

WOMENFITNESS

June 2018

LOOK

Beautiful
This Summer

The Evergreen Beauty

Juhi Chawla

5

HOT SUMMER
DESTINATIONS

SELF
DEFENSE
MOVES
THAT YOU
MUST KNOW



It's wonderful to see the information on the website which is so readily available for anyone in the world who's looking for tips on leading a healthier life.

**Apurvi Chandela,
Indian Shooter**

What a great hub of information for women on a huge variety of fitness related topics. I wish you all the success in helping women to also take that first step into changing their lives. All it takes is one step in the right direction, educate yourself and always keep learning and growing. Be active, be healthy in your nutrition choices and the weight loss will happen as a natural side effect to the lifestyle change. Change your lifestyle, change your life.

**Harj Hadani, Fitness
Trainer & Bikini Champion**



On the cover:

Hair: Natasha Britto

Makeup: Naima Rahimtulla

Styling: Karishma Gulati

Photography: Ram Bherwani

Jewellery: CURIO COTTAGE

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WOMEN FITNESS

womenfitness.org

Editor's Note

When we are no longer able to change a situation, we are challenged to change ourselves.

- Viktor Frankl

Juhi Chawla, finest and an evergreen actress graces Women Fitness cover page for the month of June, as she talks about her spectacular journey in Bollywood.

CHANGE. No matter how simple the word sounds involves rising against all challenges of life be it physical, mental, emotional or social. As we navigate through life, we face so many things that affect our lives. Surviving Life Challenges brings awareness about certain issues, helping people learn from other's experiences. One should strive to find ways and be a better human being. For what we feed our mouth makes our physical being, what we feed our brain holds our personality. The emotional state holds the key to all aspects of health be it diet, stress level & disease.

To take care of your mind and body, love the people in your life a little more, and realize that it is up to all of us to make the necessary changes in our own lives. Life can be a true challenge at times, but the way to see your way through those challenges is to stay positive, motivated and believe in yourself and your abilities.

The month of June is dedicated to all the women- mothers, daughters, wives, those little charming girls who make a significant part of the society & contribute towards a better nation.

Signing off,

Namita Nayyar
President
Women Fitness
www.womenfitness.org

Namita Nayyar
Editor-In-Chief

Tanya Nayyar
Creative Editor

Rohit Nayyar
Chief Business Officer

Contributing Editors

Kejal Sheth
Ms. Sheela Seharawat
Dt. Manoli Doshi
Sneha Sadhwani Sewlani
Dhriti Udeshi
Avni Kaul

Guest Writers

Jasmine Kashyap
Akshar Talwar
Akansha Bansal



Cover Story

Juhi Chawla

Pens Down Her Magnificent
Bollywood Journey

Hair: Natasha Britto
Makeup: Naima Rahimtulla
Styling: Karishma Gulati
Photography: Ram Bherwani
Outfit by - Jade
Jewellery by - NM CREATIONS

From being the winner of the 1984 Miss India beauty pageant to being regarded as one of the finest and most popular actresses of Indian Cinema, Juhi Chawla has proven to be an epitome of excellence in every field that she has stepped in. Apart from being an actress, Juhi is a television personality, a humanitarian and the co-owner of the Indian Premier League cricket team Kolkata Knight Riders.

Our cover star for the month of June is the superstar actress, who doesn't need any more introduction, the evergreen, Juhi Chawla. Catch up on everything in her exclusive interview with Namita Nayyar, President, Women Fitness India as she pens down her journey in Bollywood and beyond.

Your journey in the entertainment world began when you won the 1984 Miss India beauty pageant. Ever since, you are regarded as one of the finest and most popular actress of Indian Cinema, having garnered particular praise for your comic timing and vivacious on-screen persona. Share with our viewers your incredible journey to become a superstar?

It has been due to destiny, good luck and blessings, which I am extremely grateful for. I mean as a child, I never even imagined being in the industry. But then life gave me these extraordinary chances and I am not sure what made me take them up, but I did. And now look where destiny has brought me. I remember my first film Sultanat did not click, but my second film Qayamat Se Qayamat Tak was the one which nobody really knew about, but it caught the fancy of audiences and became the hit it did, and gave me my career. It really gave me a good anchor in the film industry.

Throughout, my endeavor was just to do my best and be successful. The one nice thing was my healthy attitude towards work, which also gave me a long inning. So basically I just kept doing what I could by giving it my best, as I wanted my parents to be proud of my work as well as me. However, there were certain times in my career, which could have got me to stop working. One was after my marriage, as Jay's family are all industrialists so the older relatives did, at one point, ask me if I would be willing to give it up. At that point I did think that I would have to let go of this career. But then by a twist of fate, after marriage, I still got to continue. Then after my children came, I had to take a break, after which I wasn't sure if I would be accepted or

get work. But surprisingly when I came back, I was offered films that were different, charming and smaller ones like Jhankar Beats, Teen Deewarein and My Brother Nikhil. And at that time, advertising too had started taking off, so endorsements came up too. After all that, I also did some lovely regional as well as National Award winning films. Things kept moving, slower, but just kept moving. So yes, I have been really really fortunate, for which I am very grateful.

You graduated from Sydenham College, Mumbai with a specialization in HR. You then went on to winning the Miss India Pageant and represented India at the Miss Universe Contest. How did acting happen to you? Was it your heart felt desire to enter the film industry? Introduce us to a day in your routine?

Some anecdotes for college years but I'll have to start from school, because somewhere when I look back, it's amusing to see how life kind of unfolded. So I was in my 7th Std & I was the youngest member of the cast, it was inter-house school dramatics time, I was in the Yellow house & the yellow house was staging a play which was a spoof on Bollywood films. So the name of the play was 'Mala meri Jaan' & they gave me the role of Mala, so I was playing the title role of Mala. I was most excited. So we did our rehearsals, then came the day of the event & this play was staged & what happens. We came last & I didn't get even a little prize for what I'd done.

Then we go off into college & then again there was an inter-college dramatics taking place. So I had also signed up for it. They had just about begun rehearsals for it & they were shortlisting the actors. I was keen to take part. For some reason I had to leave town for a family wedding in Delhi, I told the committee that I'll be back & I want to act. I went to Delhi & by the time I came back & this was in Sydenham college, they had actually struck me off the list. I was not in any play. My one chance of being on stage was taken away from me. Then Ironically as I moved on in life, I became an actress which is really amazing.

Your first major role in Bollywood was in "Qayamat Se Qayamat Tak" in 1988, alongside Aamir Khan, which garnered you great critical appreciation. A critic wrote "Though most people credit Aamir, this film is a classic more because of Juhi. Her charm and charisma including her "next-door girl" image created a

phenomenon in India; Her plain yet so elegant salwar-suits or her innocent smile that made people crazy.” It won the Filmfare Best Movie Award, and you won the Filmfare Award for Lux New Face of the Year. How was your experience doing the film? Do you believe that this film was a rolling stone in your career?

Qayamat Se Qayamat Tak where I played this Rajasthani girl who spoke with a hum, which was quite a dignified way of speaking and that made the role very special. It was also of an innocent young girl, which was pretty close to my personality, so I could do it with more ease. It was the foundation stone of my career, what a lovely time we had, laughing, playing games, rehearsing, fighting & shooting in between. I’m ever grateful to Nasirsaab, Mansoor, Aamir, Nuzhat, Anand Milind, Alka, Udit & the entire team.

With increasing age, one has to take extra care of health and nutrition to stay healthy and fit. What kind of diet do you follow to stay healthy and physically fit? We would like you, to share top 5 health tips with your fans?

When I wake up first thing in the morning, I do drink lots of water. I eat everything in moderation as I go about my day...I avoid fried food. I meditate, do yoga in the morning or even go swimming. My go to everyday beauty regime comprises of – Clean your face first, moisturize, put on mascara, finishing powder, lip gloss, blush on and smile a lot.

Yoga has got me focused as well as calmed me down as a person. Overall, it helps me just feel better! After each session of yoga, I feel so refreshed, calm and rejuvenated. It has given me a

certain kind of inner strength. A certain self assurance from inside. It has also made me much more flexible! I now adapt more easily to situations and find myself being able to work much better around them, hence yoga has benefited me in a lot of positive ways! Yoga cannot be compartmentalized no matter how and when you begin, as if you are in it, it is like a journey within and every time it takes you one step closer to yourself.

You look as evergreen and beautiful as always – what comprises your daily skin and hair care routine? 5 must-do’s when it comes to taking care of your body? One favorite beauty tip?

I recently suffered the most frightening chemical reaction on my scalp/ face & learnt a harsh lesson... I embraced the best beauty kit ever comprising of turmeric, ghee, almond oil, coconut oil, baking soda... I have taken the organic route & use DIY face & hair masks. My haircare routine comprises of...believe it or not, its Oiling my hair.

You made a full-fledged comeback in 2014 with the heavily hyped woman-centric ‘Gulaab Gang’ and eventually won the prestigious Best Actress award at the Dadasaheb Phalke Awards ceremony for your performance. How was your experience doing this film where you played a very challenging role? How did you prepare for the role of the “villain”?

I have done some lovely performances in a lot of films, but always in the space of goody, funny, romantic, sweet and emotional, but the one which stands out for me is Gulab Gang! It was a totally dark role, and which I

had a great time working on! It turned out so fantastic that even I was very impressed!

It was a challenge, earlier when I started out I did have my apprehension about.. that would people believe me doing that role because I always am known to play cute and have a sweet, nice image... so I was worried about would people believe me when I play a negative role and it does happen that bad one does lose in the end. I came to terms with that..and at the end Madhuri going to have an upper hand but I fought with the battle inside my head but once my head was clear, I knew that the role is very exciting, I did it with a lot of enthusiasm. I had a great time.

Looking back at all bygone years, how would you like to define your experience being a part of the Indian Film Industry? Also, do you feel the industry is now changing for good especially for women?

We remember more the recent events than things that have happened a little further. Let me take you down the memory lane. There have always been every year, 1-2 films which were female oriented, not just in the past 5-6 years but I think through all the years of the industry, otherwise why do you think you remember actresses like Tabu, she did Astitva & few others that got her recognized as a serious actress. Then you had Srijji who did a film which were a little off-beat, you loved her in those, Smita Patil, Shabana Azmi, they became because you liked them in commercial films but you also liked them in films which were heroine oriented subjects. Madhuri had done a Mrutyudand

Hair: Natasha Britto
Makeup: Naima Rahimtulla
Styling: Karishma Gulati
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& that is why suddenly you took her more seriously, inspite of all the Dhak-dhak & all the naach-gaana there were films which made her a serious actor, for me there was My brother Nikhil, Teen Deeware, even a Jhankaar Beats which was off-beat & a little different, gave me that recognition of being a good actress. We all had our time & we all gave such 1-2 films which stood out from amongst the crowd.

As an anti-radiation activist, you have created a lot of awareness among the young generation on the harmful radiations of electronics, and have also spoken about the menace of using plastic. Share with us your thoughts on improving our society by making these small yet important changes.

In the past few years, I started to do organic farming, this is in the little farms that I have outside of Mumbai, once you have children, you start thinking about health, about their health & what you're feeding them. It's very disturbing that we have chemicals in our food, in our fruits, in our vegetables, so since I had the land & since it's beautiful. One of my farms is actually also on the banks of the river Vaitarna, it's a beautiful place, I grow lots of fruits, I also feel good because I'm planting a lot of trees, again this year I'm planting lot of about 70-80 more trees, so I have about more than 500 trees

on the land so it makes me feel good that we are doing something for the earth & also at least whatever we get from the farm & whatever we eat, it is clean & healthy. I believe we actors have a power if used wisely can be for the betterment of the society. With the presence of actors on social networking sites, we can use the platform to spread more awareness & positivity. I'm not sure if I'm able to do my best for the causes I support but I use every platform, every event, or appearance that I make to talk about these little things that can make a difference.

Your fans would love to see you soon on the big screen. Tell us about your future projects that you're working on.

I recently finished shooting for the first leg of Shelly Dhar's film 'Ek ladki ko dekha toh aisa laga', there's this another psychological thriller with Arshad Warsi. I also play a role in the Gujarati film, adaptation of Marathi film Ventilator.

Apart from that I visit our gurukul in Porbunder regularly, an institution my father-in-law set up & now the responsibility has been passed down to us. We plan the curriculum, activities... My Citizens for Tomorrow project keeps me busy as we're now actively working towards & meeting important people who are instrumental in creating awareness for the plastic ban in

Maharashtra.

Women Fitness works with a goal to reach out to women all over the world providing them with best in health & fitness. What do you wish to say about the website (Womenfitness.org) and don't forget to add a word for our readers?

Very very simply, if god wanted you to have a piece of a radiating instrument next to your body he would've sent to this earth with a telephone attached to your ear, but he didn't do it, we're doing it. Mobile phones, wifi devices though we cannot see it are not working by magic, they're working on air waves, these air waves are similar frequencies to microwaves. Overexposure to these air waves in the long term will affect your health is what I try to tell people. I do not mean to say that they must throw away their devices, but I certainly tell them they have to be more careful about how much they use them & how they use them.

If you're reading this, promise me that you'll read more about what is exposure of plastic doing to you & your body, there are many earth friendly alternatives to plastic available in the market, try to do your bit for the environment. Don't forget to drink enough water & never let that smile fade!

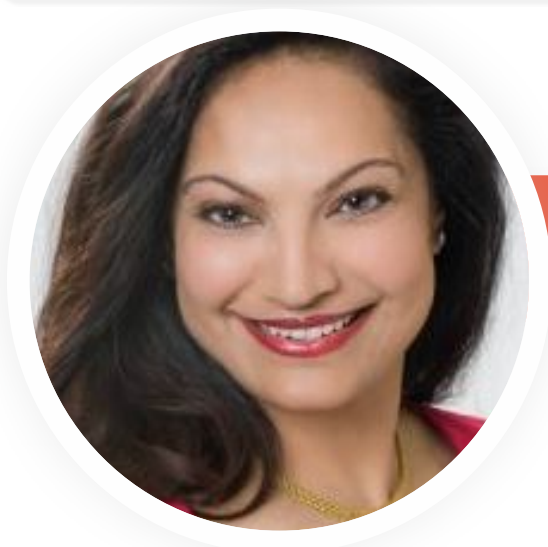
More Celebrities

Starring This June

Heena Sidhu,
Indian Pistol Shooter



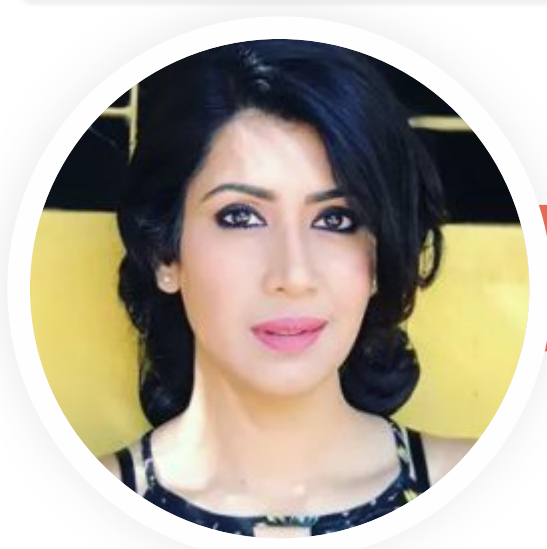
Vandana Sheth,
Nutritionist



Bhavani Devi,
Sabre Fencer



Ankita Bhargava,
Indian Television Actress



Check out more celebrities on: www.womenfitness.org



There are some basic routines we do every day like the warm-up routine, which involves a lot of core exercises, around 20 to 25 minutes of running and strength and speed training

Sania Mirza





5

Self Defense Moves

**That Every Woman
Must Learn**

The world is proving to be a dangerous place for us women with the number of criminal cases like sexual assault, molestation, domestic violence on a rise. The situation demands us to be more self-dependent and capable to be better prepared in the worst scenarios.

Women Fitness brings you some quick and easy self-defense moves for every woman to learn.

1. Straight Punch

If someone is attacking you from the front, a straight punch can be very effective.

Push from the ball of your foot and thrust your hip and fist forward at the same time, which will maximize your strength. Try to aim your punch at a vulnerable area—for example, your attacker's eyes, nose, or throat—will be most effective.

2. KICK TO THE GROIN

As we all know the groin is one of the most vulnerable points, not just for men but for women too. It's important to judge your distance though - if further away (a long-range attack), kick and aim to hit either with the tips of your toes or where your shoelaces would be. If you're closer, use your knee (this is the most important move for a woman fending off a male attacker).

3. False Handbag Grab

When either your hand or bag is pulled with force, the most important thing is to move with and use that energy - instead of resisting and pulling away, use the attacker's energy to strike or kick them.

4. Bear Hug Defense

If your attacker

tries to "bear hug" you, where the attacker grabs his victim from the front or behind around the shoulders. The best defense in this case is to drop as low as you can toward the ground and squirm as much as you can to wriggle out of your attacker's hold. Then give him a groin-kick, or throw a punch or elbow to your attacker's eyes, throat, neck.

5. Front And Back Choke Holds

Bend your elbow in to get out of the wrist hold, then push upwards to break free. Swing one arm across to break the attacker's hold then use your other arm's elbow or hand in a knife strike position to hit the attacker.

These are some helpful self-defense moves to help you get out of a tough situation.



TIPS FOR TRAVELLING DURING PREGNANCY

Travelling during pregnancy can be daunting and stressful for you. However, if you have a normal and healthy pregnancy, you can travel safely. You need to follow some simple tips to keep yourself at ease and comfort while travelling during pregnancy.

Always remember to discuss your trip plans with your doctor sufficient time ahead so that your health care provider can guide you better.

Choose A Perfect Destination

When you are travelling for a holiday with your

baby bump, it is important to pick the destination which is comfortable for you. Avoid travelling to the hill stations as it may cause exertion for you and the lack of sufficient oxygen at these hilly areas is also a matter of concern.

Keep Your Luggage Light

It is always good to keep your luggage light in weight if you are travelling during pregnancy. Avoid carrying extra stuff which you feel is not that important for this trip. Carry comfortable items of clothings and footwears.

Research About The Weather Conditions

Before leaving for your trip, it is good if you check the current weather condition of your destination. If that temperature is not good for you, then you should reconsider your trip. As during pregnancy, geographical climate change plays a major role.

Carry Necessary Medicines And Medical Records

No one wants to get sick while travelling. Therefore, do not forget to carry your prescribed medicines and your medical records while travelling during pregnancy. They are important as during travel nausea, vomiting and fatigue can irritate you. Moreover, get yourself vaccinated with necessary vaccines, like Flu, Tetanus, etc. It is good to stay safe and healthy.

Keep Yourself Hydrated

Carry a bottle of water with you while travelling. A regular intake of fluid will keep you hydrated and fresh. This will also help to maintain the required energy level.

Eat Wisely

As you are not at your home, so it is good to eat wisely and be careful what you eat during your trip.

You can pack some healthy snacks, or some fresh fruits, which can help you to have nutrition while on travel. Eating healthy and nutritious diet is also a key to the problem like how to get pregnant.

Do Not Avoid Your Pee Time

It is a very known fact that a pregnant lady feels to urinate more often and frequent due to the hormonal changes and the pressure on the urinary bladder. Therefore, never avoid your pee-time.

Ask For Help

Do ask for the help from others if it is needed. Let the travel manager know that you are pregnant so that he can do necessary arrangements to keep you comfortable. When you are in the hotel for your stay, ask for many pillows to use them for a comfortable sleep. Do not hesitate to ask for special needs.

Travelling during pregnancy is stressful, however, if you follow the above-mentioned tips, you can make your trip enjoyable and comfortable.

Happy Travelling!

By Akansha Bansal,

Founder www.budingstar.com





Eating for two during pregnancy is an old wives tale. The pregnancy diet includes only around 300 extra calories per day for the growing baby. Do not over eat as it may increase your body weight and cause the risk of gestational diabetes.

A hand holding chopsticks is positioned over a bowl of food. In the background, there are several other bowls containing different types of food, including what appears to be a bowl of soup and a bowl of green vegetables. The scene is set on a wooden table, and the lighting is warm and natural.

Healthy Eating

5

Healthy Recipes

For A Fresh Summer Start

Wholesome Spinach & Melon Seed Soup

Ingredients:

- Spinach - 250 g
- Skimmed milk - 50 ml
- Onion peeled - 1 small
- Garlic chopped fine - 5 g
- Salt & pepper - to taste
- Extra virgin olive oil - 2 drops
- Melon seeds - to taste

Method:

- Put spinach & onion into a small pressure cooker. Cook for 1 whistle.
- Cool and coarsely puree in a blender.
- Fry the garlic in 2 drops of extra virgin olive oil.
- Pour in the pureed spinach. Bring to a boil. Add the skimmed milk.
- Season with salt & pepper to taste.
- Pour into a bowl. Garnish with melon seeds & serve.

Chickpea Burger

Ingredients:

For the Patty :

- Boiled chickpeas - 100g boiled weight
- Onions fine chopped - 15 g
- Ginger coarse chopped - 10g
- Green chilli coarse chopped - 5g
- Green coriander coarse chopped - 5g
- Salt, black salt, chilli powder, anaardana, garam masala & chaat masala - to taste
- Olive or mustard oil - 3-4 drops

For the Burger:

- Whole-wheat bun - 1
- Tomato slices - 6
- Lettuce (optional), washed - 2 leaves
- Onion rings - to taste
- Green chutney or hummus - to taste

Method:

- Grind 80g of the boiled chickpeas very coarsely. And 20 g into a very fine paste with a little water.
- Add onions, ginger, green chilli, coriander to the mixture.
- Add salt, black salt, chilli powder, anaardana, garam masala & chaat masala to the mixture.
- Form a small patty. Heat a frying pan, put 2-3 drops of oil & smear well. Place the patty and let it brown well on both sides.
- Slice the bun in half and toast on the frying pan. Spread green chutney and / or hummus on the two halves. Place lettuce, onion rings, tomato slices and patty. Sprinkle with chaat masala.
- Assemble the burger together.



Veggie Juice

Ingredients:

- Bottle Gourd – 200 g
- Cucumber – 100g
- Celery – 10g
- Fresh mint, green chilli, coriander & ginger – to taste
- Black salt, pepper & pachak masala – to taste

Method:

- Put all veggies and fresh ingredients into a juicer. Reserve the juice with ice cubes.
- Add black salt, pepper & pachak masala to taste, garnish with mint and serve cold.



Layered Fruit Dessert

Ingredients:

- Grated carrots – 100 g
- Orange segments, diced – 4
- Dates & figs soaked in lime juice & water and diced coarsely – 15 g
- Raisins soaked in lime juice & water – 5g
- Walnut, diced coarsely – half
- Honey – 1/2 teaspoon
- Honey-cinnamon yoghurt – 2 tablespoons

Method:

- Mix the grated carrots and orange segments.

Add a squeeze of lime juice and half teaspoon of honey. Chill well.

- Add the dates, figs, raisins and walnuts.
- In a dessert glass, layer a tablespoonful of honey-cinnamon yoghurt at the bottom. Layer the carrot and fruit mixture. Finish with the 2nd tablespoonful of honey-cinnamon yoghurt. Garnish with mint leaves and diced orange segments. Serve cold.



The image shows two glasses of a chocolate banana quinoa smoothie. The smoothie is a rich, dark brown color. The top of the smoothie is covered with a layer of small, light-colored quinoa grains. Two fresh green mint leaves are placed on top of the quinoa as a garnish. The background is blurred, showing more of the same smoothie and some fruit like bananas.

Chocolate Banana Quinoa Smoothie

Ingredients:

- Toned milk 180 ml
- Cocoa powder 1 tsp (5gms)
- Banana 1pc
- Quinoa 30gms
- Honey 1 tsp (6 ml)
- Ice cubes 3 pcs

Method:

- Combine all ingredients in a blender for about 40-50 seconds.
- Pour into a glass. Garnish with mint leaf & serve.

By Mr Akshar Talwar,

Director at Health Wealth Food Pvt. Ltd.



Fresh & Healthy Food Combinations

In order to have a healthy and fit body, we need to have fresh and healthy foods. In short terms it's all about eating healthy food combinations.

So what actually is healthy eating and a healthy food combination?

Most of us have the pre notion that health eating is about eating foods that are boring and bland. Perhaps it is not true!! It never means that we will have to sacrifice our favorite foods. It is all about balancing the nutrient intake all through the day. Eating healthy can be briefly describes as a mathematical formula: subtracting fat, counting calories, dividing portions and adding valuable foods to our diet.

It has been rightly said by experts that just by adding one food with another can make a huge difference in our nutrient intakes and thereby impact our overall health. Proper food combinations are based on the idea that there are many foods that combine well with each other and gets digested easily when combined and others do not.

Understanding Food Combination

It is of paramount importance to understand what food combines well with others. Poor food combinations can create havoc on our digestive system and our overall health. Say for e.g. Starchy foods and protein enriched foods should be eaten

separately because they digest differently. Starch like carbohydrates are broken down in the mouth, whereas protein gets broken down in the gastrointestinal tract.

Let's take a look at different food combination categories -

Fruits: apples, apricots, berries, bananas, cherries, cantaloupe, dates, dried fruits, figs, grapefruit, grapes, honeydew, limes, lemons, mangoes, oranges, pineapples, pears, peaches, plums, strawberries, tomatoes, watermelon.

Non-starchy and green vegetables: leafy greens, celery, broccoli, asparagus, sprouts, cucumber, cabbage, cauliflower, zucchini, onion, garlic, mushrooms, radish, green beans, fresh corn.

Starchy proteins and starches: potatoes, sweet potatoes, carrots, pumpkin, beans, lentils, tofu, peas, grains like breads and pastas.

Lean proteins: poultry, lean meat, lean fish, low-fat dairy.

Fats: olives, avocados, nuts, seeds, butter, cheese, eggs, poultry, meat and fatty fish.

A Few Guidelines For Proper Food Combinations

Digestion is not merely a chemical or physical process, but also physiological. When we eat food and it enter our body, it goes through several changes before it is broken down and assimilated. But it is also true that no food can be assimilated and used by the

body unless it is digested and then absorbed by the digestive system in the alimentary canal, while the waste residue, unfit for absorption is eliminated from the system.

A notable feature of the digestive secretions is that the body suits its fluid and enzymes to the type and character of food eaten. There are, however, many severe limitations in this process. It is possible to suit the juices to a particular food, however, complex it may be, but not to a variety of foods taken together. It is the combining of the many varieties and incompatible foods that causes 90 per cent of digestive disorders. It is thereby important to have the right and proper food combinations in our meals.

Follow these basic food combination patterns:

- Fruits combine best with greens and is to be taken first as they exit the body faster.
- Starchy proteins also best combines with green vegetables, fats and non-starchy vegetables.
- Lean proteins also combines with greens and non-starchy vegetables.
- Greens vegetables and non-starchy vegetables combine well very much with any type of food.

While some combinations work to better for our health, others can cause a lot of problems. Consuming food the right way and making smarter choices helps increase the nutrient absorption by our body and aids overall development.

To get the most of what we choose to eat, here are a few food nutrient combinations that we should include in your diet.

- **Fats And Vegetables:** the vitamins in vegetables helps in better absorption of fats in the body. Eating fresh vegetables with little fat helps our body absorb valuable nutrients.
- **Vitamin C and Green Tea:** vitamin C combined with green tea helps increase the absorption of catechism an anti-oxidant. Studies have revealed that the combination can increase the rate of absorption of antioxidant by almost three times.
- **Broccoli and Tomatoes:** tomatoes contain antioxidants and broccoli has phytochemicals; and a combination of the two becomes a high cancer fighting weapon.
- **Iron and vitamin C:** vitamin C helps convert

the iron to a ferrous state, which makes it easier for the body to absorb. For e.g. a handful of oranges with some lime juice enhances the nutritional values.

Some Amazing Balanced Food Combinations

It is very important to maintain a good balance between good and bad cholesterols. A balanced diet containing healthy fat, and good, healthy food, is found in fresh and natural products like fish, chicken, vegetables, eggs and fruits.

- **Pasta with celery:** just topping any pasta dish with some parsley offers a fresh boost of flavor and delivers a full day's supply of vitamin K. Vitamin k is vital for bone health as it can prevent chances of fractures and defends against bone loss.
- **Lemon and green tea:** green tea is enriched with anti-oxidants but just by adding a few doses of citrus lemon into it increases the disease-fighting catechins multi folds.
- **Non-fat yoghurt with strawberries:** Greek yoghurt in particular is packed with almost double the quantity of proteins than normal yoghurt. Protein is essential for the building, repairing, and maintenance of muscles, and helps burn more fat. Fresh strawberries add the goodness of natural sweetener and vital nutrients.
- **Any sandwich with spinach:** just adding a few small leaves of spinach in your sandwich can almost fulfil about 25% of daily vitamin A requirements. Vitamin A helps protecting our eyes from age-related macular degeneration, which can further lead to vision loss.
- **Scrambled eggs with red peppers:** adding a few chopped red peppers delivers more than 100% of your daily vitamin C, which is very good for our skin. It helps against wrinkles and skin dryness.

When we start to eat good healthy food combinations, we may suffer a little in the first few days. This is normal and natural. After the cleansing and detoxing process gets over, you will find you have more energy, feel clearer and brighter and continue to improve. The desire for unhealthy food diminishes and finally fades away.

By Dietitian Sheela Seharawat,
Founder Diet Clinic Health Care Pvt Ltd

Your Kitchen Herbs & Spices That Can Help In Diabetes Mellitus

In today's time, type 2 diabetes mellitus is the most common and dangerous endocrine disorder. You can see people popping up pills to control their blood glucose levels. But, little do they know that, herbs and spices present on the kitchen rack are not just used to add flavor to your meals, but they also help in controlling blood glucose level.

These herbs and spices when paired with a healthy diet and regular exercise, can do wonders for people with high blood glucose level. Let's have a look at how these tiny, flavorful herbs and spices can be beneficial for your blood glucose level:

Fenugreek Seeds:

Fenugreek seeds possess anti-diabetic activity and among the numerous herbs and spices, these tiny seeds are the best in terms of efficacy and safety. These seeds are a good source of dietary fiber that help in lowering high blood glucose level.

Fenugreek seeds are insulin secretor, that is, they increase the secretion of insulin, which helps in normalizing blood glucose level. They further reduce insulin resistance and improve insulin sensitivity, which helps the glucose to enter into the cells and muscles. This reduces the presence of excess glucose in the blood.

In addition to this, studies have also found that fenugreek seeds are so powerful, that their regular consumption by individuals with pre-diabetes is associated with lower conversion to diabetes.


How To Consume Fenugreek Seeds: Soak 5-6 seeds in the water overnight. Next morning, chew the fenugreek seeds on an empty stomach and discard the water in which, the seeds were soaked. Drink a glass of fresh water once you finish eating the seeds.

Cinnamon:

Cinnamon is the world's favorite spice. Research has found that cinnamon has a positive effect in lowering high blood glucose levels in individuals with type 2 diabetes mellitus.

Cinnamon inhibits the activity of an enzyme that collects excess glucose and stores it in the body. It further increases the uptake of glucose by the cells and muscles and reduces its excess presence in the blood.





Furthermore, cinnamon displays antioxidant activity that protects the pancreatic beta-cells (producers of insulin) against free radical attack and thus, preserves insulin action.

How To Consume Cinnamon: Consume 5 grams or 1 teaspoon cinnamon powder per day. Add cinnamon powder to your cup of tea or coffee or sprinkle it on an apple or a bowl of oatmeal.

Ginger:

Studies have reported that ginger plays a crucial role in alleviating the risk of chronic complications of diabetes. Excess generation of free radicals in the body lead to the progression of diabetes mellitus.

Oxidative stress affects carbohydrate metabolism and causes death of pancreatic cells, that produce insulin. Hence, regular consumption of ginger inhibits hyperglycemia and hypoinsulinemia.

Intake of ginger further protects against atherosclerosis, which is a complication of diabetes mellitus.

How To Consume Ginger- Add ginger to tea, curries, soups or simply add it to warm water and drink it.

Clove:

Clove is a precious spice, which even holds various medicinal properties. Active compounds present in clove inhibit the activity of an enzyme DPP-4.

DPP-4 inactivates the action of incretins, a group of hormones that help in balancing blood glucose level by stimulating the release of insulin and lowering blood glucose level post meal.

So, once this DPP-4 enzyme is inhibited, incretins automatically get back on track and maintain blood glucose level within the normal range.

How To Consume Clove: Mix 1/2 teaspoon clove powder in 1 glass warm water or simply add cloves to dals, curries and soups.

BLACK PEPPER:


Black pepper, the spice always present next to the salt shaker on the dining table, is the king of all spices. Intake of metformin, an anti-diabetic drug paired with black pepper enhances the action of this drug and helps in bringing back the blood glucose level within the normal range.

The anti-diabetic role of black pepper is due to its ability to release insulin from the pancreatic cells. Such a release enhances the transport of glucose into the cells, rather than being present in the blood.

Black pepper further fights oxidative stress by enhancing the natural antioxidant defense system of the body.

How To Consume Black Pepper: Add crushed black pepper to soups, salads, curries, warm water and yogurt.

By Sneha Sadhwani, Clinical Nutritionist

The background image shows a top-down view of a white bowl filled with white yogurt, topped with a generous layer of golden-brown granola and fresh raspberries. A silver spoon is lifting a portion of the yogurt and granola. In the top left corner, there is another small white bowl containing a red berry compote. The scene is set on a white surface, with some granola scattered to the right. A large, light gray circular graphic with two orange speech bubble tails is positioned in the upper center, containing the text.

**Adopt food combining
strategy for wholesome
nutrition, for e.g. add some
peanut butter, nuts,
cheese, or yogurt to the
fruit. Remember to eat at
least 2 food groups for a
hearty, satisfying snack.
Double the pleasure.
Double the benefits.**

7 Beauty Tips For Summer

That Our Nutritionist Swears By!

Fashion & Lifestyle



It's that time of year when Chai becomes less favorite and Nimbu-soda/ smoothies/cold drinks are seen everywhere. Yes summer is here! And with it, a whole host of skin/hair care issues too. Oily skin gets oilier, and dry skin gets patchy. Hair becomes frizzy, oily and sticky. There are pimples and breakouts, rashes and roughness and that acne just wouldn't go away!

It is lovely to go out in the sun and enjoy a beach day with your folks but too much sun is bad for your skin and hair. Not only you get tanned but over exposure damage your skin and hair. So just like your wardrobe, your skin/hair care definitely needs a season change.

I'm a firm believer that beauty starts in the kitchen. The relationship between the food we eat and the way we treat our bodies inevitably reflects on our outward appearance. What we put in is what comes out, and that's why these 6 beauty tips really makes a difference in how I look and feel.

Here are my 7 quick beauty tips for summer that I swear by as a nutritionist:

Drinking Is Good If Its Water-

- Hydrate, hydrate, hydrate!!
- Drink 2-3 litres of water. Try drinking 2 bottles of water, 1 glass of infused water and 2 glasses of buttermilk. This will suffice your hydration level.
- Drink lots of herbal teas and cut down on caffeine, alcohol and sugar. Beat the heat with fresh juices like water melon/ peach/ orange/ kiwi/ pineapple/ lemon, sweet lime, cantaloupe etc.
- Try making the juices at home so you can avoid putting any sugar/honey in the drink. Also note- Drink the juice unstrained only to get the fibre.

Load Up On Fruits & Greens-

- Try incorporating greens like spinach, kale, broccoli, asparagus, methi/fenugreek etc. in your diet.
- Colorful veggies like bell peppers, capsicum, beetroot, cucumber, corn etc. help boosting your immunity and provides

with anti-oxidant properties.

Make Apple Cider Vinegar Your Best Friend-

- Have 1 tsp. of ACV with one glass water and a lemon wedge before each meal to fire the digestive juices and boost your metabolism.

Ditch The Make-up-

- OK, not every day- a girl's got to have a little fun with! But the more you give your skin a break the better.
- Try making Home-made masks! Give my favorite Avocado & banana face mask a try or papaya & honey or multani mitti face mask.

Rest, Rest, Rest-

- I cannot emphasize enough on this one! Forget beauty for a moment: a stressed, exhausted body can't function the way it's supposed too.
- It isn't a coincidence that sleep is associated with beauty and glow.
- Not getting optimum sleep leaves you more tired and unproductive than usual. Sleep for 8 hours.

TAKE CARE OF YOUR GUT!

- Your gut health is important as it will reflect on your skin and hair.
- Reduce gluten and sugar as well as stress and alcohol/smoking this will make a huge difference on how you feel and how you glow.
- Dark circles aren't just caused by late night but also due to toxic overload in the liver.

Don't Cheat On Sleep.

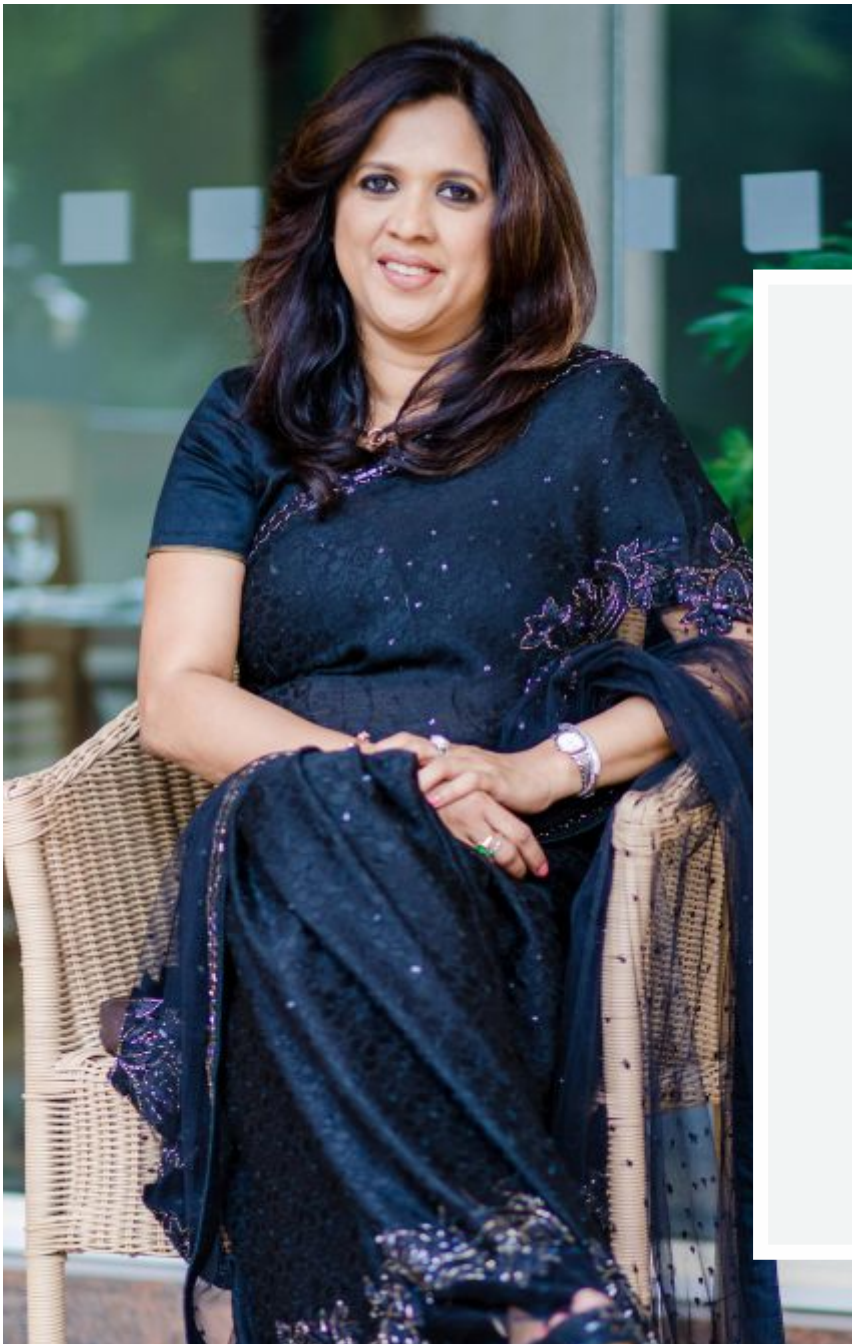
- It isn't a coincidence that sleep is associated with beauty and glow. Not getting optimum sleep leaves you more tired and unproductive than usual. Sleep for 8 hours.

Resist the urge of screens 2 hours before going to bed. Take a walk, talk to family, read a book - but turn off all your screens.

By Dietitian Manoli Mehta

Founder of Tattvum - Discover Wellness

Beaches, Valleys And Mountains, Our 5 Favorite Picks For This Summer



By Bharathi Shetty,

Founder and Managing Director, Frontier Holidays

Warm sun, blue skies and nature in full bloom – summer is one of the best seasons of the year especially if you love travel. What better way to spend those vacations, pending leaves and best part of all – you get to spend quality time with loved ones. While a decade or two ago summer holidays meant a trip to your favorite grandparent's home or hill station nearby. But today things have changed as travel has become more accessible with cheaper flights, more tourist friendly destinations. Everyone dreams of that perfect summer vacation, full of unique experiences and adventure. Which is why we come up with the list of the most of sought after summer destinations from around the world and India for that perfect summer vacation.

BALI

This tiny island in Indonesia is known for its energy and vibrant culture. Surrounded by the azure oceans, this place is definitely a surfer's paradise. The 'Island of the Gods' is truly one of the best summer destinations for people who love beaches.



LEH-LADAKH

The state of Ladakh has three of highest mountain passes in the world, no wonder it is known as the adventure capital of the country. A road trip to this land of bluer-than-blue lakes and stark grey mountains is the dream of every Royal Enfield owning biker in the country. Its huge mountain ranges will always be the companion of travelers throughout their trip. The steep roads and the heavenly blue skies make a seamless combination of a picture-perfect scenery. If Ladakh is a paradise then it's capital Leh, is considered the stairway to this heaven.





PRAGUE

Prague is a perfect destination for those looking to travel to a European city to experience Europe's rich history and architectural wonders. The people of Prague take pride in their architecture, from huge gothic cathedrals, the castle, to the paving, which is mosaic in white and black marbles. There are immense gothic masterpieces to bohemian art pieces from the 20th century to be admired all over the city.

A high-altitude snowy mountain landscape under a clear blue sky. In the foreground, a group of skiers in colorful gear are gathered on a snowy slope. A cable car cabin is visible on a track leading up the mountain. The background features jagged, snow-covered mountain peaks and a thick layer of white clouds or snow filling the valleys.

VERBIER

Verbier is an Alpine village in Switzerland's Valais Canton. Located in a south facing slope high in Swiss Alps, this place will give you the experience of high adrenaline adventures and is a perfect place for the adventure lovers. It is a known fact here that the most experienced skiers will get the most out of.



LACHUNG AND PELLING

Pelling is a beautiful little town amidst the mighty Himalayas. One of the most popular hill stations of the North East. This region's beauty is in full bloom almost throughout the year. As the snow starts melting during summer and the valley is taken over by lush green vegetation. Pelling's mountains ranges stands high with all its strength adding more charm to the small town. Summer has been always considered the best season to explore Pelling for every mountain lover. It is the best time to catch a magnificent view from the top of Mt. Kanchenjunga. Verbier.

CELEBRATE BEAUTY & WELLNESS



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BODY
Café

ANIMAL FLOW WORKOUT

Animal flow practised by people endurance, Burn more calories, workout connects mind based workout which is Yoga Dynamic Poses. to truly be aware of how have been used for vitality in the human

Animal flow workout is a of body movements injury. All the movements equipment free workout for or backyard of your house. The movers. Invented by Mike training.

Let me explain some are called) for Body Toning, review for animal flow

CRAB-REACH

This exercise is an antidote

How to do it

- Begin in the crab position, apart and fingers pointed
- Raise one arm up in front of feet.
- Press your hips up by extend the raised arm relaxed, not locked out, one rep.
- Perform three sets of 5 increase upto 15 to 20 seconds per rep after the

Ape Squat

workout is an on-trend workout style and who really want to build strength, Boost Increase balance and concentration, & mobility, Tone muscles and enhance flexibility. Animal flow to muscles. It's an incredible bodyweight Ground-similar to Vinyasa yoga, Ashtanga yoga and other Moving with both the arms and legs challenge you your body is functioning. Animal movements thousands of years to improve health and being.

highly scientific work out which comprise designed consciously to prevent Body target every part of your body. This is an which you need an open space, be it your gym motive of this workout is to make people better Fitch, It's an incredibly versatile method of

Dynamic exercises ('Animal flow postures' as they Strengthening, Flexibility, Weight Loss etc. A short workout is described below.

to attain tight hips and correct poor posture.

with hands and feet on the ground, feet about shoulder-width away from you. Lift your hips about an inch off the ground. your face so you are balancing on the other hand and both your pushing through your heels and squeezing your glutes, and behind you. When in the full position, the reaching arm is and framing the head. Return to the start (1st step) to complete

to 10 repetitions in the beginning, and then gradually repetitions per arm, holding the stretch for three to five full practice.



It targets shoulders, back, triceps, abs, butt, quads, and calves.

How to do it

- Stand with your feet, hip-width apart, toes pointed out, and lower down into a deep squat, bending knees out to sides; with arms reaching out from between your knees towards the floor with palms facing out and rested on floor.
- Maintaining this crouch throughout, lift your heels off the floor and straighten your torso as you raise arms out to sides (rotate wrists so that palms face up) and squeeze shoulder blades together.
- Finally, Lower your arms and heels to the return (1st step) position.
- Do 3 sets of 15 reps.

Stork Seesaw

Targets back, abs, hips, butt, quads, and hamstrings

How to do it

- Stand with feet together and clasp arms behind back. Lift right knee forward to hip level, foot flexed.
- Balancing on left leg, squat slightly and hinge

forward from hips until back is nearly parallel to the floor and right heel is in line with your back.

- Return to upright stork stance; repeat.
- Do 3 sets of 14 reps; switch legs and repeat.

Vertical Frog Jump

Targets back, butt, and quads

How to do it

- Stand with feet slightly wider than shoulder-width apart, arms by sides.
- Lower into a deep squat and place palms on the floor between feet.
- Jump as high as you can and extend arms overhead.
- Land softly in a squat, placing hands on the floor. Return to standing.
- Do 3 sets of 12 reps.

By Ms. Jasmine Kashyap,

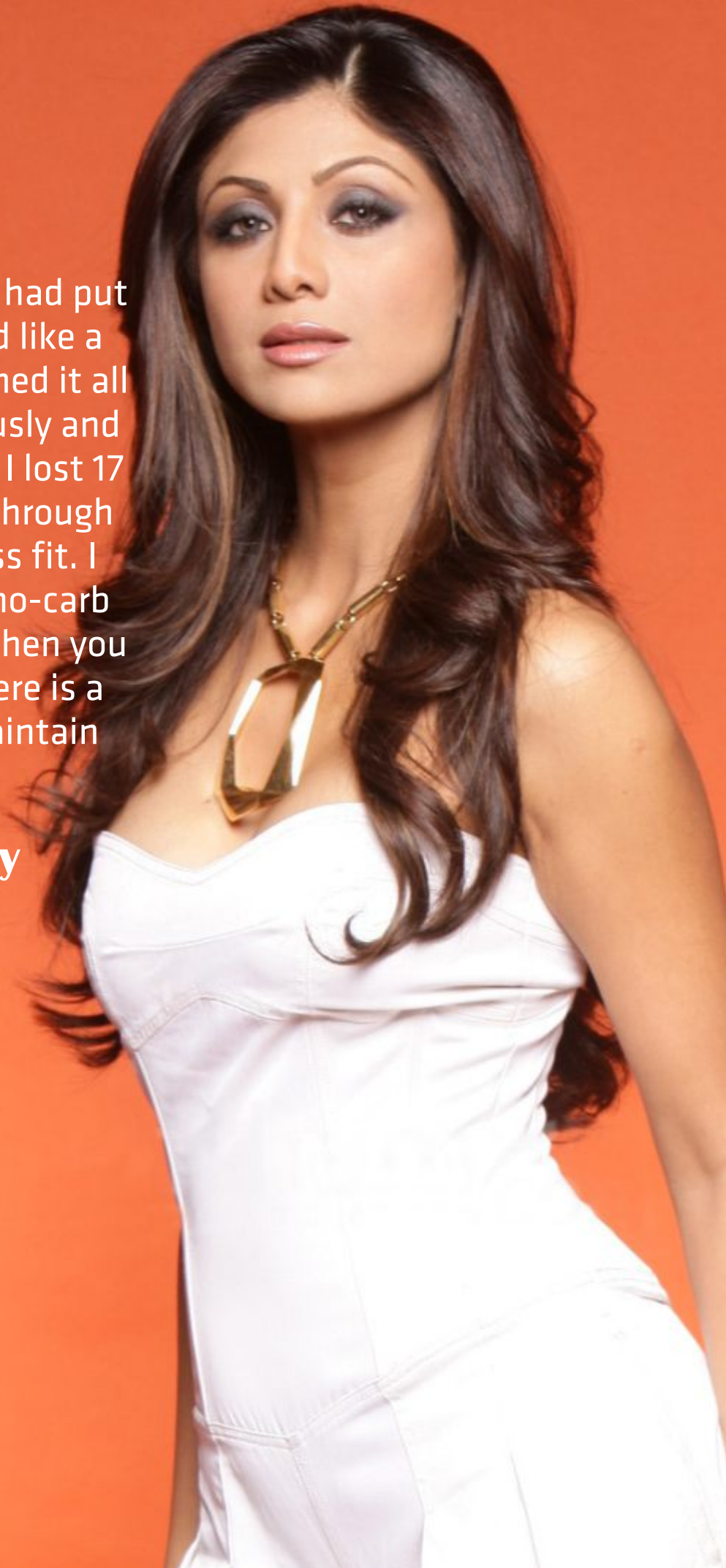
Fitness Expert, Nutritionist and Director at 'Goodways Fitness'





“After my pregnancy, I had put on 22.5 kilos. I looked like a baby elephant. But I shed it all by working out rigorously and following a strict diet. I lost 17 kilos in four months through cardio, yoga and cross fit. I used to do low carb, no-carb every alternate day. When you are a fitness icon, there is a lot of pressure to maintain your figure.”

Shilpa Shetty





Summer Beauty Guide

Milani Secret Cover Concealer Cream

Rs. 750



Bioderma Sunscreen

Rs. 1240



Kama Ayurveda Pure Lavender Water Face & Body Mist

Rs. 225



L'oreal Paris Infallible 24h Foundation

Rs. 840



Pantene Pro-v Oil Replacement

Rs. 105

Nivea Whitening Smooth Skin Deodorant

Rs. 184



Nyx Professional Makeup Remover Wipes

Rs. 1025



Biotique Bio Papaya Tan Removal Scrub

Rs. 416

Plum Green Tea Clear Face Mask

Rs. 417



The Face Shop Mask Lab Double Wrap Face Mask

Rs. 300



5 HEALTHY LUNCH BOX IDEAS FOR SCHOOL KIDS

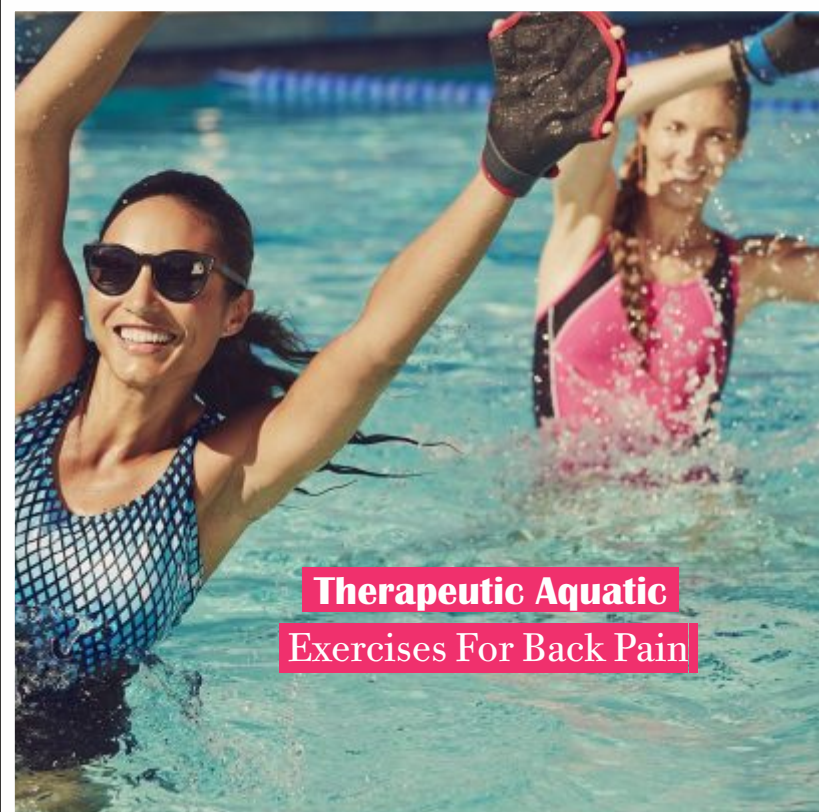
What's Happening Online?

At [Womenfitness.org](https://www.womenfitness.org)



Watermelon: A Wholesome Fruit

Packed With Nutrition



Therapeutic Aquatic Exercises For Back Pain



Sleep: Essential To Muscle Recovery

Sun-Sign Fitness

Aries

It's a crazy busy month, but there's always time to get healthier and fitter. Insist on taking care of yourself. If that means more rest and recovery, fine. No one needs to burn out or relapse, right? Work hard and compete only with yourself. This is all for you.

It's easy to slip into your workout gear early on Friday, June 1, or have an intense power session in the evening. Get outside in the sun on Sunday and have a fab run or bike ride, then work hard on Wednesday, but don't overdo it. Go for more reps rather than more weight.

Burn up the treadmill on June 8, and take it to the track the next day. These are your power days with the moon in Aries.

Get smarter about snacks on the

twelfth, when Mercury moves into Cancer. Think less sugar and more fresh veggies. More peanut or almond butter might work. Respect any allergies.

Exercise early on June 17. It's Father's Day, so save time and energy for family later.

Summer starts on the twenty-first. Swim more. Mars goes retrograde on the twenty-sixth, but you won't. Keep moving, Keep up those crunches and planks. Good health is the best reward!

Taurus

If the old routine is getting stale, now is a great time to sample a new class or try out a new instructor or personal trainer. There's more than one kind of yoga, after all. Or alter your running route. Drastic changes are not required. Keep

things fresh and fun. If you're happy as is, better still!

Have a brisk run or walk on June 1 and start the day and month feeling and looking great. Visualize your fitness goal the next day and keep moving toward it. Every step counts. Slowing down is okay. Just don't stop.

Take good care of your skin and hair on the sixth and seventh. It's hot tub time, and maybe time for extra moisturizer and conditioner.

Run, walk, or hike somewhere new and lovely on June 10. That day and the next are your power days with the moon in Taurus. Get out there and shine!

Schedules could get scrambled on the sixteenth, so stay flexible and don't get cheated out of your workout.

Be disciplined, work out, and eat healthfully when Venus opposes Mars on June 21. Summer starts today, with its barbecues and beach parties. Mars goes retrograde on June 26. Fine-tune your yoga positions. Perfect your weights workout. Keep moving. Excellent!

Gemini

If you get restless, perhaps do your workout twice. If you're bored with it, that's different. A new or different class with new people could perk things up. The main thing is to not let your enthusiasm and progress slip away. You're getting stronger and healthier with every workout.

Work out early, while your heart is in it, on June 1 and June 2. If you don't have a lot of time, shorten your run or aerobics routine, but don't deprive yourself.

Dance your heart out or do more steps on the fifth. The sun conjoins Mercury today. Wear your protective gear or supports the next day when Mercury squares Neptune and then the sun follows suit. Stay safe and keep it fun.

Mercury enters Cancer on June 12, and thoughts turn to better diet and nutrition. Enjoy more summer fruits, veggies, salads, and smoothies. That day and June 13 are your power days with the moon in Gemini. Spin more, treadmill longer, or burn up the elliptical.

The nineteenth is easy, so push yourself and sing through the dance aerobics class.

Get more sun and fresh air on the weekend of June 23. Volleyball or softball, anyone? Be team captain when Mercury enters Leo on June 29, or get out ahead of the pack. Fun!

Cancer

Feel good about every minute you spend working out. It isn't always easy to stick with it, sure, but you can do it. And don't look back until you're finished. You're building stamina and strength. And you're earning every calorie you eat. These are happy, healthy, tasty times. Feel great and look even greater.

On June 1 and June 2, put on your favorite, most comfortable workout gear and have a lively run, walk, aerobics class, or chair yoga session. Yes, you can have a lively meditation session, too.

Focus on precision on the fifth. Do body pump or weights or walk. Keep it going!

Mercury enters Cancer on June 12. Plan your own healthy fast food and please your tummy. The next day is the new moon and the day Venus enters Leo. Move more in dance aerobics class and sweat your way to glory.

The fourteenth and fifteenth are your power days with the moon in Cancer. Is it hot tub time? Pamper your muscles and then your hair, skin, and nails.

The sun enters Cancer on Thursday, June 21. Is your swimsuit ready? Cap and goggles? Adequate sunscreen? Be good to yourself. Mars goes retrograde next Tuesday, but not you! Keep moving and keep going strong

Leo

What is your body telling you? Do more? Slow down? Eat different foods? Be better hydrated? You might also research a bit and find some recipes or foods that fill in the gaps that your body and metabolism may be noticing. Skip the fads. Get stronger, healthier, and more energetic.

On June 1, do your favorite video workout or go out and run or walk on your favorite route. Speed isn't necessary, but having fun is. Feel and look great. Pick up the pace on June 3 and do more steps or more laps. Listen to your body and do what feels right on June 5. The sun conjoins Mercury today.

On June 13, there's a new moon and Venus enters Leo. Accept compliments and feel like a winner because you are. Keep showing up and keep moving.

The sixteenth and seventeenth are your power days with the moon in Leo. Work out early on Sunday, Father's Day, and make more time for family and healthy food.

The sun enters Cancer on June 21, and serious outdoor fun starts now. Drink more water and

use more sunscreen. Mars turns retrograde on June 26, and you can slow the pace, but don't skip. You're getting stronger and building stamina and health. Excellent!!

Virgo

Get out and romp in the sun more. Rigorous, structured workouts are great, but don't lose the elements of fun and playfulness. Even the most serious and strenuous workouts can have a quality of joy when you know you're doing your best.

On Friday, June 1, you're in the mood to work hard, so start early with your favorite running routine or aerobics workout. Hit the gym on Tuesday, and give the treadmill, elliptical, or rowing machine a real workout.

Get outside on the weekend of the ninth and tenth. Remember sunscreen, hat, and more water. Mercury enters Cancer on the twelfth. Shop at the farmers' market. It might be hot tub time, too. If you're restless or dissatisfied with a class or instructor on the fifteenth, run, walk, or swim instead. Feel good about yourself.

June 18 and June 19 are your power days with the moon in Virgo. Push yourself on Tuesday and feel proud. More steps, more reps, more time spent moving.

On the twenty-first, the sun enters Cancer and summer begins. Stock up on sunscreen, moisturizer, and whatever else makes your muscles and skin feel good. Pamper yourself. Mars turns retrograde on the twenty-sixth. Get back to basics with breathing and posture. Powerful!

Libra

Feel good about everything you're doing to become healthier and fitter. It doesn't matter how much or how little. Feel great about what you're eating, too. The more healthful and fresh the better. When you feel like this, you look your best. Keep on it.

Get up and get moving on Friday, June 1. Run, walk, or do your chosen stretch or aerobics video. Be more active on Sunday, when the moon conjoins Mars. Do your muscles or joints crave sports cream? Massage? Hot tub? June 5 and June 6 are good for water sports - and the hot tub, of course.

The eleventh is good for your favorite dance video or class. Raise the heart rate and move. The thirteenth brings the new moon, and Venus enters Leo. Raise the bar and have a stronger weight

workout, body pump session, or more planks, leg lifts, or crunches. You can do it.

Wednesday and Thursday, June 20 and June 21, are your power days with the moon in Libra. And the sun enters Cancer on Thursday, the first day of summer. Consider more outdoor sports, tennis, volleyball, beach runs, and bike rides. Remember the sunscreen and water. Mars goes retrograde on June 26, but not you. Keep moving and getting healthier!

Scorpio

Have no doubt that you can do it. If you're just beginning to exercise, you're already pushing yourself. If you've been at this for a while, you know what you're doing. You know when you're slacking off and when you're too close to your limit.

Have a strong run or workout on Friday, June 1, and smile your way through the day. Don't sit still on Sunday. The moon conjoins Mars now. Drink more water. Body pump or strength yoga are good on June 5, when Venus opposes Pluto. No one will talk you out of exercising today.

Saturday, the ninth, could have a slow start, but get out and walk, run, bike, or hike. More water, right? And sunscreen. Keep it simple on Wednesday, but keep going. More steps, more pushups, modified planks, crunches, and burpies. Can't forget burpies.

The sun enters Cancer on June 21. Sweat and soak up more water and summer fruits and smoothies. Keep the sunscreen handy. The next three days are your power days with the moon in Scorpio. Get serious, but don't get hurt, okay?

Mars goes retrograde on the twenty-sixth. Slow the pace, but get more intense and more precise in your movements. Great!

Sagittarius

If people are keeping you busy, you can still break away for your workout and personal prime time. When you show up, you're encouraging everyone, and that encourages you to stick with it and not skip. Be smart and do as much as you can without getting exhausted.

June 1 with its Venus-Jupiter trine is just for you. Start early and prance through your dance or aerobics video. Or have an early sunny walk or run. Sunscreen, water, then breakfast and blast through the day. Stay on course on June 6, and don't get distracted. A basic workout or run is fine.

Mercury enters Cancer on the twelfth. You could be hungrier. Eat what you need and drink more water.

Get outside on June 16 and June 17 and enjoy the sun and fresh air. Exercise early on Sunday, Father's Day, and save time for family and favorite healthy foods. Try a new yoga or dance class for the Mercury-Jupiter trine on Tuesday. No boredom allowed.

Monday and Tuesday, June 25 and June 26, are your power days with the moon in Sagittarius. Monday could get complicated, but squeeze in your workout anyway. Mars goes retrograde on Tuesday. Maybe slow down a bit, but don't stop. You're phenomenal!

Capricorn

You're all business, and you stand to make great progress this month in your pursuit of better health and fitness. It's possible to be too serious and work too hard, so respect yourself and your limits.

Lighten up on June 1 - your power day with the moon in Capricorn - and have a cheerful run or workout with sunshine and maybe favorite music. Do it early, if you can, and brighten the whole day. Go with the flow on June 5, but be determined, too. No cheating on the pushups or burpies, okay?

Sunday, the tenth, is for a solid bike ride or run in the sun, with extra water and sunscreen. On the fifteenth, go for the treadmill or elliptical and do what you can at your own pace. The seventeenth is Father's Day. Exercise early and save the day and evening for family, friends, and healthy foods.

On June 21, the sun enters Cancer and summer starts. Drink more water, enjoy healthy grilled foods - corn on the cob - and keep up the electrolytes.

Mars turns retrograde on the twenty-sixth, but not you. Slow, steady progress is what it's all about. The next three days are your power days. Give it your best!

Aquarius

There's more energy available now than you may imagine. You don't have to go to the edge every single day, but if it feels right, do as much as you can. Listen to your body and let your head follow. Improve at a steady rate.

Greet June 1 with ambition and playfulness. Turn up the aerobics music, or have a fine

morning run. Why wait? Mercury and Mars are trine today. The next three days are your power days with the moon in Aquarius. Get some weekend sun and fresh air, and pile on those steps. Remember the water and sun screen.

Speed up on the fifth, when the sun conjoins Mercury. Don't exceed your personal speed limit, and go slightly easier tomorrow if you need to. Mixing it up can be good.

The moon conjoins Uranus on June 10. Choose a new dance class or body pump routine. June 16 could get complicated, but don't be frustrated. A run, walk, or hike with friends can fix everything.

Summer starts on the twenty-first, when the sun enters Cancer. Enjoy more fresh fruits and veggies, extra water, and electrolytes. More vitamin D! Yes, and sunscreen. Mars turns retrograde on the twenty-sixth. Stay focused and keep moving. Happy summer!

Pisces

Let your instincts guide you. If you have an instructor or trainer you really trust, that's a big plus. Work hard, notice how you feel, and keep it all about you.

Be energized on June 1. Wear your favorite workout gear and run or do your favorite aerobics or yoga video. Be inspired by your workout the next day. Sing while you dance. Soak up the sun and fresh air while you run or walk.

The fifth and sixth are your power days with the moon in Pisces. On the sixth, Mercury squares Neptune, and then the sun does the same. Don't let indecision stop you from working out. Be disciplined and show up. The weight room or yoga studio is waiting for you. Then maybe a hot tub.

On June 12, shop for fresh fruits and veggies, healthy beans, nuts, meats, and fish. Shop local, if possible. Mercury enters Cancer today. Neptune goes retrograde on June 18. Resistance and excuses lessen. Do it!

Summer begins on the twenty-first. Have a great run, walk, or bike ride. Remember to take water and sunscreen. Mars goes retrograde on the twenty-sixth. Buckle down and keep going. Work on posture and core strength. Your head and heart are into better health and fitness!

Source: astrology.com



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