

Women Fitness

April/May 2019

INDIA

*Educationist &
Co-Founder,
KA EduAssociates,*

**FATIMA
AGARKAR**

Talks About Taking
The Education System To
NEW HEIGHTS

DIGITAL NOT ENOUGH?



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Contents

06

Main Story

To grace our April cover, we have with us the multi-talented athlete and actor, Prachi Tehlan, sharing with us her dreams & hopes as an actor!

Contents

28

Cystic Fibrosis is an inherited rare disorder that has no known cure. If both your parents are carriers of the CF gene mutation, you have a 25% chance of being born with this disorder.

31

Recent research says, one in six couples will have issues with getting pregnant. If you are actively trying to conceive or are not even thinking about babies yet, the small things you are doing now can actually have a serious influence on your current and future reproductive health.

16

Workout

If you're taking the time to exercise, you want to ensure that every minute counts. Women are busier than we've ever before. We don't have time to waste on things that don't enrich our lives. If your Workout routine isn't giving you real value, then it's hard to justify the time spent.

21

When we follow a fitness regime, firming our hip muscles perhaps is not high on our agenda. But if you belong to a category of people who spend most of the time being simply seated with no activity you will be familiar with that unwanted hip pain and stiffness that comes along with it.

25

Pregnancy

Women are stressed to follow a healthy and nutritious diet during pregnancy and breastfeeding. But, in some parts of the world little emphasis is put on exercise and physical activity of pregnant women.





34

Healthy Eating

Turning heads with every new role, Huma Qureshi is a woman who plays every role with an exceptional flair and amazing acting prowess! This confidence comes from her fit and fabulous body that is a result of dedication and perseverance.

36

Dr. Siddhant Bhargava, Co-Founder, Fitness & Nutritional Scientist – FOOD DARZEE shares 6 Vegetarian Keto Recipes For A Healthy Diet.

42

Is Protein supposed to be consumed by men only? Can a protein diet be friendly for people who don't consume meat, poultry or eggs? Is it beneficial for women as well? Let's answer some of the basics – Women can consume and adopt a protein friendly diet.

46

Fashion & Lifestyle

Ever tried to read the ingredients in your chemical laden shampoo? The secret is out and it contains not just unpronounceable and incomprehensible ingredients, but toxic chemicals like sulfates, parabens, PEG, formaldehyde, and synthetic fragrances.

48

Consumption of beauty supplements are essential not only for nourishing skin but it does make you feel younger. Beauty supplements are available in many forms and types.





50

May Special

We have the educationist and entrepreneur, Fatima Agarkar, grace us at Women Fitness India, as she talks about education in present era.

59

Weight Loss Guide

Journey From Fat To Fab & Then Rocking A YouTube Channel, here's Suman Pahuja's real weight loss journey.



61

Diksha Chhabra, a 32 year old Mother, a Nutritionist and a Fitness trainer, underwent a major transformation. From being in a job, weighing over 90 Kgs and having been detected with PCOD and Thyroid to becoming a Sports Nutritionist & Fitness Trainer.

65

Wellness

Now, more than ever, is the era of the female gender. With women conquering almost every field they step into, here are some brilliant chefs that are changing the gourmet industry of India.

70

Shopping

She's given you the world. This Mother's Day, maybe you should give her more than just a last-minute Hallmark card. We make it a little easier for you to decide by presenting 15 ways in which you can surprise your mum, with love, this May.

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Editor's Note

Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy.

-Norman Vincent Peale

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Suman Pahuja

April and May are always busy months in office and packed with tons of information about exercise, diet, fashion & lifestyle. This time we have an interesting article for food lovers on Top 10 Indian female chefs that have set out to transform the food scene.

This issue interview cover celebrities are: basketball & netball player turned actress Prachi Tehlan and educationist & co-Founder of KA EduAssociates, Fatima Agarkar. Prachi is former captain of the Indian Netball Team which represented India in the 2010 Commonwealth Games and in other major Asian Championships in 2010-11. Under her captaincy, the Indian team won its first medal in 2011 South Asian Beach Games. She made her acting debut in the TV series Diya Aur Baati Hum on Star Plus in January 2016.

Fatima Agarkar is an educationist and recipient of the Giants Group awards for outstanding contribution to education. We are proud to have them on the cover of Women Fitness magazine.

In the weightloss section this month, we have real life story of Suman Pahuja who shares her journey from Fat to Fab and then rocking her own YouTube channel. She stresses on the significance of mental fitness along with physical fitness.

Have a look and let me know what you think either on social media or write in to us womenfitness@gmail.com.

In fitness,

Namita Nayyar

President, Women Fitness.

Basketball & Netball

Player Turned

Actress

**Prachi
Tehlan**

Is Here To Make Her
Dreams True!



Prachi Tehlan is an Indian netball and basketball player, and an actress. Prachi is former captain of the Indian Netball Team which represented India in the 2010 Commonwealth Games and in other major Asian Championships in 2010-11. Under her captaincy, the Indian team won its first medal in 2011 South Asian Beach Games.

She made her acting debut in the TV series Diya Aur Baati Hum on Star Plus in January 2016. She made her Bollywood debut as “Nimmy” in the film ARJAN opposite Roshan Prince on 31 March 2017. On October 2017 her second Punjabi movie opposite Binnu Dhillon “Bailaras” was released.

In November 2017 she starred in Star Plus show “Ikyawann” as the female lead.

To grace our April cover, we have with us the multi-talented athlete and actor, Prachi Tehlan, sharing with us her dreams & hopes as an actor!

After being the captain of the Indian Netball Team which represented India in the 2010 Commonwealth Games, you made your television debut with the hit serial Diya Aur Baati Hum in 2016. What led you to take this switch in career towards acting?

It was an opportunity out of nowhere. I took it as a sign of destiny who must have planned something bigger for me. I just went with the flow and took a decision and a risk to change my profession and city in a matter of 3 days. I am glad I made this choice and I feel I am living a dream which millions aspire too.

Under your captaincy, the Indian team won its first medal in 2011 South Asian Beach Games. You have also been given the title of “Queen of The Court” by The Times of India & “Lass of The Rings” by The Indian Express. Introduce us to your history with sports. When did you start playing netball?

I started playing when I was in class 7th and my coach asked me to start playing basketball because I was tall even then. I remember being 5’8 in class 8th when I played my first national in Under – 14 category representing Delhi. I played both basketball and netball for Delhi and India and was the proud captain to get India its first medal. I started playing netball in college when again I was picked while playing a basketball game as I was always a fine shooter with a great conversion rate.



To prepare for your film debut role, you lost over 15 kgs. Share your journey to achieve weight loss. What was your workout routine like back then?

That's not the fact. No one asked me to reduce any weight. Actually I got into acting because I was 92 kgs and tall.. and that was the requirement of the character in Diya Aur Baati Hum. When I started working for it.. soon I realised that there is more for me in this industry and that I have got this role because I looked a certain way but not everytime the destiny is going to favour me and I would have to be in shape to try for more new and challenging roles. Hence it was a deliberate effort from my end to reduce my weight. I started reducing as soon as I joined the industry and within 3 months I was 18 kgs down. I had no time for workout. I was unhealthy because of reducing weight which I would not recommend to anyone. I was on a shake diet and no eating. It was very effective but it did get a lot of weakness in me.

I suggest people to go slow and the healthy way. There can never be running away from efforts you make to do good for yourself and your body.







Having a great body with my height would definitely help me stand out amongst all the existing actresses in our industry.

Share your diet routine that compliments your workout regime?

Now, I am on a low carb diet because I am again targeting a new goal for myself to achieve in terms of how I want to look and what my weight should be. My day is divided into 6 meals a day.

- My day starts with 1 tablespoon alovera with water.
- After 2 hours I have my breakfast- one cup black coffee+ 5 soaked almonds
- GYM TIME .. 1-1.5 hours (includes cardio and functional)
- Mid morning consists of 1 orange
- Lunch consists for greeb vegetables with curd
- Evening I have 1 black coffee with a fruit
- Dinner 3 egg whites + 1 full egg omelette
- 4-5 ltrs of water the entire day

You are looking better and fitter than ever. How do you maintain yourself? 5 tips for upcoming actors.

Its called maturing in your profession and figuring out right people to work with and to groom you. This starts from your dietician, trainer, dance master, stylist, your beautician and your photographer and a big team managing you. Everything is very important in your grooming.

Your fitness goals to strike in 2019?

I aspire to have the best body in India which in my head is of JLo. I don't know how near I can go. But that's my goal. Having a great body with my height would definitely help me stand out amongst all the existing actresses in our industry.


3 destinations that you would love to visit in the New Year?

I would love to visit any three new countries. I love travelling and I would love to explore.



The #MeToo movement has struck us all at a global level and now more and more women are coming out to voice their stories in our country too. What is your take on this?

It's debatable. I am glad it happened because I myself have come across few experiences which were unpleasant. But coming from a strong sports background I can always take care of myself. Rest.. it doesn't bother me in growing professionally. At the end you get work not because you slept with someone.. you get work and you grow only basis your talent and charm which attracts the audience.



Your Malayalam debut movie “Mamankam” with Mammootty is under process. How have you prepped up for this new your character?

A lot. I was working for my star plus show while prepping for it. Used to work almost for 18 hours a day. Which included my diction class, my dance class and also my shoot of 12 hours plus travel. I had to grow my eye brows and being so new to the industry it is a challenging character for me!



What other projects are you looking at in 2019?

It's an unpredictable industry. I go with my gut about a project and so far have made good decisions. Also, I feel I am God's favourite child. Only good things happen to me. I believe in it and I just go with the flow.

I am surely expecting a lot out of 2019 in going next level.



**Lastly, one
fitness/health tip for
our viewers at
Women Fitness
India?**

Eat healthy, cheat
once a week,
working out atleast
for an hour and
happiness will
follow!

**With a massive following of
about 172K followers on your
Instagram account
@prachitehlan, what
according to you are the best
and worst things about this
social media platform?**

I am not a social media maniac
.. I enjoy it .. at the same time like
to keep my privacy intact. I love
to see how my fans respect and
feel about me. A reality check is
always important. And in today's
era it's very important to be
socially active with letting people
know what you are doing because
it has become the source of
marketing.

5 *Easy Tips*

to Help You Get
the Most From Your

WORKOUT ROUTINE

If you're taking the time to exercise, you want to ensure that every minute counts. Women are busier than we've ever been before. We don't have time to waste on things that don't enrich our lives. If your Workout routine isn't giving you real value, then it's hard to justify the time spent.



But you shouldn't get discouraged just because you may be in a slump. Everyone experiences a point in their fitness journey where the juice just doesn't feel worth the

squeeze anymore. When this happens, you need to take a moment and see what needs to change.

If you're at this point, and

ready to make that change, consider these five tips for getting the most out of your Workout routine and finding the encouragement you need to continue your fitness journey!



Always Use Proper Form

One of the biggest mistakes that beginners make, and that veterans continue to make, is exercising with sloppy form. When you don't maintain proper form, you not only increase your rate of injury but also decrease the value of your workout.

Exercise forms are developed to target specific muscle groups and motor functions. When you slack on form, you lose that focus. Doing even just 20 minutes of exercise with consistently good form is better than spending an hour with poor form. If you don't feel like you're advancing like you should be, recheck your form. You can refer stock fitness images to see how to do an exercise properly.



Vary the Weight You Use

When you lift weights, there are essentially three styles you can use: light, medium and heavy. Each carries its own set of virtues in the way it helps improve your fitness. A combination of all three will leave you feeling better and making big strides towards your fitness goals.

• Light-Weight Lifting

This style is all about keeping your weight low but performing more repetitions. It's ideal for burning fat, creating a toned physique, and building your endurance. You should aim to do three to five sets of 15 to 20 reps. Your target weight should be about 50% of your one-rep max.



● **Medium-Weight Lifting**

Medium-weight lifting is an in-between style that burns fat, builds muscle, and increases your strength and endurance marginally. Typically, this involves performing anywhere from three to five sets of 10 to 12 reps. Your target weight should be between 75% and 80% of your one-rep max.

● **Heavy-Weight Lifting**

This style is all about gaining strength, growing muscle, and bulking. You pack on the weight, but may only do about three sets of 3 to 5 reps. You won't gain much endurance, but you will notice a visible gain in your strength and power. Your target weight should be between 85% and 95% of your one-rep max.



Introduce Some Muscle Confusion

If you always do the same old things, your muscles will eventually adjust, your progress will slow, and you'll have to work twice as hard to see the same results. You can overcome this setback by introducing some muscle confusion to your workout.

There's plenty of options you can do this:

- Do a variation of a typical exercise, such as incline pushups instead of normal pushups
- Do more reps in fewer sets, or vice versa
- Change up your rest time in between sets
- End your set with a burnout session or a hold



Do Something Totally Different

In the same train of thought as introducing muscle confusion, if your

workout isn't stimulating anymore, do something completely different. If you're into running, but you're tired of just trying to go faster or add more miles, do something else for

cardio. Hop on a bike or elliptical, or do a Crossfit session that focuses on cardio. Sometimes we need to step outside our comfort zone to rediscover our love of fitness.



Get a Workout Partner

One of the biggest reasons why people give up on their fitness goals is because they don't have anyone supporting them. Working out by yourself can be a very lonely pursuit. When you're giving up time with other people to Workout, it can leave you feeling isolated and discouraged. To counter this, workout with someone that you trust. You'll not only feel encouraged but motivated to workout even harder so you can keep pace with your partner.





STRENGTHEN
YOUR HIP
With **THESE**
EXERCISES

Unlike our other body organs, the hips are those parts of the body to which we seldom pay any attention unless and until they are bothering us.

When we follow a fitness regime, firming our hip muscles perhaps is not high on our agenda. But if you belong to a category of people who spend most of the time being simply seated with no activity you will be familiar with that unwanted hip pain and stiffness that comes along with it. In order to combat the discomfort, you even resort to performing some hip stretches. But actually reinforcing the hip area is something that will not only make you feel better but will also facilitate you to move around better.

Read through the below mentioned Exercises to help target and Strengthen Your Hips Muscles:



Isometric Gluteus Medius Exercise



Perform this muscle exercise by lying on one single side with a belt being placed around both your ankles. Elevate your top leg in the upward direction, press against the belt while your knee must be kept straight. Holding this position for five seconds, you must replicate it for about ten times.



Straight Leg Raise:

To start this exercise you must lie on your right side. By bending your right leg, you must slowly rest your left foot on the floor. Gradually elevate your top leg two feet off the flat surface. Slowly your leg must be lowered by holding the position for about five seconds. Duplicate about five times, then alternate legs.





Wall Slide

To start with the exercise you must be standing upright with your back being against a wall and feet shoulder-width apart. By bending your knees gently, your back must slide down the wall for a count of 5 till the time your knees are bent at an angle of a 45-degree angle. The position must be held for about five seconds. Start to flatten your knees for a count of five, gliding up the wall till you are completely erect with knees straight. Repeat the move about five times.



Hip Flexion

Once you stand up in a straight position, slowly lift your right leg off the ground; bend it in a way so that you create a ninety-degree angle at the hip. By holding the posture for five seconds you can gradually lower the leg. By duplicating the exercise for about five times, you can swap legs.

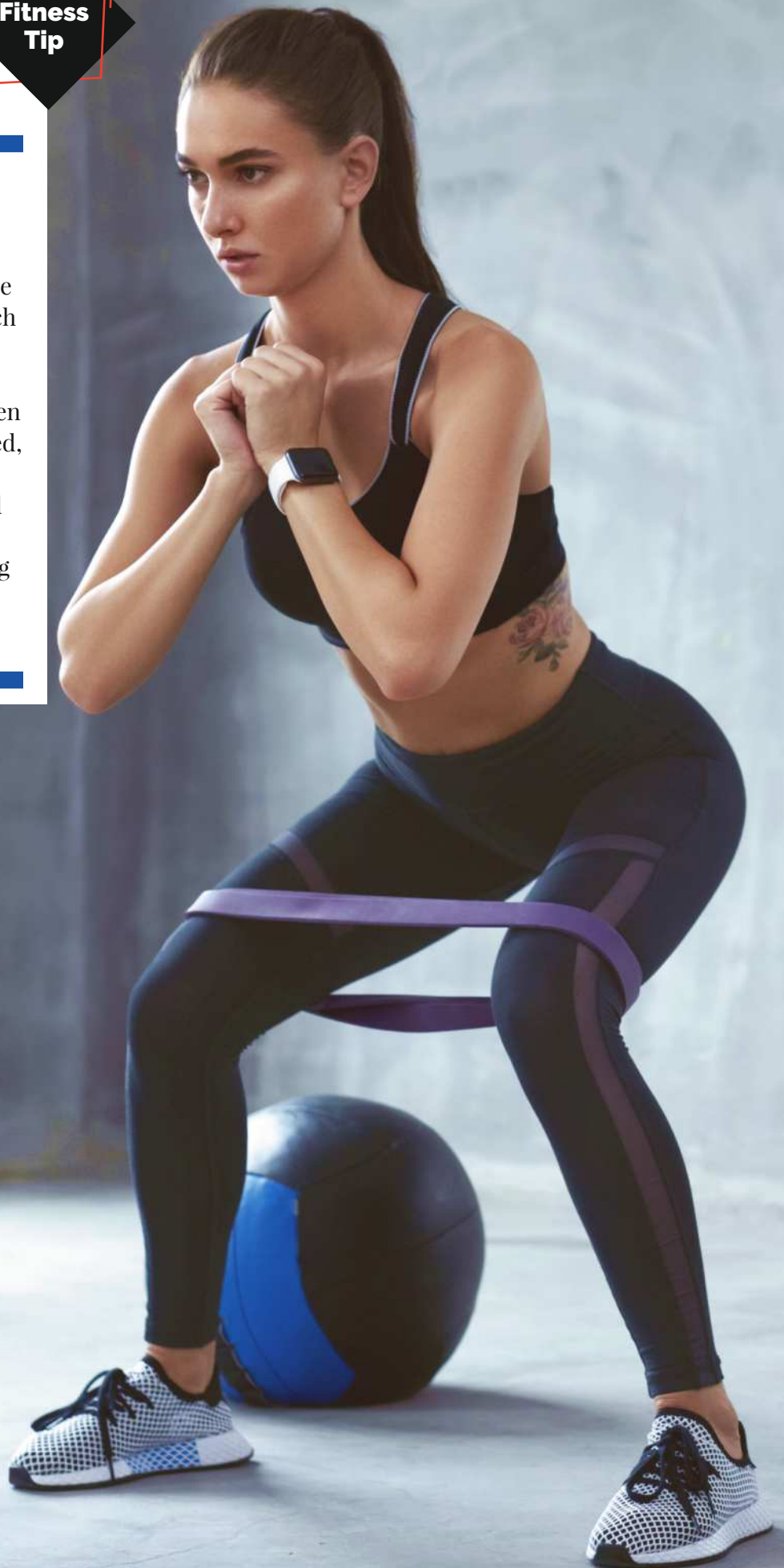


Once you have mastered these exercises they seem to be easier enabling you to move on to more advanced hip strengthening workouts. Working to uphold the strength of your hips will facilitate you maintain stability, keep you walking normally, and help maintain pain-free hips.

By- Ms. Shalini Bhargava

Fitness Tip

Performing a squat or deadlift while flexing or rounding your spine has dramatic effects on shear loading of the discs and the result is injury. The spine is much stronger and better able to withstand compressive forces—about 55% stronger—when in a neutral posture. With a flexed, rounded spine, the muscles of your lower back are “silent,” and you increase strain on posterior passive tissues and high shearing forces on the lumbar spine resulting in injury.





Pregnancy

Easy
5 Prenatal Exercises
To Make Your
Delivery Easier

Women are stressed to follow a healthy and nutritious diet during pregnancy and breastfeeding. But, in some parts of the world little emphasis is put on exercise and physical activity of pregnant women.

Benefits of Prenatal Exercises:

- It makes the pelvic muscles strong
- Improves metabolism
- Helps in post-delivery recovery
- Easier labor contractions
- Blood pressure control
- Shorter delivery time

Because exercising is beneficial for the mother and the baby, women should make a point to exercise regularly without fail.



Kegel Exercise

How Does It Work: This exercise strengthens the pelvic floor and muscles, which is under stress due to the increased size of the uterus.

Instructions:

- Get into a comfortable position like standing, lying down or sitting, whatever suits you the best.
- Focus on the pelvic muscles and not on the muscles of the thighs, abdomen or buttocks.
- Contract and pull in the muscles around the vagina and back passage at the same time.
- Hold them strong and tight for 5-7 seconds.
- Gradually relax the muscles and take a rest for 10 seconds before starting the next kegel.
- Repeat this 3-4 times in a row, several times a day.
- After a few days, increase the number of seconds for squeezes.



Squats

How Does It Work: Squats strengthen the lower body and open up the pelvis, which assists in delivery.

Instructions:

- Stand with feet shoulder-width apart.
- Bring both your arms in front of you.
- Bend your legs and lower yourself in a squat position.
- Keep your back straight, maintain your balance and hold the position until you feel comfortable.



Being active and performing certain exercises during the period of pregnancy can make the delivery easier.



Walking

How Does It Work:

Something as easy as walking improves metabolism, balances your body, pumps up heart rate, enhances blood circulation as well as immunity.

Points To Remember:

- Walk at least five days a week for 30 minutes each day.
- Keep your back straight and wear comfortable shoes while walking.
- Do not talk while walking.
- Early morning walk is the best time to get some fresh air and your daily dose of vitamin D.



Butterfly Exercise

How Does It Work: It strengthens the pelvic area and prevents constipation.

Instructions

- Sit on the floor with your back straight and your legs stretched before you.
- Bend your knees and allow the soles of your feet to touch each other. Your knees should bend outwards.
- With the help of your hands, pull your feet as much as you can towards your pelvic bone.
- Try to touch your knees on the floor as much as you can. Move your folded knees up and down like a butterfly's wings.



Leaning

How Does It Work: This exercise allows the baby to move and position freely.

Instructions:

- Start with kneeling on a couch or a bed.
- Lean forward, lower your upper body to the floor.
- Place the palms of your hands on the floor and lean forward, creating an inverted position.
- You can lean on anything, for example- a table or an exercise ball.

Note:

If you feel uncomfortable or experience pain while performing an exercise, immediately stop and relax.

By- Sneha Sadhwani





Things
You Must
Know
About
**Cystic
Fibrosis**

Cystic Fibrosis is an inherited rare disorder

that has no known cure. If both your parents are carriers of the CF gene mutation, you have a 25% chance of being born with this disorder.

CF adversely impacts your body's epithelial cells. (These cells help regulate the balance of salt and water.) They're found in sweat glands, pancreas and lungs. This is where sweat, mucus and digestive juices are formed. In people with CF, these thin, slippery fluids become sticky and thick. This can cause significant problems with breathing, nutrient absorption and digestion.

Often people with CF also develop exocrine pancreatic insufficiency (EPI). This can cause further problems with digestion due to excessive amounts of mucus in the pancreas. This mucus blocks pancreatic enzymes from reaching the intestines, where they would normally support the digestive process. Without the enzymes in the right place, this blocks absorption of fat, protein and carbohydrates along with vitamins and minerals they contain. All of these are important for growth.



How Does Cystic Fibrosis Affect Your Diet and Nutritional Needs?

Without enough protein, fat and other nutrients, it's harder to fight off cold and other infections. It's also more difficult for your body to keep your lungs clear and healthy and you may also become underweight.

If you have CF, you need to eat a balanced diet consisting of fat, protein, dairy, fruits and vegetables. You'll need to increase the amount of each in your diet to ensure that your body is able to absorb enough of these nutrients. You can do so by adding the following to your diet:



Protein: Foods high in protein, such as beef, chicken, eggs, fish, and soy are important for preventing muscle loss.

Salt: People with CF have salty sweat, which may cause electrolyte imbalance and dehydration. Salty snacks, pickles, and sports drinks can help replace the salt you lose while sweating. You can also cook vegetables in chicken broth instead of water.

Iron: Iron helps fight off infection and produces oxygen-carrying red blood cells. Foods high in iron include liver, tuna, lamb, seafood, eggs, beef and turkey.

Zinc: Kidney beans, spinach, liver, eggs and seafood etc.

Calcium: Foods high in calcium help reduce your risk of osteoporosis, a concern for people with CF. Dairy products such as high-fat yogurt, whole milk, and high-fat cheese are all good sources.

Fiber: High-fiber foods help reduce the risk of intestinal blockages.

Antioxidants: Fruits and vegetables are good sources of antioxidants and important for fighting off bacterial infection. People with CF may experience high amounts of airway inflammation in the lungs, making bacterial infection more likely and very dangerous to your health.

To Get More Calories

People with this condition need more fat and calories than most people do. Meals that may be considered too high in fat for others, such as a burger with a side of fries, are okay choices for people with CF.

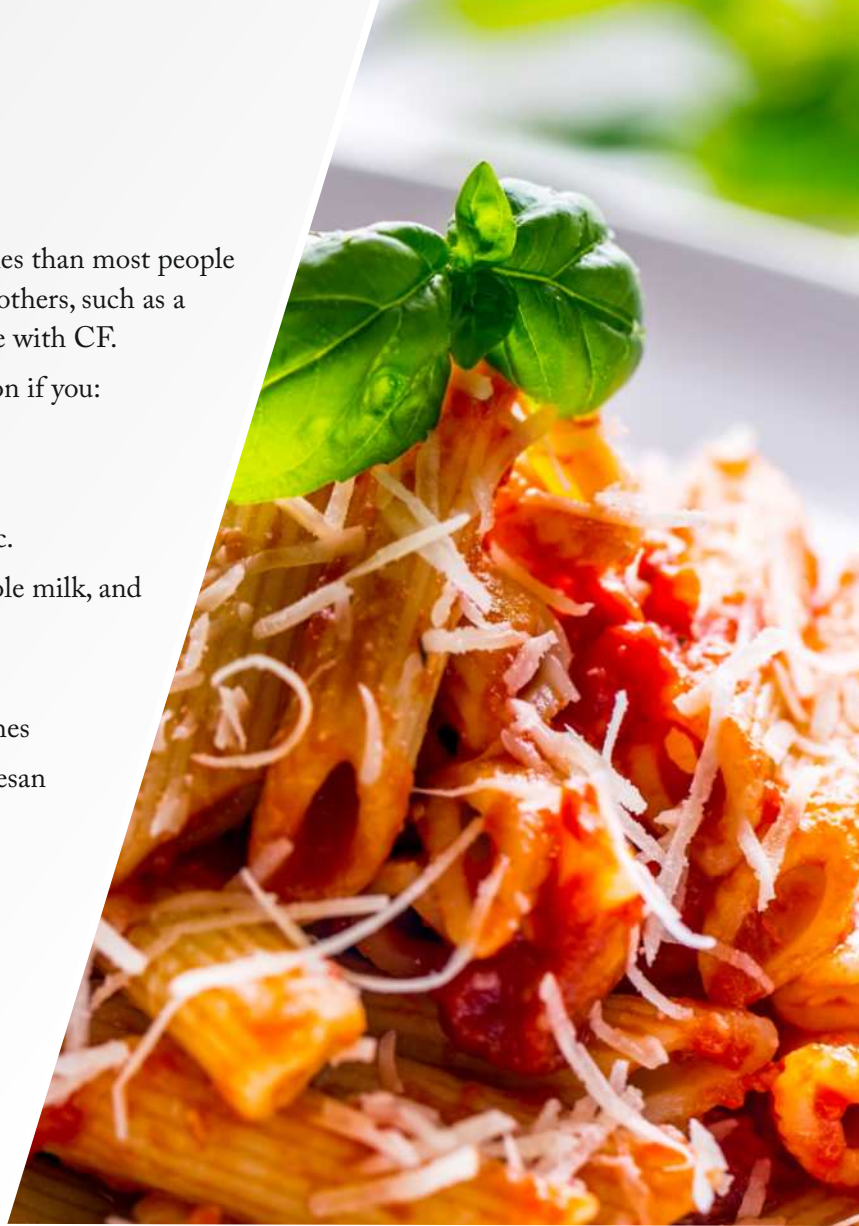
In general you can increase your calorie consumption if you:

- Choose high- fat ground meat
- Opt for whole milk instead of skim
- Sprinkle bacon and cheese on salad, into eggs etc.
- Make smoothies packed with peanut butter, whole milk, and bananas
- Fry eggs with extra butter
- Spread an extra layer of mayonnaise on sandwiches
- Eat pasta with olive oil and freshly-grated Parmesan cheese

- Snack on high quality dark chocolate

You should typically avoid anything labelled as:

- Diet
- Low-fat
- No-fat
- Reduced calorie



To Get More Protein

Foods high in protein help build muscle, repair tissue, keep bones healthy and strong.

It's important you get ample amounts of protein daily. In addition to eating protein- packed meals, try these ideas:

- Add meat and cheese to your morning scrambled eggs.
- Skim milk powder is filled with casein, a slowly digested protein. Add skim milk powder to juice, breakfast cereal, pancake mix, shakes etc.
- Eat high-fat Greek yogurt instead of regular yogurt
- Enjoy high-protein almonds as a snack. You can sprinkle them onto cottage cheese, another protein booster, for an added nutritional punch.

By: Manoli Doshi





10 Regular Habits

That Have An Adverse Impact On Your Fertility

The contentment of becoming parents effortlessly happens for some couples whereas for some it is a difficult joy to achieve. Recent research says, one in six couples will have issues with getting pregnant. If you are actively trying to conceive or are not even thinking about babies yet, the small things you are doing now can actually have a serious influence on your current and future reproductive health. Everything right from lifestyle and diet to niggling little health problems could be causing the delay.



1. Too Much Sleep

According to a study in the medical journal Fertility Sterility, it's noted that men who sleep for more than 9 hours a day have lower fertility as compared to the ones who sleep between 7 to 8 hrs per day. Even that extra hour in bed can cause the possible harm.



2. Having A Diet Rich In Processed Meats

A Harvard study suggests that heavy and daily eaters of processed meat e.g. bacon, hotdogs, salami etc. have lower sperm counts and higher risk of abnormal shaped sperm as compared to those who consume less amount of processed meats. The possible cause could be lowered testosterone levels in these men. Fish eaters on the other hand tend to perform much better as the omega-3 fatty acids in fish are beneficial for healthy sperm production.



3. Addicted To Aeriated Drinks

Excess intake of aeriated drinks results in poorer sperm motility in men, as compared to those who stay away from them. This is due to the high sugar content, feeding into obesity, that leads to hormonal imbalance thus affecting the sperm. Also, excess fat tissue in the groin keeps the area warmer and this excess heat affects the sperm quantity and quality.



4. Cell Phone In Pockets

Cell phones emit radiation and heat; this can not only affect the count and motility but also result in DNA damage of the sperm. It will be worthwhile to make the use of headsets or keep your phones in the bag or on the desk instead.



6. Smoking

According to a research, infertility is two times more common in both male and female smokers as compared to non-smokers. In women the transfer of eggs and sperm through the fallopian tube is affected as well as the transport of the fertilized egg back to the womb. Also, smoking reduces the blood flow to the womb affecting the implantation and subsequent growth of an embryo thus causing miscarriage. In men, the DNA of the sperm is affected resulting in infertility issues. The risk exists in passive smokers too.



5. Being A Vegan On Soy

If you are a vegan and on a Soya bean rich diet, you will have poorer total sperm count as compared to those who don't have soy at all. Soy is a rich source of phytoestrogens i.e. plant derived oestrogen, which is a female hormone. Higher oestrogen levels can hamper sperm production.



7. Coffee And Tea

Caffeine and tannin are associated with an increased risk of miscarriage. Excessive intake of coffee by a would be mother can have adverse effects on the infant's growth resulting in early miscarriages. This effect is dose-related and heavy tea/coffee intake is therefore unadvisable. Two shots of espresso a day can reduce a man's fertility and increase DNA fragmentation of the sperm.



8. Gyms, Spas And Bike Rides

It is all to do with the temperature of the testicles and sperms. In warmer climes, the scrotal temperature rises, the biochemistry of the sperm is harmed and the quantity, swimming capacity and DNA integrity of the sperm is affected. When planning for a family, it is best to avoid hot baths, saunas or steam baths. Also, one should avoid keeping laptops on lap whilst working. All these things will lead to increasing problems in conceiving. Negative effects on sperm are also markedly seen in men who spend much of their day in a sedentary position in a warm environment. It is also advised that men should wear loose undergarments.



9. Excess Dieting

Being too thin affects fertility. The hormone Leptin controls hunger and feeling of satiety. Women with low levels of leptin have less body fat. Hormones that control fertility are metabolised in the fat tissue. Hence, thin women suffer from menstrual irregularities and irregular ovulation causing problems in conceiving. It is recommended that women should maintain a balanced diet which is vital for conceiving. Extreme dieting also causes nutrient deficiencies and this further creates a non-conducive environment for conception.



10. Alcohol

Heavy drinkers are more likely at a risk and might require fertility treatments. In men, alcohol affects the quality of sperm and also increases the risk of DNA fragmentation of the sperm. Continuous consumption of alcohol can increase the risk of miscarriage which leads to foetal alcohol syndrome and develop abnormalities in the baby.

By: Dr. Rajalaxmi Walavalkar

WHAT Huma Qureshi And Why? *Eats In A Day* Answers Her Nutritionist

By- Jaydeep Bhuta

Turning heads with every new role, Huma Qureshi is a woman who plays every role with an exceptional flair and amazing acting prowess! Her effortless onscreen presence marked by her confidence and ability to carry herself brilliantly has earned her an abundance of favourable reviews. This confidence comes from her fit and fabulous body that is a result of dedication and perseverance.

Not too long ago, in the month of March, Huma Qureshi, approached Nutritional Consultant Jaydeep Bhuta who specializes in fat loss and diet control with the intent of losing some unhealthy weight, toning her body and gaining overall fitness.

Here is a one-to-one interaction with Jaydeep Bhuta to get a little insight on her secret!



1 What did you tell Huma Qureshi would happen if she took to the diet?

Huma came to me wanting to prep up for her role in her new movie. She wanted to get fitter and lose some fat. I was confident that with my diet, her body would start changing. It might not be immediate but the results would lead her to her ideal body. She would get more in shape.

2 A breakdown of her daily meal plan during the diet.

Her diet mainly revolved around leafy green vegetables as a source of carb and a moderate amount of protein. Lean meats and eggs as a source of protein and a mix of saturated fats and mono unsaturated fats coming from ghee and olive oil. Though there were a few days that I made her diet a little relaxed.

3 Does she normally eat carbs? What has her carb intake been like before? How hard was it for her to get off carb consumption? Did she have alternatives to carbs in her plan?

Huma's carb intake was like that of any normal person. She was never on any diet so consumed whatever she wished to eat. Getting her rearrange her macros wasn't very hard. She was very motivated and stuck to the diet I gave her from the start. She did have her cravings but I specially prepare certain edibles that I give to my clients that they can have instead.

4 How long was she on the diet and how long does she intend to be on it?

She started the diet early this year and is pretty steadfast. She plans to continue to be on the diet till the foreseeable future.

5 How would her body work after being off carbs (changes in the body)

The body goes through a procedure of adaptation. She felt a little weak for a few days but then the energy levels jump back to normal. Once the body learns how to use body fat for energy the carb withdrawals go away. This usually takes 6 to 7 days.

6 Why not other diets for her?

The basic fundamentals of any diet remain the same. The calories fed to the person should be less than the BMR and the hormone insulin, which is responsible for fat gain should be released gradually and should not have spikes. A low carb diet which is also calorie restricted will take care of both these problems.

7 What were you tweaking her body to adapt to?

Working out, Adequate sleep and proper amount of proteins, fats and vitamins are essential for the body. The most crucial factors of getting on a diet is knowing the diet- understanding what is most important when you're making yourself healthy – Adequate Nutrition and Self Care. By taking her off carbs, I was training her body to derive energy from the fats that she consumed.







Vegetarian **6 Keto Recipes**

For A Healthy Diet



By Dr. Siddhant Bhargava

Co-Founder, Fitness & Nutritional Scientist – FOOD DARZEE



Zucchini Grilled Cheese

Ingredients

- 🍴 Two grated zucchini, shredded cheddar and freshly grated Parmesan cheese
- 🍴 Two finely green onions sliced
- 🍴 Salt to taste
- 🍴 Corn-starch
- 🍴 Vegetable oil for cooking
- 🍴 Freshly ground black pepper

Instructions

1. Start the process by squeezing additional moisture out of the zucchini with a clean towel. Take a bowl in which you require to mix zucchini with corn-starch, green onions, and Parmesan. Pour plenty of vegetable oil in a large skillet in order to layer the pan's bottom.
2. Scoop about one-fourth cup of the zucchini mix onto one side of the pan and shape into a small square. Replicate the process in order to form another patty on the other side.
3. You must keep cooking them till the time they turn out to be golden brown on both the sides, about four minutes per side.
4. Once you are done, gently remove them from heat to drain on paper napkins and duplicate the same process with the remaining mixture of zucchini mixture.
5. You must ensure you have wiped the skillet clean. By placing 2 zucchini patties in the same skillet over medium flame, you must top with shredded cheese, then place two more zucchini patties on top in a way that you form two sandwiches.
6. Continue to cook till the time the cheese has melted, about two minutes per side. Repeat the same process with remaining ingredients. Serve hot instantly.

Keto Tarts

Ingredients

- 🍴 2 cup Packaged Shredded Cheddar Cheese
- 🍴 200 grams Paneer
- 🍴 2 tablespoon Chili Powder
- 🍴 2 tablespoon Cumin
- 🍴 1 teaspoon Salt + more to taste
- 🍴 8 teaspoons Sour Cream for garnish
- 🍴 Pico de Gallo for garnish

Instructions

1. Preheat oven to 350F.
2. On a baking sheet lined with parchment paper or a silicone mat
3. place 1 Tbsp piles of cheese 2 inches apart.
4. Put baking sheet in the oven and bake for 5-7 minutes.
5. Let cheese cool completely then remove.
6. Take the paneer and add the spices. cut into small cubes.
7. Stirring till combined and boil for 5 minutes then put more salt to taste.





Sweet-Chilli Dipping Sauce

Ingredients

- 2 large red chillies, stems removed
- 15g fresh ginger, peeled and roughly chopped
- 2 lemongrass stems, outer leaves removed and then finely slice the inside
- Handful of coriander leaves, stems & roots
- 100g caster sugar
- 35ml cider vinegar

- 5 garlic cloves, peeled
- 10ml fish sauce (optional)

Instructions

1. Place the ginger, chillies, garlic, coriander & lemongrass into a food processor or blender & puree to a coarse paste.
2. Put sugar in a saucepan with 4 tablespoons of water & place over a modest warmth & stir well until the sugar is melted. After it gets dissolved,

remove the spoon and turn the temperature up to full. Boil until it has turned a light caramel colour.

3. Add the cider vinegar & fish sauce (if using), then add it to the food processor or mixer, being watchful of the hot liquid.
4. Use an oven glove, to hold down the lid switch onto a low speed & blend to a plane consistency.
5. Serve warm or at room temperature.



Green Omelette

Ingredients

- 🔥 One handful of spinach leaves
- 🔥 One tablespoon feta cheese and one knob of organic butter
- 🔥 A pinch of salt to taste and pepper
- 🔥 Four egg whites and a dash of milk (can be of any choice)
- 🔥 One tablespoon of chopped chives
- 🔥 A half-ripe avocado that is peeled and cubed

Instructions

1. Seamlessly whisk the eggs with the help of a fork and season with pepper, salt, and chives.
2. Take a small non-stick pan and heat the butter over a medium flame.
3. Following this, you must add the egg whites and let them spread evenly across the pan. Allow the eggs to settle underneath for about thirty seconds.
4. By making use of a fork, you must gently fold one side of the omelette over the filling.
5. Serve hot with a toasted multigrain bread.

Avocado Dip

Ingredients

- 🔥 1 clove garlic crushed
- 🔥 Water to thin
- 🔥 2 tbsp whole milk plain yogurt
- 🔥 1 tbsp lime juice
- 🔥 ¼ tsp salt
- 🔥 1 tsp sriracha sauce (sugar free) or other hot sauce
- 🔥 1 avocado, medium

Instructions

In order to prepare a sauce, add all ingredients to a mixer or food processor and blend it till even. Also, if is too thick, add a tablespoon of water till it reaches your wanted consistency.





Omelette In A Mug

Ingredients

- ‡ One egg and 2 egg whites
- ‡ Two Tablespoon of shredded cheddar cheese and one tablespoon of green bell pepper
- ‡ Salt to taste and freshly grounded pepper
- ‡ Chopped ham (optional)

Instructions

1. Mix the eggs, egg whites, cheese, pepper, salt, and bell

pepper in a mug that is safe to be used in a microwave. Heat on high for one minute and give a stir to the contents.

2. By returning to the oven, cook till the time the eggs are totally set.

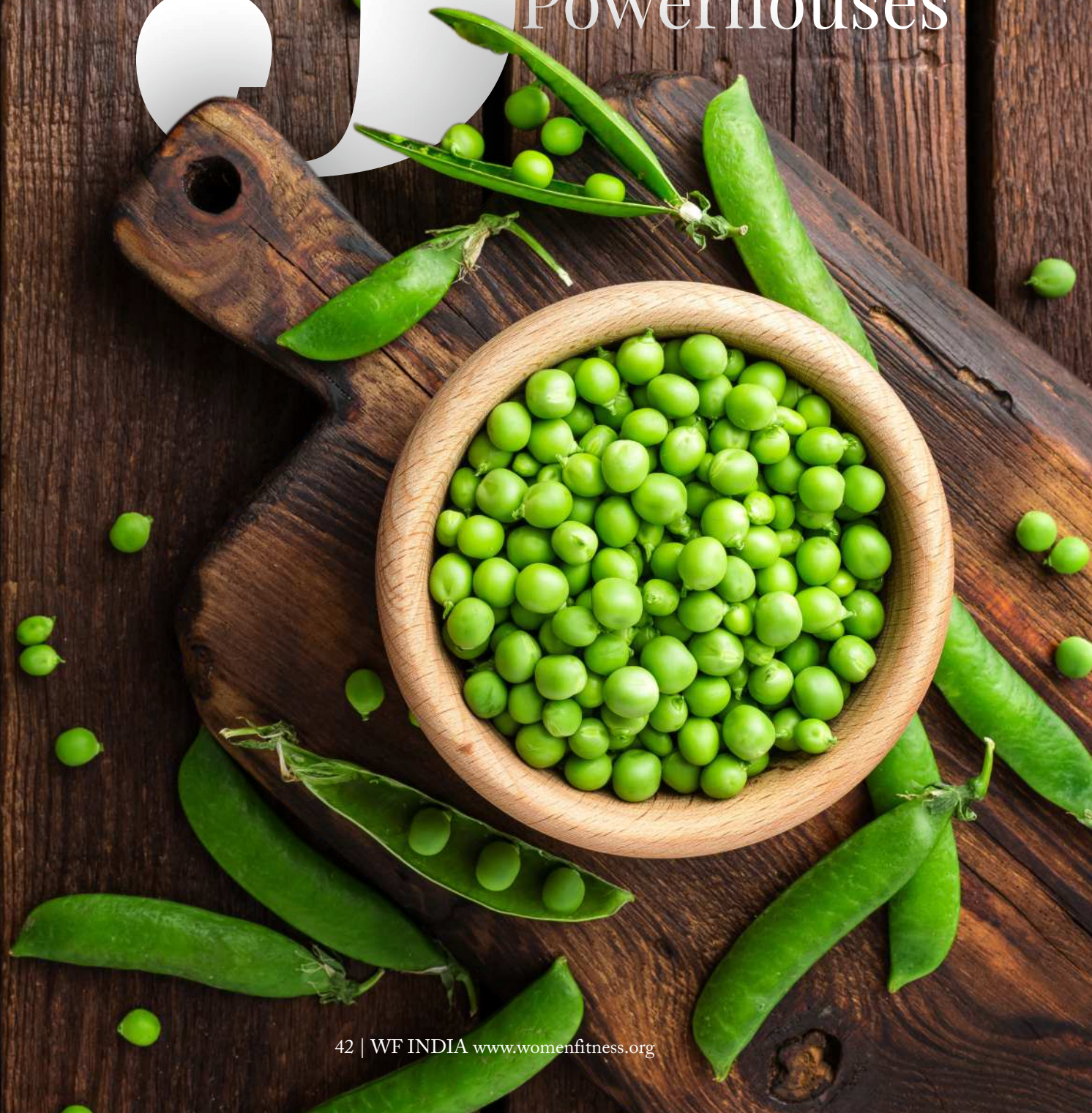
3. Cook for about one to one-and-a-half minutes, following which you must sprinkle cheddar cheese on top and ham or chicken pieces on top as per your desire and preference.



VEG

5

Meatless
Protein
Powerhouses



When it comes to dietary supplements, one macro-nutrient that has the world going crazy is Protein. Fitness fanatics swear by their scoop of protein shake. Health conscious people indulge in protein foods as well. Is Protein supposed to be consumed by men only? Can a protein diet be friendly for people who don't consume meat, poultry or eggs? Is it beneficial for women as well?

Let's answer some of the basics – Women can consume and adopt a protein friendly diet. And yes, there are meatless alternatives available for protein, or should I say protein powerhouse. Your body uses protein not only to build bones and muscles but also skin, hair and nails. Ergo, protein also makes you beautiful.

Here is my list of top 5 meatless protein powerhouses that women could indulge in for their protein intake.

▣ Pumpkin Seeds

Seeds are powerhouses of protein as well. And the one trending right now are Pumpkin Seeds. They are extremely high on both protein and fibre making them a terrific snack that can be enjoyed during any time of the day. Just 28 grams of pumpkin seeds gives you 5 grams of protein. Plus, they have anti-inflammatory properties and reduce inflammation, and are a rich source of amino acids that enhance serotonin production in the body that work as mood enhancers. The seeds are rich in antioxidants, iron, zinc, magnesium and many other nutrients. You can consume the seeds itself or add smoothies, oatmeal, salads, soups, and more!



▣ Green Peas

Green peas are seeds that come from a legume plant, but they are most often consumed as a starchy vegetable. It's relatively high protein content; 4 grams of protein per 170 grams, makes it unique from other vegetables. It also contains fibre and is on Low GI which makes it beneficial for people watching weight and blood sugar. Pair them with another source of protein to get the benefits of all essential amino acids as green peas lack the amino acid methionine. Additionally, peas contain a good source of vitamin A, C, thiamin, phosphorous, and iron with generous amounts of B vitamins and folate that can help reduce your risk for heart disease.





▣ Pulses

Pulses are part of the legume family however, they are the edible dried seeds of the plants and are only those crops harvested solely for dry grain. The protein power of pulses makes them an important food with an average of 15 grams of protein per cup. Their low-fat content is also helpful in reducing LDL cholesterol levels. Pulses, like peas, lack certain amino acids that are required for the body. To overcome this odd and get complete protein, it is ideal that you pair up pulses with grains and cereals. Dal-rice and khichdi constitute popular examples of this combination. Pulses are also high in fibre, as well as a significant source of iron, zinc, folate, thiamin, niacin, potassium and magnesium.



▣ Broccoli

No list of meatless protein is complete without the mention of Broccoli. The dense green vegetable has long been celebrated for antioxidants, fibre, vitamins and minerals. But it is also a protein-rich veggie and packs 2.8 gms of protein per 100 gms. Broccoli and other protein-rich vegetables are healthy choices for everyone, particularly those who are watching cholesterol or trying to lose weight. Broccoli is also low in digestible carbs but provides a decent amount of fibre to improve gut health. The consumption of broccoli has been linked to a reduced risk of cancer and heart disease, as well as improved eye health.

▣ Yoghurt

One of the most popular fermented dairy products, Yoghurt is best known for its function as a probiotic. But did you know it is also a rich source of protein when it comes to a vegetarian based diet? Plain yogurt made from whole milk contains about 8.5 grams of protein in each cup. It contains, two kinds of protein – casein and whey in a proportion of 80% and 20% respectively. Both the types of protein are of excellent quality, rich in essential amino acids, and have a good digestibility. If sour isn't your thing, sweeten it by using fruit or a natural sweetener such as strawberries or honey.

By- Mr. Luke Coutinho

It's important to remember that we are all very unique, with different body types, genetic profiles, and metabolic rates. Some of us need fewer calories (energy) than others. Remember that healthy foods, like grains, nuts, seeds, and avocados, can add up in terms of calories if you are consuming too many of them.

The Best Alternative to Chemical Infused Shampoo

The secret is out and it contains not just unpronounceable and incomprehensible ingredients, but toxic chemicals like sulfates, parabens, PEG, formaldehyde, and synthetic fragrances. A shampoo is ideally meant to make your hair oh-so-soft and oh-so-clean, but most shampoos today are made up of harsh detergents, carcinogenic gunk and less than 1 percent emollients and natural extracts.

Today's conventional shampoos mess up with your oil glands by stripping off natural oil and confuses it to produce more. Your hair feels greasy every other day and in need of more washes.

Perhaps it's worth a switch to a natural, healthier and safer shampoo bar which is sulfate and paraben-free.

By: Ms. Namrata Reddy Sirupa
Co-founder Satliva -Nature Nurtures

SHAMPOO BAR: HOW TO CHOOSE ONE?

Shampoo bars are chemical free cleaning agents that improve hair health and provide nourishment. While it might be a little overwhelming at first to find the right product, read the labels carefully and steer clear of synthetic products. Here are a few things that you should look for while choosing a shampoo bar, since not all shampoo bars are made equal.

NATURAL INGREDIENTS

Look for natural ingredients like hemp seed oil, argan oil, coconut oil, palm oil to name a few. These oils form the base of a shampoo bar and help hair regain its natural luster and softness. Needless to say, each oil has its own quality that helps to improve hair/ scalp condition, improve volume and strengthen roots.

SURFACTANT-FREE

A shampoo gives you lather because a surfactant called Sodium Laureth Sulfate is used in it. Shampoo bars do not use this ingredient. So, if your bar does not lather don't worry, it is still doing its job!

PURE FRAGRANCE

Look for bars that use essential oil for fragrance and nourishing benefits. Tea tree oil, rosemary essential oil, peppermint oil, lemongrass oil are some essential oils with exhilarating smell. Artificial perfumes and colors can have nasty ingredients hidden under, that can pose serious health hazard.

NO-PRESERVATIVE

Most shampoos today contain preservatives to extend their shelf life. Look out for shampoo bar with no added preservative. Buy shampoo bars that are freshly made, since they will have limited shelf life and can go rancid over time.

Cold-pressed

Opt for cold-pressed shampoo bars that are made with tons of natural oil to help nourish and rejuvenate hair. They are usually free from SLS (preservative). However, to ensure that you have the best quality cold-pressed soap bar, check that it does not have any alkali (such as lye) left over after the process of saponification.

With a plethora of goodness in it, shampoo bars are hands-down winner over your chemical laden shampoo. Also, these mighty bars are super concentrated and will outlast any shampoo bottle.



BEAUTY SUPPLEMENTS

Meant For Daily Consumption

Consumption of beauty supplements are essential not only for nourishing skin but it does make you feel younger . Beauty supplements are available in many forms and types. They help you enhance the growth and development of healthy hair, skin and nails that further beautify your overall appearance.



Skin loses its elasticity after a certain age in women and to keep the skin tight and firm, there are certain external supplements that help to keep a check on your skin tissues thereby enriching your skin. One must consume supplements that are organic in nature, made with pure extracts and essence.

Try changing up your diet and start taking vitamins and minerals rich supplements to further promote the skin's healing process. Take in the minerals that your body is lacking and don't forget to drink lots of water. Anti-aging is one of the major issues that can be kept under control due to the consumption of beauty supplements. Our diet may not be able to fulfill all our nutrient requirements which organic supplements can.

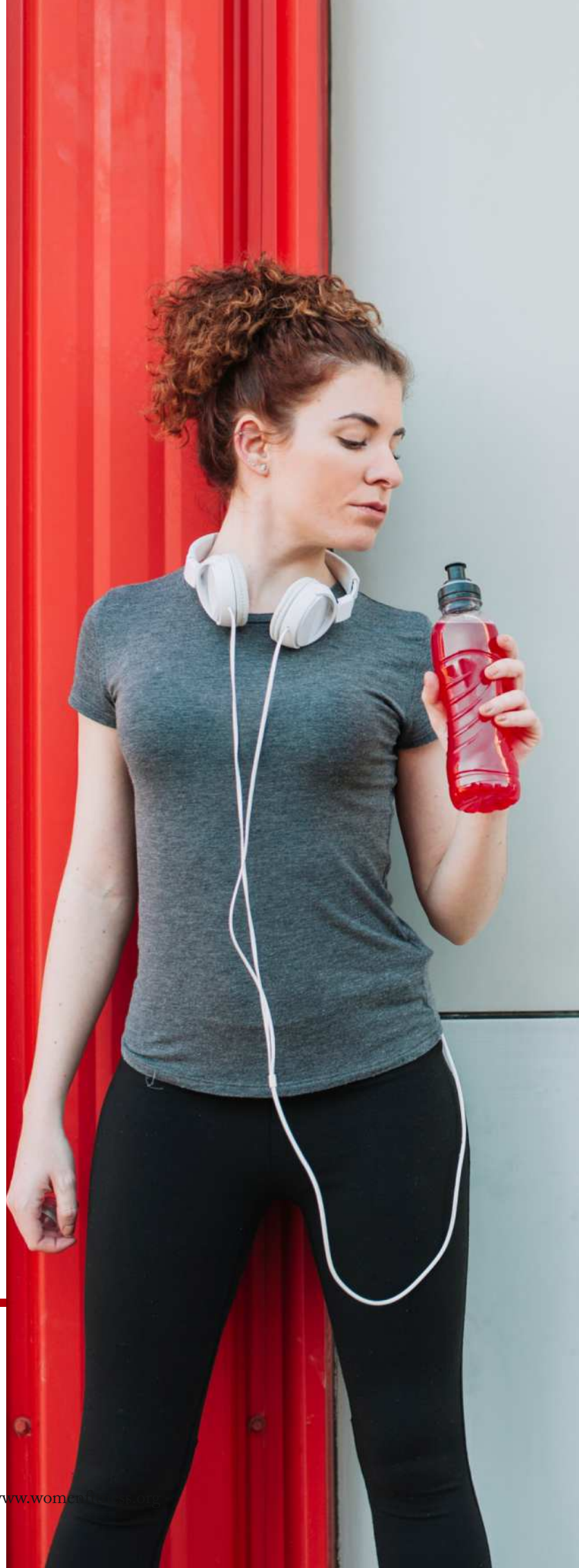
Your skin reflects what you consume. Daily consumption of nutrient rich vitamins, mineral supplements must be consumed for a youthful radiant skin. If you feed your skin from inside, you are bound to experience a lustrous face.

Vitamin C is a most essential ingredient responsible for glowing skin and before choosing your beauty supplement, one must check the percentage of vitamin C content. When combined with a good diet, the right dietary supplements can help keep your skin looking not only healthy, but also years younger.

Another important supplement that must be a part of your daily consumption is, antioxidants. These help fight free radicals from the skin.

Vitamins C, E, A, K, and B complex can all help improve skin health.

Vitamins C and E, being the most crucial supplement for skin to avoid sun's harmful exposure.



By Mr. Gaurav Aggrawal,
Founder One Life India



Educationist & Co-Founder,
KA EduAssociates,

Fatima Agarkar

TALKS ABOUT

*Taking The
Education System
To New Heights*





State and University topper, Fatima Agarkar, after receiving a Master's in Business Administration (MBA) from England, apart from her B.ED and ECCE, began her journey in the corporate world. She was adjudged Education World's top 50 young educators in 2014, and is also the recipient of several awards for outstanding contribution to education in 2013, 2015. Commerzbank, Times of India and Egon Zender International as diverse organizations were the perfect foundation before she was involved in the set up of three premier K-12 national and international schools in Mumbai.

Having gathered tremendous experience as a result of managing schools with which she has been associated with, Fatima now partners Gitika to create more opportunities for stakeholders in the education space with a passion for teacher training, special needs and sports. Pioneering, "out of box" and a risk taker, Fatima's love for children defines her passion for the team she leads. KA EduAssociates, an educational start-up is an initiative co-founded by Fatima Agarkar. Fatima launched initiative which is an optimistic step towards enhancing the quality of pedagogy via teachers but also training and educating the parents to keep up with academic advancement of their children through parenting workshops, open platform discourses etc.

We have the educationist and entrepreneur, Fatima, grace us at Women Fitness India, as she talks about education in this era.



How to prioritise, how to handle different people and situations independently. These are perhaps important skills to be learnt as a student and our education system does not include these. So there was a gap!! And I was excited about what I could do to bridge it.

Achieving a masters in Business Administration with distinction in Strategic Management and Marketing from the University of Birmingham (Central England) is a grand achievement. Can you elaborate what drew you towards this field and what motivated you towards further pursuing a BEd and Ecc as teacher training qualifications?

As a commerce student, everyone aspires for a Masters so it isn't a grand achievement. It is kind of what our generation thought as a stepping stone to a career in banking. But after a short stint working as a banker, I realised that was not my calling. Education was something I thought about a lot when during my Masters, given that I topped University at TY but that gave me nothing in terms of a foundation for pursuing a Masters and how different skills come into play to decode those case studies, examinations.

Also life skills, living alone, managing everything including course work and working on campus etc was indeed different from the life we have back home. It also taught me multitasking, how to prioritise, how to handle different people and situations independently. These are perhaps important skills to be learnt as a student and our education system does not include these. So there was a gap!! And I was excited about what I could do to bridge it. So the decision to be in education meant that I would have to learn the nuances and therefore qualifications are necessary. BED and ECC are natural to achieve that understanding.

According to you today, Education is much more than a child attending school, and keeping track of her academic routine. Please Elaborate.

It is about holistic education incorporating life skills, co-curriculars like performing arts, creative arts and sports. It is about nurturing individual talent and providing them a platform for achieving their dreams. So education is getting the children life ready and making sure they are adaptable, happy and healthy as well.



After launching KA EduAssociates in Mumbai in 2016 along with co-founding partner Gitika. Your company branched out into consultancy. How successful have you been with your decision and what has been the response of the masses? What all services do you offer?

In two and a half years – 4 national and international high schools, 4 pre-schools as a consultancy pan India is reasonable achievement working with some of the finest names in industry as promoters.

We also have teacher training, curriculum design, school audits, parenting and student workshops as other verticals.

How do you balance your personal & professional life?

It is a case of being passionate, and managing your time. If you have the desire, then you find a way. And to be honest there are hard days when you are not being able to be part of your child's important events, or family functions but it is a matter of juggling and support from friends and family that also makes a huge difference.

Sports has to be an integral part for any education system for an all round development of all? What's your say on the same?

Absolutely- a fitter mind, helps one eat better, and creates more energy and stamina and that means longer concentration spans.

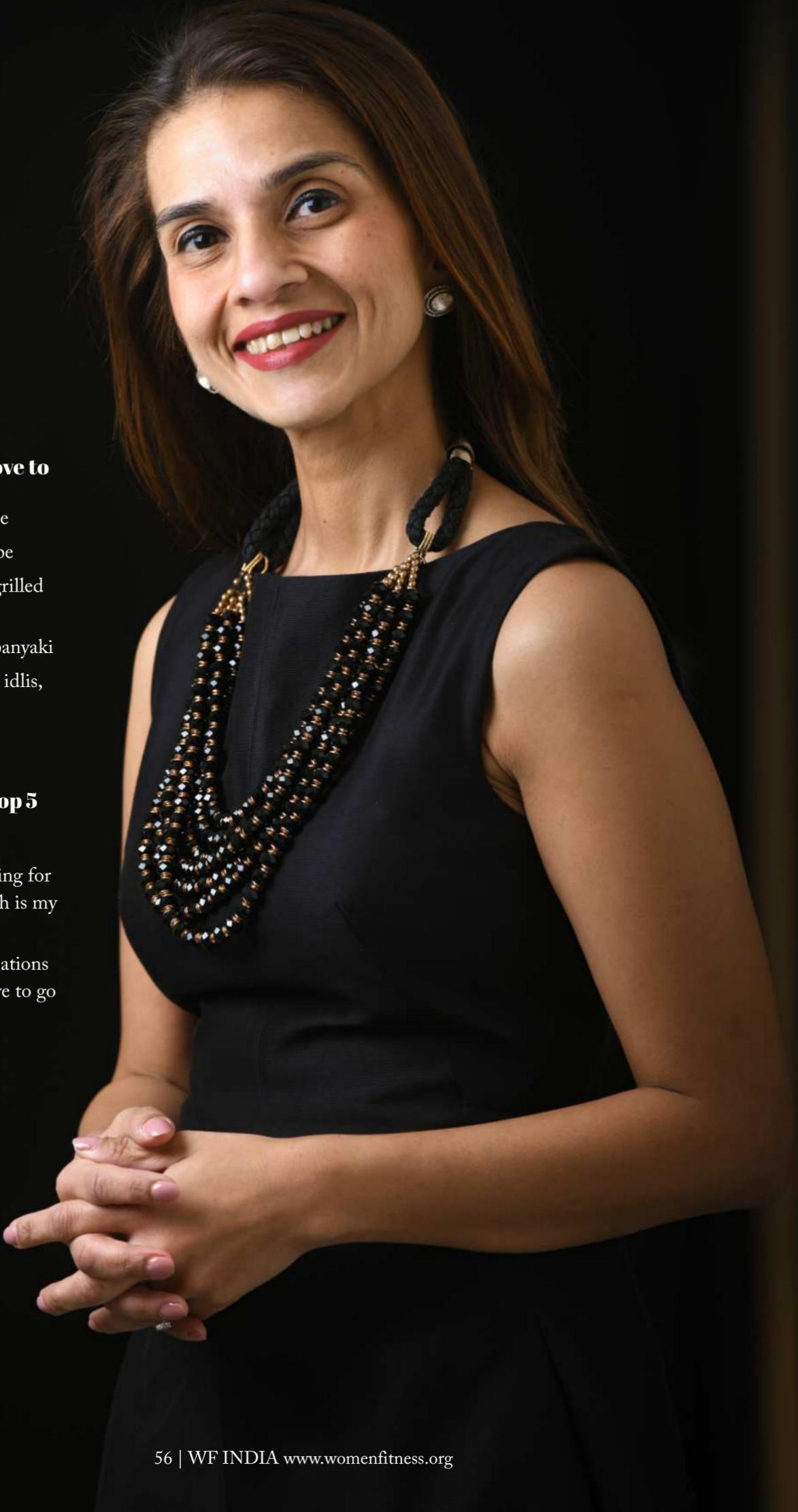
Also, team sport teaches you important life skills such as discipline, teamwork, failure and how to cope, success and what it means to handle it.

“

What is your fitness routine on a normal day?

Try and get a walk or a swim in, which helps immensely but honestly, the travel tends to take its toll on you. So you have to get those exercise routines in.





5 foods you love to eat?

Salads- any type
Soups – any type
Sandwiches – grilled
veggies
Japanese – teppanyaki
South Indian – idlis,
dosas

**Your idea of
Relaxation? Top 5
holiday
destinations?**

Reading and going for
walks on the beach is my
idea of relaxation.

The ideal destinations
where I would love to go
for holiday are,

- Gstaad
- London
- Vienna
- New York
- Goa

Daily hair care & skin care routine?

It's wash and go and I wish I did more for its care. Luckily, I have straight hair and not the fussy type, so it does not take too much effort.

What contribution do you intend to make through your company & how far have you been successful?

We have made huge inroads as a team – in 30 countries and inspired many to embrace 21st century teaching and learning and gotten them to think differently. This is in the private education space, and we would like to also make the same impact in unaided schools in public sector. Also, create a presence in South East Asia.

How do you go about handling challenges and tough moments?

Self-motivation, re-grouping and strategising with core team members, and always embracing a challenge as an opportunity instead of a problem. Going back to the drawing board, admission of a mistake and acceptance that solutions can be generated. Plus these moments pass ... so hang in there. The chapter does end – always.

Women of today need to have a vision for progress, your one piece of advice for teenage girls regarding education?

Give education the due respect, learn at every opportunity you get and always have a vision for yourself independent of others. Use the skills you have amassed in education to help achieve whatever goal you set as an employee, an entrepreneur or as a home maker. Education gives you a sense of right and wrong, a foundation to think, which helps decision making.

Motivational Quote you live by?

Leaders don't create followers. They create more leaders.

What's your view about the Women Fitness website?

Wholesome, refreshing and informative. Kind of like a one stop shop for those looking for information with a lovely layout.



Your eyes are just as prone to sun exposure as the rest of your body and can even get sunburnt or develop freckles and moles. That's why it's important to wear sunglasses whenever your eyes are exposed to sunlight, even in the car. Before buying, check sunglasses meet the standards for eye protection. Some also have Eye Protection Factor (EPF), with ratings of 9 and 10 blocking almost all UV radiation.



Journey From

Fat To Fab & Then Rocking A *YouTube Channel*

Many of you have questions about my story, what Suman Pahuja actually went through.

To all women out there my story is about the good, the bad, insecurities, imperfections, eccentricities and scars. There was a phase in my life when I completely felt useless and unproductive but somehow through my friends and family I gathered that courage to fight against all odds. What's a woman without scars? It's testimony to her fortitude, her courage and her never say die attitude.

I have been struggling since childhood because of my weight issues, I was a major PCOD patient then, bullying and teasing in high school was common enough but for every time I was a victim, years passed away but all the times I was demotivated, which ultimately affected my career and my personal life.

I was married early at the age of 23 because of my weight and looks, nobody bothered about having my opinion in this matter. Marriage is such a pure word that involves love, respect, care and most

important it's not between husband and wife but between families. I thought I'll be starting new phase where I will be interacting with new people, expecting my husband to take care of me, pampering me and becoming my home away from home.

But I guess things were not in my favour, I was destined to struggle whole my life. My in-laws, Ex-husband and his family treated me in the same manner. I was abused, harassed number of times, me and my Ex-husband never really shared a room for almost two years because he was not attracted to me. But I thought I'll ignore all this maybe someday things will get better for me. Meanwhile every other person was suggesting me that things will work if I'll reduce some weight and then conceive. Its a misconception that if girl gets pregnant all of her problems get solved, Is it? How can you love someone who has disrespected you for almost two years?

At this point I was alone , shattered and took a decision to join gym and reduce some weight so that I can conceive, initially my mindset was quiet clear, my weight was 98.7 kgs at that time. Then after six months of hardcore workout and determination I lost around 15 kgs and was at 85 kgs. Things were getting better but I was still not able to conceive , then I started sensing something scandalous and fishy!

I again headed for my tests and some ghastly truth was revealed to me about my Ex-husband's medical issue who was making fool of me from past two years that I'm not capable of anything, how can someone blame his doings on other person who is innocent enough to

“
People talk about physical fitness, but mental health is equally important, I change my client in all aspects that she should feel confident wherever she goes.
”

take a stand? I was hurt, traumatized by this situation , I still remember that evening sitting in a car I made a decision that lets quit what I'm doing in my professional life (I was HR in an MNC) and start a YouTube channel of my own, help all those women out there who are facing the same weight issues and needs consultation. Initially I did some random announcement on my channel of taking personal training and the response was overwhelming, I received around 20 entries for it and from then till now FAT TO FAB is a family of 400 plus on board clients.

I never knew that I'll come this far, people appreciated my work, my way of transforming them (let me tell you I'm quite a strict trainer). This also pushed me into taking a certified Dietitian course, which I'm still pursuing.

My weight loss story is not all about diets and workouts , as my every client is different from another so their body . Cause and effect matters,

so for this till now I experiment, research on different kinds of foods. I'm a major consultant of PCOD, Thyroid and VITAMIN D deficiency, you can say that's my Unique selling point.

People talk about physical fitness, but mental health is equally important, I change my client in all aspects that she should feel confident wherever she goes. I am proud to say that it requires a paradigm shift from your regular life and while we only have one life to live and endless avenues to explore.

I am working on an initiative to create awareness about anxiety and depression and help women.

By- Suman Pahuja

A woman with long brown hair, wearing a pink patterned tank top, bright yellow shorts, and pink sneakers, stands in a gym. She is holding a thick black battle rope over her shoulder. The background shows blue gym equipment and a dark ceiling with yellow lights.

Mother

**Who Weight Lifted
Her Way Out Of
PCOS:Diksha
Chhabra**

Diksha Chhabra, a 32 year old Mother, a Nutritionist and a Fitness trainer, underwent a major transformation. From being in a job, weighing over 90 Kgs and having been detected with PCOD and Thyroid to becoming a Sports Nutritionist & Fitness Trainer.

“ I MAINTAIN A BALANCED
WORKOUT REGIME IN WHICH
CARDIO AND WEIGHT TRAINING
IS AN EVERYDAY ESSENTIAL
ALONG WITH THE DESIGNATED
BODY PART WORKOUT. ”



About two years ago, Diksha's weight kept increasing in an unhealthy fashion owing to the PCOD and Thyroid. She took it up as a challenge to work on herself, quit her job and started working out. In a mere two years time, Diksha won the title of Mrs. India Earth Runner up and Mrs. Fit (2017-18).

Becoming an inspiration for thousands of women and helping them be a better and fitter version of themselves, she has been featured by leading portals and publications such as The Hindu, ScoopWhoop and Dainik Bhaskar etc.

This Month, Diksha joins us at Women Fitness, sharing the lifestyle changes that she undertook to reverse PCOS and her other health problems to become stronger, fitter and more powerful than ever.

Daily Diet Plan

One of the essentials for strength training is to take a well-nourished and high protein diet. Being a non-vegetarian, I include a lot of eggs and chicken to my daily diet. A usual diet plan looks like this:

- ✓ **Breakfast:** 3 -4 Eggs post workout and nuts
- ✓ **Mid-day:** Fruits
- ✓ **Lunch:** Oats/ Multigrain Chapati with veggie, salads or sautéed vegetables (Lots of greens, particularly beans)
- ✓ **Dinner:** Non-veg (grilled chicken with soup or paneer on veg days) along with 30 gms of rice.

Weekly Workout Plan

I maintain a balanced workout regime in which Cardio and Weight Training is an everyday essential along with the designated body part workout.

Routine workout plan is as follows:

- ✓ **Cardio twice a day:** 25-30 min each time
- ✓ **Weight Training**
I have segregated my whole-body workout as per days:
 - ✓ **Monday** – Leg day
 - ✓ **Tuesday** – Abs
 - ✓ **Wednesday** – Biceps, Triceps & Glutes
 - ✓ **Thursday** – Back
 - ✓ **Friday** – Shoulders
 - ✓ **Saturday** – Cross-training



5 Weight Loss Tips That Are Essential

- ✓ Never Starve
- ✓ Drink plenty of water
- ✓ Focus on cardio along with strength training to not have a saggy skin
- ✓ Be consistent and earn your meals
- ✓ Eat less processed food

5 Weight Loss Myths That Need To Be Busted!

- ✓ Fat doesn't make you fat: Fat is essential for cell regeneration, therefore it is important for vital body activities.
- ✓ Weight lifting doesn't make women look manly.
- ✓ Only cardio cannot give you the perfect shape.
- ✓ There is no thing as spot reduction: Women claiming to reduce only belly or thigh fat.
- ✓ Crash diet is not a sustainable weight loss option: You need to have a lifestyle change in order to lose weight.



5 Favourite Fitness Tools

- ✓ Resistance Bands
- ✓ Ankle Weights
- ✓ Fitness Tracker
- ✓ Dumbbells
- ✓ Kettlebell

5 At-Home Fat Burning Exercises

- ✓ Squats
- ✓ Lunges
- ✓ Bench Dips
- ✓ Pushups
- ✓ Burpees

5 Favourite Fitness Brands

- ✓ Fitbit
- ✓ Decathlon
- ✓ Myprotein
- ✓ Puma
- ✓ HRX



Wellness



10 FEMALE INDIAN Chefs

That Are
**Transforming
The
Food Scene**



1 Bani Nanda

Now, more than ever, is the era of the female gender. With women conquering almost every field they step into, here are some brilliant chefs that are changing the gourmet industry of India.

Owner, Miam Patisserie

She's at our number 1 because there's no-one quite like her who makes us see Paris in New Delhi!

 [@miampatisserie](https://www.instagram.com/miampatisserie)



2 Megha Kohli

Head Chef, Lavaash by Saby

One of the youngest and the brightest chefs in our country who has cooked for many of the rich and the famous of our country.

 [@meghakohli](https://www.instagram.com/meghakohli)



3 Radhika Khandelwal

Chef & Owner, Fig & Maple and Ivy & Bean

She is known for creating magic with locally and organically produced foods rather than using canned goods. Isn't this the best way to go?

 [@pandoodle](https://www.instagram.com/pandoodle)





4. Anahita Dhondy

Food Geek / Chef Partner at SodaBottleOpenerWala

She became the Head Chef at SodaBottleOpenerWala at just 23. Her stint with the introduction of Parsi Cuisine, took her career to another level, creating a whole new trend around the best restaurant chains in the country.

 [@anahitadhondy](https://www.instagram.com/anahitadhondy)

5. Pooja Dhingra

Pastry Chef & Owner, Le15

Love Macarons? Gotta love Pooja too! Popularly known as the 'Macaron Queen Of India', she just published an all-eggless dessert book! And if you haven't heard her podcast yet, you are missing something great in life!

 [@poojadhingra](https://www.instagram.com/poojadhingra)



6. Nikita Gandhi

Masterchef India Season 4 Winner

She was crowned the India's Best Vegetarian cook in the reality show, Master Chef India, season 4 in 2015. She was just 21 then and it changed her career. She is making India proud by cooking Indo-inspired food in Abu Dhabi.

 [@theveggiefix](https://www.instagram.com/theveggiefix)





7 Shipra Khanna

Masterchef India Season 2 Winner

Talking about Masterchef how can we forget it's biggest find, Shipra Khanna. Apart from being a celebrity chef and TV Host, she also has her own youtube channel – "Shipra's Kitchen" – if you're looking for the right kind of inspiration and is a Culinary Ambassador to Australia.



@masterchefshiprakhanna



8 Sonal Holland

India's 1st and only Master of Wine

London's Institute of Masters of Wine announced Sonal Holland as the world's first Master of Wine from India. While most Indians might not have heard of this world-renowned institution, Sonal had to go through a gruelling process of selection. The Mumbai-based wine professional, well known for her digital channel–Sonal Holland Wine TV–and her SoHo Wine Club is now a member of the elite Masters of Wine. She is, without a doubt, India's best wine connoisseur.



@sonalholland_masterofwine



9 Aarti Sequeira

Host, Food Network's Aarti Paarti

Aarti Sequeira caught everybody's attention with her first cookery show on CNN – "Aarti Paarti". Her show focused on cooking her favorite American dishes fusing some Indian flavor in the same. The journey to becoming one of the top Indian chefs was fruitful too for Aarti as she was selected as a winner for The Next Food Network Star.



@aartipaartipics



10 Anjum Anand

Food Writer & Entrepreneur

Anjum Anand is known for her preparations that are typically Indian, yet cater to the diet conscious people, as well. In July 2011, Anjum's longstanding business dream came true and The Spice Tailor launched. The range of authentic, quality, at-home Indian cooking products which have been hailed as one of the most significant product innovations in the World Foods category in the last decade, was made.



@thespiceataylor



The ultimate posture for all healing is Savasana. When you're at rest, you'll be tapping into your parasympathetic nervous system. This is also known as your "Rest and Digest" response. As you lie still, you allow all stresses to melt away and you tend to create a healing environment for your body. Your blood will start to flow away from your extremities and towards your digestive organs. Your heart rate will slow, and your breathing will deepen. All of this increases oxygenation to the digestive organs thereby creating an ideal environment for digestion, cleansing, and healing.

Shopping

15 *Ways To Surprise Your Mum* This Mother's Day!

She's given you the world. This Mother's Day, maybe you should give her more than just a last-minute Hallmark card. We make it a little easier for you to decide by presenting 15 ways in which you can surprise your mum, with love, this May.



HAPPY
MOTHER'S
DAY



1 Spa Day

For the Mom Who Loves to Chill

TAJ Experiences Gift Card

Price Rs. 1000

Shopping Gift Card

For the Mom who Loves to Shop

Fab India Gift Card

Price Rs. 2000

2



3 Matching Rings

For the Mom who Loves to Twin with You

Platinum Ring Set

Price Rs. 899

Gourmet Food Basket

For the Mom with a Sweet Tooth

Hersheys Chocolates With Nescafe Sachets & Steel Mug

Price Rs. 710

4



5 Kitchen Tools

For the Mom who's a Food Connoisseur

5-Piece Premium Kitchen Gadgets

Price Rs. 999



Holiday Coupon

6

For the Mom who Loves to Travel

MakeMyTrip E-Gift Card

Price Rs. 5000

A roaming dil
likes to relax.

Hotel Card

make **my** trip
GIFT CARD



7

Essential Oil Set

For the Mom with a Lot on Her Mind

Korus Essential Top 6 Essential Oils for Aromatherapy

Price Rs. 561



Personalised Bracelet

8

For the Mom with some Serious Style

Silver Plated Cursive Hindi Pendant

Price Rs. 1350



9

Make Her A Card

For the Mom who Loves DIY

Choose from one of these options and get started!



Indoor Garden

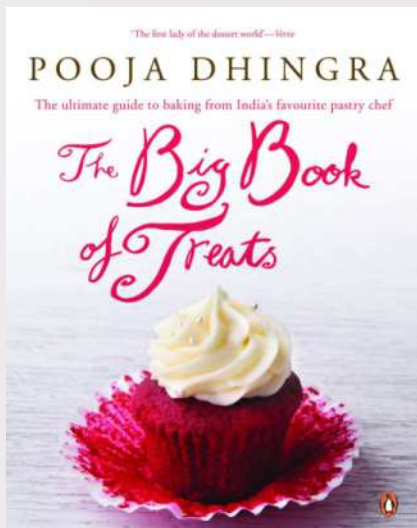
10

For the Mom with a Green Thumb

Feng Shui Miniature Garden

Price Rs. 1200





11

Cookbooks

For the Mom who Loves to Cook

The Big Book of Treats

Price Rs. 858

Subscription Box

12

For the Mom whom it's Hard To Choose For

Vegan Snack Bundle

Price Rs. 954/2 weeks



13

Smart Dish Washer

For the Mom who Loves to Keep it Clean

Bosch Built-in Dishwasher

Price Rs. 58000



Make Dinner For Her 14

For the Mom Who Likes to Be Pampered

Because she does it every single day without a leave!



15

Give Her A Warm Hug

For the Mom Who Deserves All the Love in this World

Because she totally deserves one!





Sun Sign



SUN SIGN FITNESS



ARIES

Channel all your frustrations into your workout routine. Adding kickboxing or other cardio to your workout can release some of that tension. It might seem frustrating now, but things will stabilize when the sun enters your sign on the twentieth. Now is the time to rest and stabilize. Get a deep tissue massage or set up an acupuncture appointment to get rid of the remaining tension. You need to slow down and take a break.

CANCER



Join a sports team, take a fitness class, or plan a fun outdoorsy day with your friends and get your social and fitness fix at the same time. Looking for new things to add to your fitness routine and overall health? This shakeup will help you explore new things in terms of health and wellness. Look into improving your mental wellness with aromatherapy, music therapy, or meditation. You may be feeling fine now, but the next seven years will bring up unexpected changes and surprises, so be prepared.



TAURUS

You are the sign that loves luxury, and when you get stressed you tend to overindulge in every type of vice. It might be beneficial to talk to a dietitian to make sure you're getting the nutrition you need to stay healthy. If you're feeling the need for sexual gratification, channel that energy at the gym instead of the bedroom.



LEO

Don't let issues at work stress you out – it can greatly affect your physical health. Focus on stress-relieving exercises, such as yoga or meditation, or physical activities, such as jogging or kickboxing. And if all else fails, a trip to the spa will do the trick. You are a dominant sign, Leo, and you can't stand to lose an ounce of control. Take this month to rest and regroup and stick to your wellness goals.



VIRGO

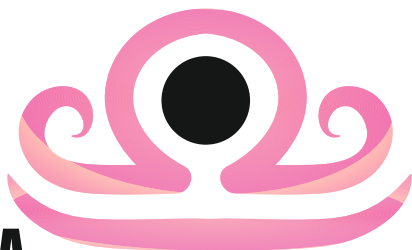
You may be more prone to bad moods and impatience. Take care of these bad moods at the gym. Remember, endorphins make you happy! When things get too disorganized, focus on doing something soothing like yoga or meditation. You've always been a health nut, but it's okay to take a break from your rigorous fitness routine for some self-care. Find health and strength in the great outdoors.

GEMINI



Miscommunications, car troubles, and roadblocks will try to defeat you, but you've never been one to give in easily. Keep going. If there's a new workout or fitness trend you've wanted to try, this is the month to give it a shot. Have the confidence that it will all work out. Spring is in the air, so take advantage of it by finding more outdoor activities. You'll be amazed at what a little fresh air will do for you.

LIBRA



You could feel more tired and rundown than usual. Take the time for some self-care this month. Try hot yoga, go swimming, or sit in a sauna until you feel rebalanced again. You may crave some energy this month, but don't reach for the coffee or energy drinks. Sometimes the best energy booster is a good nap.

Scorpio



This is the month for weight lifting, increasing the speed on the exercise machine, and really going that extra mile. Start building yourself up again. Talk to your doctor and do some research on different exercises and dietary plans. This is also a great month to spend more time outdoors and get moving.

SAGITTARIUS



Every time you try to go to the gym, you either forget something, get stuck in traffic, or find out your class is canceled at the last minute. Well, you can blame Mercury in retrograde for this. Communication will be totally off this month, but don't let these glitches stall your progress. The longer you procrastinate, the harder it will be to get it done. Just keep pushing forward. It will be worth it in the end.

CAPRICORN

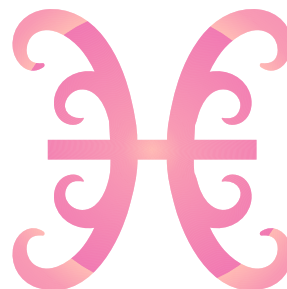


Unfortunately, the full moon in Libra on the spring equinox could create an atmosphere of stress that lasts for the rest of the month. You might be tempted to overindulge in order to cope with the stress, but don't give in to cravings. That will only cause future tension and worsen your mood. Instead, channel your frustration into your workout and you'll feel much better. Endorphins are the perfect cure for any stress you feel.



AQUARIUS

You may have spent the winter keeping to yourself, but it's time to come out of hibernation and explore. Use the energy that Venus gives you and enjoy more group activities to stay in shape. This is the perfect time to join a sports team, take a yoga class, or plan a trip outdoors with your friends. Whatever you end up doing will bring you tons of joy.



PISCES

Open your mind to new possibilities and drink from your emotional inner well. This is the month to practice meditation, try music or light therapy, or sign up for a Reiki session. You want to use this time to rebalance and rest. Dedicate the rest of the month to self-care. Take a nice, long bubble bath or head to the spa. Above all, be devoted to yourself.

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