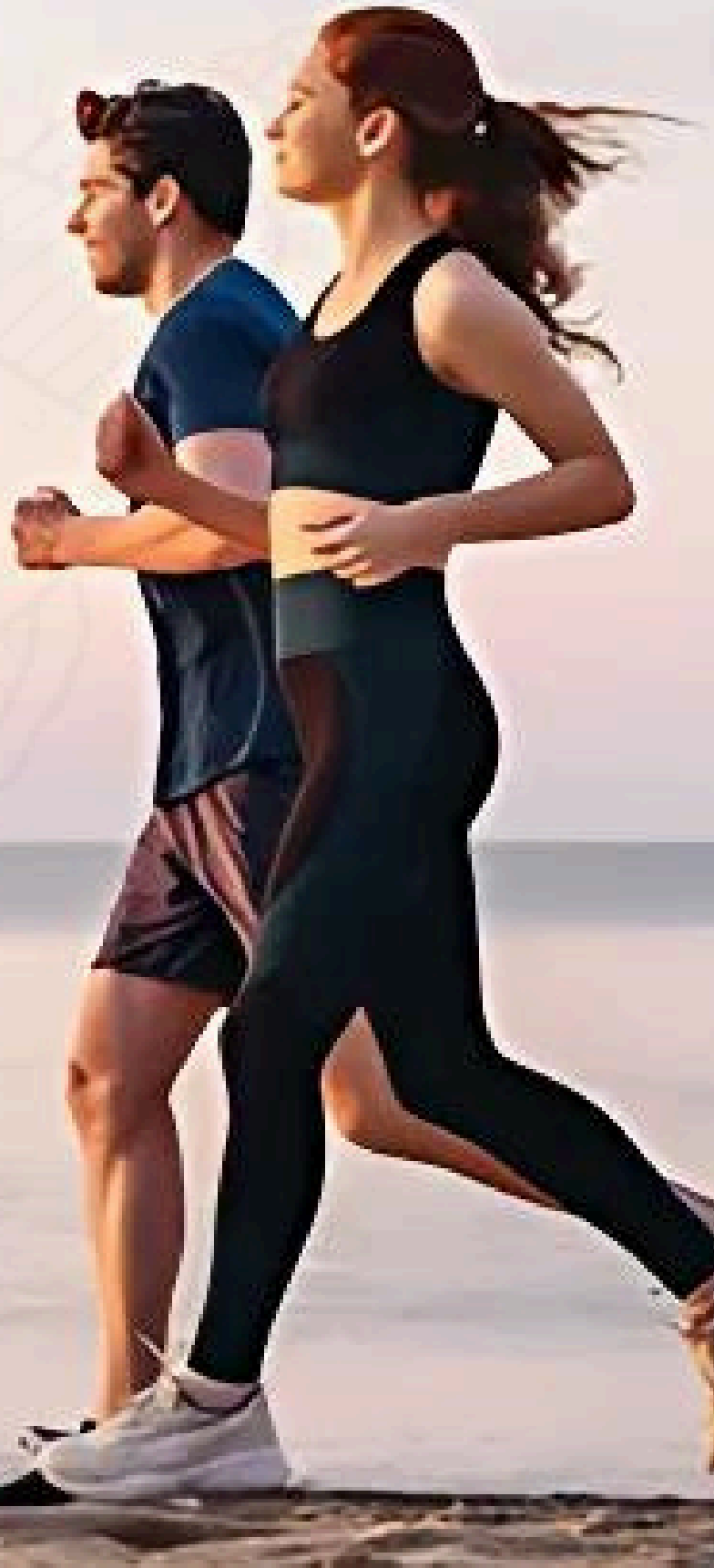
What is your teaching philosophy when it comes to swimming?
"I update my coaching skills by:
- Watching latest coaching videos
- Practical implementation
- Studying top swimmers' techniques

How do you adapt your teaching methods for different age groups?
- Preschoolers (3-5): Play-based, water acclimation, basic safety
- Children (6-12): Stroke development, breathing, water safety, games/drills
- Teenagers (13-18): Stroke refinement, endurance, lap swimming
- Adults: Fitness workouts, stroke improvement, injury rehab
- Seniors: Low-impact exercises, water therapy, balance/flexibility

What advice do you have for someone who is nervous about learning to swim?
It's normal! I ask them take it one step at a time. Start in shallow water, focus on breathing, and build up confidence. Always available to support."

# FASHION & LIFESTYLE

## Simple Steps to a Healthier You



Are you looking for effortless ways to maintain a vibrant lifestyle? The good news is that being healthy doesn't have to be boring! Embrace simple yet impactful habits that seamlessly fit into your daily routine. Let's dive into how you can adapt these habits and make health a delightful part of your lifestyle!

## WANT TO PRACTICE PORTION CONTROL?

Keep a food diary or use apps to track what you eat and your activity levels.

## WANT TO CONTROL BLOOD PRESSURE?

Add a furry friend to your life. Pets offer unconditional love and companionship, which can significantly reduce stress levels.

## WANT TO WAKE UP FEELING REFRESHED AND ENERGISED?

Put your phone on a side table when you go to sleep. Reducing time spent on screens, especially before bed, can improve sleep quality and reduce stress.

## WANT TO STAY MOTIVATED TO EXERCISE?

Experiment with different types of workouts until you find something you love, eg: dancing or yoga.

## WANT BETTER POSTURE?

Hula hooping engages multiple muscle groups, helping you get better balance and posture.

# Managing Stress through Sports

## Why Joining a Club Matters

### Do Sports Really Help in Managing Stress?

If there is one thing constantly lurking around with us, it’s stress. From daily deadlines to various personal challenges, we often find ourselves inundated with cortisol and adrenaline.

What if I told you there is an easy way out?
The answer, of course, is exercise. While it may sound cliche, the benefits are undeniable. Just ask those who incorporate daily workouts into their routines, they will attest to its transformative power for both body and mind.

**Do we really have to go to the club? After all, there are thousands of home exercises on the internet.**

WHILE WE CAN DO EVERY EXERCISE AT HOME, WE CANNOT,

## Meet New People

Engaging with others who share similar interests can help build lasting friendships and foster a sense of community. These connections can ease feelings of isolation and provide a valuable network of friends who encourage and motivate each other.

## Try Something Different

Joining a sports club allows you to explore new activities that you may not have considered before. This variety not only keeps things exciting but also helps to break the monotony of daily life, giving you fresh perspectives.

## Improve Our Mood

Activities like swimming or tennis require your full attention, forcing you to put aside worries and focus on the present moment, and they cannot be done at home.

This mental shift can be incredibly refreshing, allowing you to clear your mind and calm down.

WHILE WE CAN DO EVERY EXERCISE AT HOME, WE CANNOT,

## Develop Teamwork Skills

Being part of a sports team teaches you how to work towards a common goal, support your teammates, and communicate effectively. These attributes are not only essential in sports but are also crucial in the workplace, making your sports experience a great asset to your professional life.

## Stay Accountable

Joining a sports club helps you stick to your exercise routine. When you plan to practice or play with teammates, you are more likely to show up, even when you don't feel like it. This shared commitment makes it easier to stay active, which is great for managing stress.

## Have Variety

A club offers a variety that home workouts cannot. There is no way you can get bored with physical activity if you join a club.

# Fun & Games

## LET'S SEE HOW MANY SPORTS AMENITIES YOU CAN FIND IN ONE MINUTE

| | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| B | C | R | I | C | K | E | T | G | R | O | U | N | D | C | Z | U | B |
| A | Q | K | H | G | F | Z | T | V | P | R | E | G | C | P | N | O | U |
| D | R | F | O | O | T | B | A | L | L | G | R | O | U | N | D | A | L |
| M | T | X | U | F | Z | F | H | K | Q | U | Q | I | N | V | J | S | W |
| I | E | M | E | M | B | E | R | S | L | O | U | N | G | E | N | Q | R |
| N | N | V | C | Z | P | Y | Q | B | I | S | T | R | O | I | M | U | A |
| T | N | P | Z | J | A | O | V | P | C | Q | K | S | V | W | U | A | V |
| O | I | L | W | A | K | G | P | D | C | G | R | O | U | G | I | S | E |
| N | S | N | G | F | L | A | P | C | Z | G | Z | D | M | V | Y | H | U |
| M | M | L | Q | A | R | J | I | V | T | P | A | E | H | P | O | M | G |
| N | A | C | H | A | I | L | V | E | W | W | W | B | U | P | D | H | B |
| N | B | A | S | K | E | T | B | A | L | L | G | R | O | U | N | D | Y |

# 1% PAYMENT PLAN

The 1% Peace Apartment Payment Plan offers an accessible way to achieve homeownership with just a 1% monthly installments, enabling buyers to move in sooner while giving the remaining payments over time.

# 1% PAYMENT PLAN

# INSIDE PAKISTAN

## Trailblazers of Pakistani Sports: Celebrating Women Who Inspired and Conquered!

In a nation where sports often reflect the struggle for equality, the women of Pakistan have emerged as remarkable trailblazers, shattering stereotypes and rewriting the rules of the game. Their inspiring journeys illuminate the power of determination and courage, encouraging future generations to dream big and break barriers.

Join us as we celebrate these phenomenal women who have conquered challenges, inspired change, and continue to uplift the spirit of Pakistani sports!

Anita Karim is a Pakistani mixed martial artist.
As the first international female MMA fighter from Pakistan, she has secured seven gold medals and one silver at the Pakistan Grappling Challenge (PGC) during the 2017–2018 season. Also, she emerged victorious against Indonesia's Gita Suharsono at the One Warrior Series on February 28, 2019.

# ANITA KAREEM

Bismah Maroof is a former Pakistani cricketer who played as an all-rounder for the Pakistan women's national cricket team. As the first woman to score 1,000 runs in One Day Internationals (ODIs) for Pakistan. Over her remarkable 17-year international career, she captained the Pakistan women's cricket team in 96 matches, where her leadership was pivotal in securing gold medals at both 2010 and 2014 Asian Games

# BISMAH MAROOF

Nargis Hameedullah is a Pakistani karateka who won a bronze medal in the 2018 Asian Games. This was the first-ever medal for Pakistan in Asian Games karate. She secured a bronze medal in the over 68 kg category at the  Asian Games, marking a historic achievement. She also triumphed at the South Asian Championship in Colombo, Sri Lanka, clinching a gold medal in 2017.

# NARGIS HAMEEDULLAH

Rabia Shahzad is a prominent Pakistani weightlifter and powerlifter. She is a national record holder and has achieved significant recognition, including winning a silver medal at the World Powerlifting Competition in Trnava, Slovakia. She is also noted for being the first Pakistani female weightlifter to win a gold medal internationally and has earned silver medals at the Asian Championship.

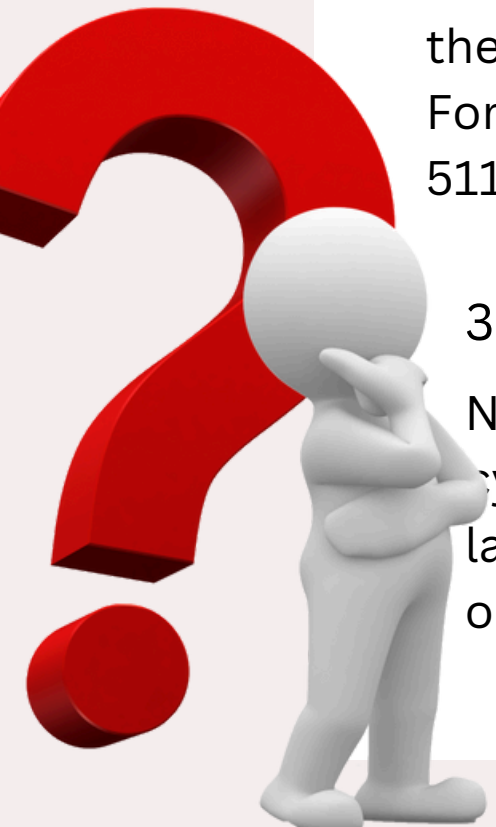
# RABIA SHEHZAD

# FAQs

## YOU ASKED WE REPLIED

1. The bridge that NN has erected is legitimate?
   Yes, the NN bridge is legitimate. The official opening ceremony of the bridge took place on June 10, with the participation of both the Mayor and the Chief Minister of Sindh, marking a significant milestone for the project.
   You can check out our Instagram story highlights for further details

2. What is the Gymkhana membership procedure?
   The membership procedure in Naya Nazimabad Gymkhana is quite simple. Visit the website, https://nngymkhana.com/, and fill out the form.
   For more details, you can also visit the Sales Centre or call 111-511-611.



3. Any events related to kids today?

   Naya Nazimabad frequently organizes related to kids, including cycling competitions, skating competitions, etc. We post all the latest events updates on our social media pages. Stay updated on all our latest events by following us on social media.

## Thank You for Reading!

We sincerely appreciate you taking the time to read this edition of the Naya Nazimabad E-magazine. Your support and engagement are what make our community vibrant and connected.

We hope this issue has provided you with valuable information and a glimpse into the wonderful activities and achievements within our community. We are committed to keeping you informed and connected, and your participation plays a crucial role in our shared success.

As we look ahead to future editions, we welcome your suggestions and contributions, ensuring that we continue to deliver content that resonates with you.

Thank you for being an integral part of our journey. We look forward to bringing you more engaging stories and updates in the coming issues.

Stay tuned for more event coverage stories from Naya Nazimabad. Your feedback and contributions are always welcome as we strive to bring you the best of our community.

Warm regards,
Naya Nazimabad

# For more updates, follow us on

**Website**

**Facebook**

**Instagram**

**YouTube**

**TikTok**