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Ladies, I am so excited to share yet another inspiring issue of Women Fitness.

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"Being on the cover of 'Women Fitness India' to be honest I never thought this could happen. I had given up on myself thinking to be ugliest, cut to today talking about fitness I am surprised." Says Avika Gor, an Indian film and television actress on Breaking Stereotypes.

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# **Editor's Note**

Keep your face to the sun and you will never see the shadows.

- Helen Keller

Ladies, I am so excited to share yet another inspiring issue of Women Fitness. We have Barkha Singh on the April cover who dons multiple hatsan actor, influencer, content creator and a vlogger. Joined by Avika Gor, who is a well-known film and television actress who overcame her insecurities & finally managed to become healthy and happy again. They share their success story, to inspire women to rise against all challenges.

With 20+ years culinary experience, Chef Reetu Uday Kugaji shares her special Lacto-vegetarian recipes to make up for all the nourishment essential to stay healthy & strong. If you are looking for answer to Why Teens Opt for Junk Food? do check out this piece.

May is special & well so are mother's. Mother's day is the celebration surrounding the role of a mother in the family. It is to honour maternal bonds, motherhood and role of mothers in the society. Take out time to let her know that you love her.

In fitness Namita Nayyar



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# The Secret Life Of Beyond Instagram!

2 million Instagram followers Barkha Singh dons multiple hats- that of an actor, influencer, content creator and a vlogger. An avid traveler, Singh boasts of Youtube videos that sum up her experience in different cities of the world.

She is a vivacious face of Indian television and has aced big brand commercials such as Coca-Cola and Cadbury. With eyes that brim with innocence and that chirpy and cheerful persona, it is no wonder that Barkha is one of the leading ladies on the silver screen. She is also rage on the internet with a huge fan following. Her forthcoming movie is Silence a zee5 Original with Manoj Bajpayee, Prachi Desai, and Arjun Mathur, along with some other amazing projects in the pipeline.

Women Fitness team catches up with her in a candid conversation about her journey, fitness, diet, beauty, and more!



Barkha you started your acting journey as a child artist and now being an actress, host, and influencer, you have many accolades to yourself, Define your journey and what led you to become a performer

Honestly, I have always loved performing and not just acting. It did start with some randomly selected gigs when I was in school since my parents were very particular about me completing my education well. After college, even though I had another corporate job that I got through campus placements, I picked a television show and from there I moved to the youth space, then to digital platforms now to OTT all along creating travel and lifestyle content and tried to do everything that I enjoy doing. So

#### You have been part of television, movies, and OTT platform as well, which platform did you enjoy the most working on and why

I think I enjoy the craft, I enjoy acting and performing. After a point, it depends on the project more than the platform. So, I don't know how I can pick amongst any one of these, but I think it's safe to say that it's the project and the role that excites me more than the platform.

You are also Youtuber and a TEDx speaker, tell us how do you plan your content on YouTube and also advise for inspiring girls to be part of the media industry

The one piece of advice that I give everyone is to keep it real and to keep it the closest to who you are.

# I GUESS IF I HAVE TO PUT ONE WORD TO MY JOURNEY, IT'S JUST BEEN FULL OF SURPRISES

and I can't wait to see what more life has to throw at me and everyone else around me. But everything that I have done whether it's creating content or being an influencer, a host, a VJ, or an actor, it's all being conscious choices and a lot of hard work, and I'm so glad that people see it and I have a long long way to go.

This is also something that I've mentioned on my Youtube Channel and on my TedX talk that you be the change you want to see. When you have a mask or some pretense, — you are not gonna be able to keep it on consistently and people are going to see through it. Let people fall in love with you for you so it's important to be real and authentic in everything you do.





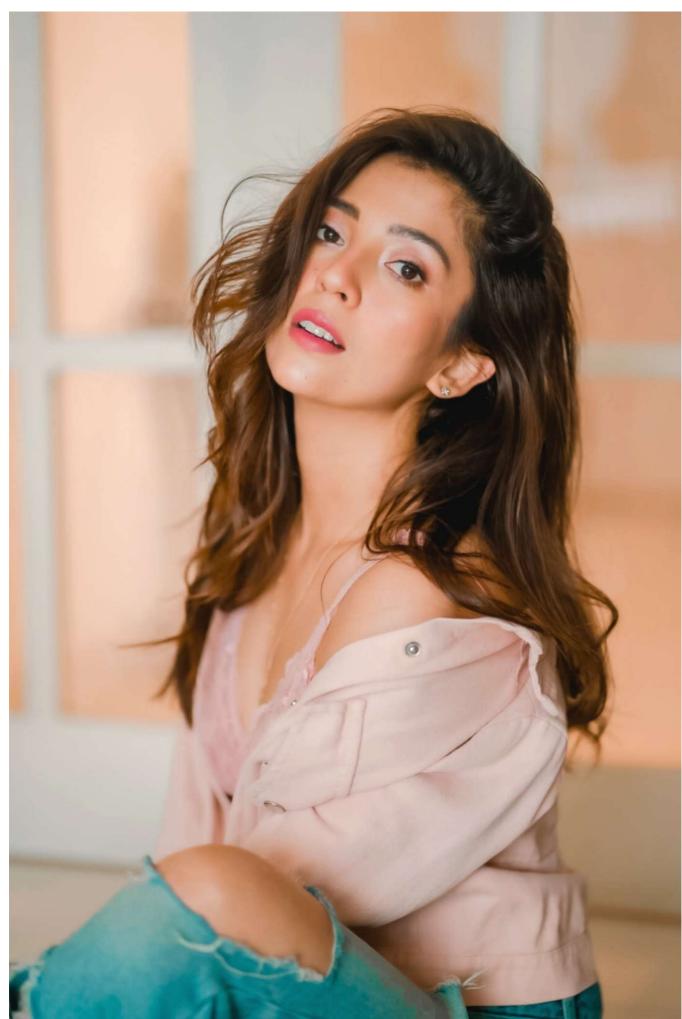
Women Fitness India, talks about celebrity diets and fitness regimes, do you follow any particular diet? Your thoughts on the myth that being skinny are important to be an actress

I don't follow a particular diet, but I am very disciplined about my diet. It was just in the past 2-3 years that I understood the importance of eating healthy and clean. I feel, my workout is just 40% of what I do and the remainder is what I eat and that is what shows.

I've not been on a particular diet to lose weight or gain weight/muscle, or to lose muscle or to burn fat or any of that, I've just been on a disciplined eating routine wherein I'm eating what and how much my body requires, definitely not starving myself. I give myself, my skin, hair, and body the right amount of nutrition it requires whilst not binging on food that my body doesn't require and make me slow and sluggish.

About the myth that you need to be skinny to be an actress, that does not hold in today's day and age. The most important part is to be comfortable in your body and do what makes you feel good. So say if being skinny makes

you feel good and confident, then go for it – there's absolutely nothing wrong with it. If being curvy or any other body-type makes you feel good and confident, that is the right way to go, regardless of what everyone says or thinks is ideal.



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What comprises your fitness regime? How much time do you work out in a week? Your favorite target areas

My fitness regime is very dynamic and keeps changing. A while back it was just playing squash and then doing some weights. Currently, it has been high-intensity workouts which include bodyweight training, I have even started using very light weights to tone up the muscle and maybe grow it a little bit. Mainly it's a lot of HIIT workouts and animal flow is something I've started enjoying a lot these days. I make it a point to work out at least 4 days a week for about an hour which includes my stretching, warmup, cool down, etc. So no matter what my schedule looks like and however busy I am, I ensure to workout at least 4 days a week for my sanity.

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Besides being physically fit, it's important to take care of your mental health, your thoughts on the same, also what do you do to give yourself a breather during your work schedules

Absolutely! I think it is very important to stay mentally fit, stable, and happy. For that, since the past few years, I've been focusing on disciplining my mind through meditation - and that's exactly what I do to give myself a breather even if I'm on set and if I get 30 minutes free, I try spending it sitting by myself and meditating and that has made a difference. It's very important to listen to your mind and to listen to yourself and understand how you are feeling because that has a huge impact on everything you do. Therefore, it's really important to take care of one's mental health.

#### Being our cover girl, what message would you like to share with our readers on how to prioritize health and fitness in 2021?

All of 2020 has been tough because we were thrown into the deep end because there was this pandemic that came out of nowhere unexpectedly so I think more than any other time, now is the time when we need to

focus on our mental and physical health. So my piece of advice would be to take time out for ourselves. Generally, when we are trying to hustle and work a lot, we forget to prioritize ourselves but that is very important. So I think we should focus on our physical and mental health, spend time with our loved ones, just do things that make us happy. In short – Take out time for yourself



# You have an aesthetic social media feed, share 5 tips for how to build an attractive social media and grow on it

Honestly, I don't have 5 tips. As I mentioned, there is only 1 tip and that is, be yourself and be who you truly are and I think that is the most attractive thing since that is something that you are going to consistently be able to do, and neither will the people get bored since you are not bored. Aesthetically, something as basic as colors, there are eclectic ones that I really like, and inevitably I gravitate towards those colors when I am editing my content or when I am even creating content. So I guess, sometimes, you should even focus on the overall aesthetic of your feed to give it uniformity. Post consistently, don't worry about individual numbers on one post or engagement on another post. I think, just doing your thing consistently is the trick to creating a wholesome social media profile. Apart from that, all this just leads down to one thing of keeping it real and keeping it true to oneself because only when you keep it real and true to yourself will you be able to do this consistently over a long period.



# Being a travel influencer, what are your favorite travel destinations and 2 places that are on your bucket list?

Yes, being a travel content creator, I have covered all continents in the world apart from Antarctica and South America.

South America is next on my bucket list.

My favorite travel destination – this is a very tough question to answer! I think I really enjoyed traveling in Finland because it was so diverse right from the food to the vegetation, to the uniqueness of everything – Even the sun was out and shining at midnight, so that was something very new and exciting for me. Russia was great too since it was different in so many ways. Moreover, the northeastern part of India is also something I enjoyed traveling to because it's gorgeous and untouched so that is great if I were to pick something in India.

When it comes to my bucket list – I want to go to South America. It's one of the continents I've never been to and Antarctica but I guess South America is more doable. In fact, more specifically, Brazil is the one place I really want to go and it has been on my bucket list forever



#### Lastly, with Earth Day approaching what are your takes on sustainable fashion, also one buy of yours that you deeply regret

If you have been following my profile and my work on social media, I am an ardent supporter of environmentally responsible practices. This is also what I've studied and majored in - Business Sustainability – that is – all your sustainable business practices. So this is something that is very close to my heart. Sustainable fashion is very important because we have one planet and we are deteriorating it. There's nothing really that I regret buying. I've been a very conscious buyer. For example, even something as small as using extra tissue paper is something I am very conscious about. I've not been using animal products for over a decade now, so even if I've accidentally bought a bag, shoe, or a belt that was an animal product and I realized it later, that would have been something that I would have regret buying. For the longest, I've been very cautious of what I buy and where I buy from; even natural products where they are sourced from. I repeat clothes, and love reusing and restyling them.



ne of the inevitable effects of the aging process is that our body begins to sag. Unfortunately, the first area where we notice this downward gravity pull is the breasts.

While there is no cure for the ravages of aging, there are things we can do to dramatically slow down its effects. At the top of the list is targeted resistance exercise.

## #1 Incline Dumbbell Press for the Upper Pecs

First on the list, because incline work (press and flies) is a low priority for most people. The focus for most people is on flat exercises (flat bench, flat flies), and this results in poor balance of the pecs. Flat exercises build the middle and lower of your pecs, whereas incline exercises work the upper pecks.

If you focus first on the upper pecs in your routines, you'll be far ahead of most in the gym. This will help you build mass in the upper and the middle pecs, resulting in good overall proportion.

Start Position: Using an Olympic bench, set the upper bench at a 30 degree angle. Sitting on the bench holding your dumbbells, slowly lift the dumbbells as you rock back into position. Your elbows should be at a ~ 45 deg angle as shown in the start position. Keep your feet solidly on the ground.

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- Technique: Extend the arms straight up until your arms are extended, feeling a contraction and squeeze in your pecs. Return the dumbbells to the start position. Keep the motion fluid, and do not jerk the weights.
- Sets / Reps / Rest:
  Mass and Size: 4-5 / 6 to 12
  / 30 seconds
- Hardness and Density: 3-4 / 4 to 6 / 90 seconds
- Caution: You will be lifting less weight with incline presses than flat presses, so make sure you lift proper weight so that you can control the dumbbells

#### **#2 Barbell Bench Press**

This is considered the top dog when it comes to pec work in the gym. When alpha males want to size up their peers, one of the first questions might be "Yah, what's your bench?" It is a common measuring stick used to assess success in the gym.

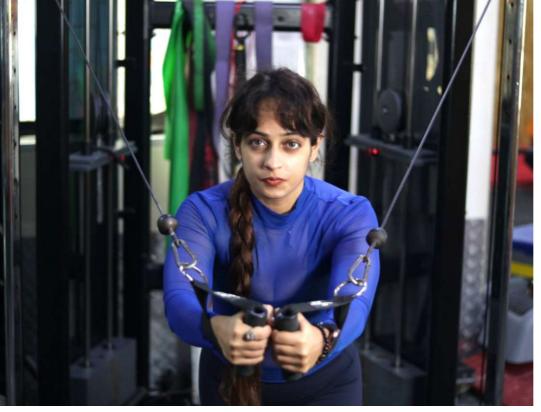
Don't worry about the weight you push. Focus on a lean, hard, muscular physique that looks good in a suit, as well as at the beach.

The key is to build lean muscle and increase strength without creating the overbuilt, muscle head look.

Start Position: Lying flat on an Olympic bench, extend the arms up and grip the barbell slightly wider than shoulder width. 3 points of contact on the bench – butt, upper back, and your head. Feet flat on the ground. Position your body so

that when you lift the 45# barbell off the rack, it will be directly above your chest.

- Technique: Lift the barbell off the rack, and lower down until the barbell just touches the middle of the chest, then press barbell up until the arms are fully extended. Make sure you do not bounce the bar off of your chest, as this is not the best way to fatigue the pecs.
- Sets / Reps / Rest:
- Mass and Size: 4-5 / 6 to 12 / 30 seconds
- Hardness and Density: 3-4/ 4 to 6 / 90 seconds
- Variations: You can narrow your grip, which will bring the triceps more into the action.
  Wider grips will primarily work the chest.
- To bench without a spot, you must stay well under your max weight to make sure you maintain control of the barbell. There are plenty of video horrors when this simple rule goes awry.



#### **#3 Cable Crossovers**

This is a great lean chest workout! Do it right and you will feel the pecs burn – a great workout and one of the best chest exercises. Do this one 2nd in your pec routine, like after flat bench, machine press, or incline dumbbell press.

A Start Position: Stand facing away from a cable machine. Grab the handles attached to the cables in each hand, and lean out away from the machine. Put your feet in a staggered stance, right foot forward. To support the resistance, your body will likely lean forward at a 45 deg angle. Your arms

should be extended to your sides at shoulder height.

- Technique: Pull the cables in front of you in a fly-like motion, so your hands move to the front and slightly down. Feel the contraction of the pec as you perform the crossover. Return your arms to the start position.
- Sets / Reps / Rest:
- Mass and Size: 4-5 / 6 to 12 / 30 seconds
- Hardness and Density: 3-4 / 4 to 6 / 90 seconds
- Variations: You can vary the angles slightly to work different parts of your pecs.
- Caution: Cable crossovers put a lot of strain on your shoulders. Just make sure your shoulders are nice and loose prior to crossovers.



#### #4 Push-ups

This is on the list because they are very simple and very practical...you can do them anywhere with no equipment or prep. They are great for not only building chest size, but also raw strength in the chest area.

Start Position: Palms on the ground slightly wider than shoulder width, body straight and aligned, toes supporting the lower body off the floor.

- Technique: Lower the body by bending the elbows until your chest slightly touches the floor, or is just off the floor. Return to the start position without ever stopping the motion. Your arms should return to a straight position prior to the next rep.
- Sets / Reps / Rest:
- Mass and Size: 4-5 / To Failure / 30 seconds
- Hardness and Density: 3-4 / Just short of Failure / 90 seconds
- Variations: Great when doing a bi-set with another exercise first, and doing the pushups on a bench. Example would be to do incline bench followed immediately by bench push-ups. Do this is succession for each set.
- Caution: This is a pretty safe exercise, just make sure your pecs are properly warmed.

#### #5 Dumbbell Flies

- flat bench or incline position, hold the dumbbells straight up above your chest, palms facing each other. Flat flies will work the middle and lower pecs, incline flyes will work the upper pecs. Keep your feet solidly on the ground, and as with press motions, 3 points of contact on the bench butt, mid/upper back, and head.
- Technique: From the start position, slowly lower the dumbbells down to the same plane as your shoulders, or maybe slightly lower. A good full range of motion is key to the exercise.

  Contracting the pecs, then return the dumbbells to the start position directly above your chest.
- Sets / Reps / Rest:
- Mass and Size: 4-5 / 6 to 12 / 30 seconds
- Hardness and Density: 3-4 / 4 to 6 / 90 seconds
- Variations: The angle of the bench can be varied to work the pecs at different angles, thus working different parts of the muscle.
- Caution: Just make sure you keep the dumbbells under control. It's a long range of motion, and you want to make sure you have the right weight in your hand.



#### **Close Seconds**

Actually, these are every bit as good as the above list of best chest exercises, and the variety is key to a well-rounded approach:

#### **Chest Dips**

Done from parallel bars – hunch the shoulders and upper body over as shown, to isolate the pecs. You can add a weight belt to increase resistance. This will also work the triceps.

This is a great exercise to do as the last chest exercise in your routine. The key to isolating the chest muscles (pecs) is for your chest to be as close to parallel as possible. When your chest is parallel to the floor (or very close), it's almost like doing a push-up.

#### **Bench Push Ups**

Bench pushups must be part of any chest workout routine! These are great to do as the second part of a bi-set, where you do two chest exercises back-to-back. For example, doing cable crossovers followed immediately by bench push-ups. They are a terrific chest exercise.

#### **Avoiding Injury**

Chest injuries from resistance training are pretty rare when compared to back strains, or elbow and wrist strains, but it's always good to be safe when performing these best chest exercises:

- Make sure you don't overload your muscles by lifting too much weight. You definitely want to go heavy to build mass, but always maintain control of the weight.
- Proper warm-up is must light cardio to warm your muscles, and dynamic stretching to prepare them for the lift. Jumping into a routine with ice cold muscles is a sure way to get injured.
- Do some static stretching at the end of your workout to elongate the pecs. This will also improve your range of motion.

Always use good technique – don't use jerky motions where you're cheating with your whole body as leverage. You want the resistance to be a heavy load, but not so much that it requires back-breaking thrusts to perform a rep. The best chest exercises rely on





By-Chef Reetu Uday Kugaji



acto-vegetarians do not eat meat, poultry, fish, or eggs. They do eat dairy products, such as milk, yogurt, and cheese. Like everyone, vegetarians must be careful to eat foods that are balanced and nutritious.

Chef Reetu Uday Kugaji, Culinary Expert & Chef Consultant shares 6 nourishing Lacto-vegetarian recipes for toddlers. You too can enjoy them! That regetable Knicking

A full meal on its own so comforting and quick to make. Serve it with Yogurt .

Preparation Time: 30 minutes including the time of soaking the Split Moong Dal.

Cooking Time: 30 minutes

Serves: 6

Chef Tips:

You may add more vegetables of your choice.

Ingredients and Quantity:

- Quick Cooking Oats 1/3rd cup
   Moong dal, split and skinned
   1/3rd cup
- Cumin seeds, lightly toasted and crushed- 1/4th
   tsp. Turmeric powder- ¼ th
   tsp. Onion, finely chopped- 1 no. small Tomato pureed, seeds removed 1 no. small
- Green peas- 1/2 tbsp.
- Red Carrots, peeled and chopped- 1 tbsp. French beans, stringed & Chopped-1/2 tbsp. Water 2.5 cups / as required Desi Ghee-1/4th tbsp. Ginger, peeled and grated- 1/4th tsp. Salt-to taste

#### Method:

- Pick, wash and soak Split Moong Dal for 15 minutes.
- Heat ghee in a deep non-stick pan add crushed cumin seeds, let them crackle.
- Add chopped onion, cook till translucent, add the grated ginger cook for a few more seconds.
- Add turmeric powder.
- Add all the green peas, carrots & french beans.
- Sauté for 2 minutes.
- Add the tomato puree and let them cook till tender.
- Add the rinsed moong dal and oats. Sauté for a few seconds.
- Add water. Adjust salt.
- Pressure cook for 3 whistles.
- Once it is cooked, mash it a little with the back of the spoon.
- Serve it accompanied with Yogurt.

Beautiful colour and flavor of seasonal carrots.....Overloaded with the richness of cashew nuts ....Prepare this vibrant and creamy... full of flavors... payasam prepared with carrots, cashew nuts and milk...... Sugar free it is... Inherent sweetness of red carrots.

#### Ingredients and Quantity:

- Carrot (grated) − 1/2 cup
- Cow's milk- 750 ml.
- Cashew nuts, broken- 1/2 tbsp.
- Warm milk for soaking cashew nuts- ½ cup. Green Cardamom powder- a pinch Ghee- 1/4th tbsp.

#### Method:

- Soak cashew nuts in warm milk for ½ an hour.
- Heat ghee, saute grated carrots in it for 5 minutes.
- Grind the soaked cashew nuts and carrots into a fine paste. Keep aside.
- Boil milk in a heavy bottomed non-stick pan. Keep stirring till the milk reduces to 3/4 th of its original quantity.
- Add the carrot and cashew coarsely ground paste to the milk. Mix well and ensure no lumps are formed; you may whisk it or stir it.
- Add the cardamom powder. Mix well.
- Serve it warm / at room temperature,



Preparation Time: 15 minutes

Cooking Time: 25 minutes

Serves: 6

Chef Tips:

You may add organic honey / strained organic jaggery syrup, if desired once the Payasam is prepared and completely cooled down.

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Dosa prepared with fresh sweet potatoes and coconut milk to boost the energy of your toddler.

Preparation
Time- 10 minutes

Cooking Time-15 minutes

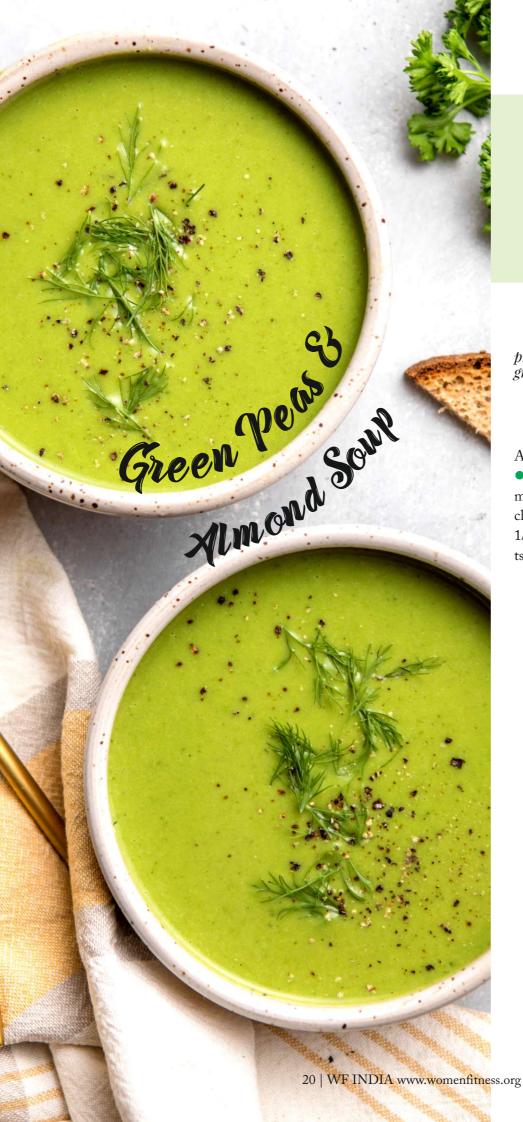
Serves-6

Ingredients and Quantity:

● Home-made dosa batter1/2 cup ● Sweet potato,
grated- 1/4th cup ● Coconut
milk- 2 tbsp. ● Ginger,
grated- 1/4th tsp. ● Cumin
powder- 1/4th tsp ● Salt – to
taste ● Water- as required to
adjust consistency ● Salt- to
taste ● Desi ghee- as required

#### Method:

- Grind the dosa batter, grated sweet potatoes, coconut milk, grated ginger, cumin powder and salt along with the water as required. The consistency of the batter should be thicker than the actual dosa we prepare.
- Heat the dosa tawa and add a ladleful of batter. Spread it evenly into a circle.
- Drizzle the melted desi ghee onto the dosa and allow it to cook for a while, then flip it over with the help of a flat spoon onto the other side.
  - Remove it with a spatula or a flat spoon.
- Repeat the same process to make more dosas with the remaining batter.
- You may serve it with fresh coriander and coconut chutney, do not add green chillies in the chutney, as we are serving it to a toddler.



Preparation Time10 minutes

Soaking time for almonds2 hours

Cooking Time30 minutes

Serves-6

This delicious and creamy soup is prepared with the goodness of fresh green peas and almonds.

#### Ingredients and Quantity:

Fresh Green Peas- 2 1/2 cups
Almonds, blanched and peeled- 2 tbsp
Water /Milk, boiled and cooled- 200 ml.
Oil- 1 tsp.
Onion, very finely chopped- 2 tbsp
Fresh Garlic paste- 1/4th tsp.
Salt- to taste

#### Method:

- Soak the raw almonds in lukewarm water for 2 hours. Rinse them in fresh water.
- Prepare a smooth paste using fresh water / milk.
- Heat oil in a non-stick pan add the onion, garlic and ginger, saute for a few minutes.
- Add the green peas, salt and cook for another 5 minutes. Add the almond paste. Simmer for 2 minutes.
- Cook until all ingredients are almost mushy.
- Let it cool completely, then blend until smooth.
- Adjust consistency and salt. Serve warm.

This refreshing smoothie is loaded with nutrients, is extremely healthy and is a great immunity booster.

Preparation Time: 10 minutes Chilling Time in Refrigerator: 1 hour

Serves: 6

Ingredients and Quantity:

 Beetroot ,boiled , peeled , chopped and chilled- 1 large • Strawberries, sliced and chilled- 1 cup • Blueberries, chilled- 1/2 cup • Raspberries, chilled-1/4th cup • Bananas, frozen- 2 nos.

 Almond milk, freshly prepared and chilled- 1 1/2 cups

Beet Rassery Smoothie help of an electric blender or food processor until completely smooth.

Pour into glasses and serve.



This Delicious Indian dessert is prepared with Sun-Kissed Alphonso Mangoes & Hung Curds, is sprinkled with green cardamom powder, garnished with cubed mangoes, blanched, peeled and finely chopped pistachio nuts & almonds. May be sprinkled with saffron strands.

Ingredients and Quantity:

- Hung Curds- 300 gm
- Alphonso Mango pulp, fresh-1/2 cup • Powdered Sugar, sifted- 150 gm. • Green Cardamom Powder- ½ tsp. For the Garnishing:
- Alphonso Mango, cubed- 01 tbsp. • Pistachio nuts, blanched , peeled and chopped- 02 tsp.
- Almonds, blanched, peeled and chopped − 02 tsp • A pinch of Saffron strands steeped in 2 tbsp. lukewarm milk

**Preparation Time:** 10 minutes

Chilling Time in Refrigerator: 1 ½ hours

Serves: 6

Method:

- In a food processor, add Hung curds, mango pulp and sugar.
  - Blend it till smooth.
- Remove in a glass bowl add charoli seeds and cardamom powder and mix well.
- Transfer into serving bowls and chill in the refrigerator for 1 ½ hours.
- Serve cold with chopped nuts and saffron.

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unk Food Incidence According to the Centre for Science and Environment, a Delhi-based research and advocacy organisation, an online survey was conducted, Know Your Diet (knowyourdiet.org). Over 13,200 children in the age group of 9-17 from 300 schools across the country participated in the survey and provided information related to their daily habits. About 90 per cent of them were from urban areas.

The results show that 93 per cent of the children eat packaged food and 68 per cent consume packaged sugar-sweetened beverages more than once a week; 53 per cent consume these products at least once a day.

#### Why Teens Opt for Junk Food?

- Teenagers watch more than three hours of commercial TV, discount offers, banner advs a day eat hundreds of extra junk food snacks, according to a report by Cancer Research UK.
- Foods which are rich in energy, as they contain a lot of fat and sugar, as well as salt, are relatively low in other important nutrients such as protein, fiber, vitamins, and minerals are found extremely attractive by most children because of the taste,
- Comparatively lower price
- Convenience as they don't require any cooking or preparation.
- It is quite addictive.

#### **Health Hazards: Time to Act**



#### **ATOPY**

Fast food intake more than three times a week is associated with greater odds of atopic disorders such as asthma, eczema or rhinitis, while asthma severity is almost 40% higher in teenagers and more than 25% in younger children.

#### CONSTIPATION

An overdose of calories, fats, sugars, and other carbohydrates in repeated meals changes the food desires of the child, and less bent towards eating fibers, fruits, milk, and vegetables.

Increasing chances of constipation.



#### ADDICTION

Eating a lot of fast food in childhood makes it hard to eat healthy in later life because childhood food habits solidify by adulthood. The addictive taste of fast food makes it quite unlikely that the child will later savor the less spicy flavors of ordinary food.



Fast food can lead to impaired academic performance because high sugar levels followed by sugar crashes and poor concentration levels make it difficult to accomplish tasks which need extended periods of focused attention. Blood sugar fluctuations can lead to mood swings and lack of alertness, lowering classroom participation.





Fast food can inhibit
participation in extracurricular
activities because of less stamina and
deficiency of adequate nutrients for
physical activity. Lack of physical activity
not only keeps children out of peer
groups but also impairs physical
and mental health.

#### MOOD SWINGS

Obesity can result in lowered self-esteem, and perhaps depression.

Some children who eat junk food are at risk of developing depression even without obesity. Depression in turn affects growth and development parameters, academic performance, and social relationships.

It also results in a higher risk of suicide.

#### SLEEP DISTURBANCES

Pop and cola drinks often contain caffeine which can hamper the normal sleep-wake cycles.

#### HYPERACTIVITY

Essential fatty acids are typically missing or lacking in fast foods. These include omega-3 and omega-6 polyunsaturated fatty acids which cannot be produced within the body. They are essential for the manufacture of cell membranes, and are also required in high concentrations within the brain and retina. The lack of such nutrients is thought to be associated with increased antisocial behavior, and perhaps with hyperactivity.

The best way to tackle this growing dependency on junk food is by creating an environment that supports healthy eating habits.



hese DIY face masks are tried and tested. Try to use organic ingredients whenever possible, as the skin on your face is thinner than other parts of your body and can soak up toxins much more easily.

# Papaya Mask to Brighten Aging Skin

Papaya is rich in antioxidants, and its enzymes help to slough away old, dry skin cells for a glowing, healthy complexion.

#### You Need:

- 1/2 a ripe papaya peeled, seeded, and sliced
- 1/2 teaspoon honey
- 1/4 teaspoon lemon or lime juice

#### To Make:

- Puree the papaya in a food processor or blender until just mashed evenly, and then blend in the other ingredients by hand.
- Spread over your face, avoiding your eyes, and let it sit for 10-15 minutes.
- Wipe or rinse your face clean, and smile at yourself in the mirror.

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#### **Strawberry Lemon Mask for** Oily/Problem Skin



Strawberries contain salicylic acid (which is great for acne-prone skin), while lemon juice helps to tighten pores and remove old, dead skin cells. Yogurt and honey have antibiotic properties, and this entire blend is as good for your outsides as it is in a drink. Use any leftovers in a slurp-able smoothie with the milk of your choice.

#### You Need:

- 1/4 cup mashed strawberries
- 2 tablespoons lemon juice
- 1 tablespoon yogurt
- 1 tablespoon honey

#### To Make:

- Mash all of the ingredients together, but do not puree in a blender: you want this to be spreadable, not a liquid.
- Apply evenly all over your face and let sit 8-10 minutes.



### **Soothing Oatmeal Mask**

Oatmeal is great for soothing rough, angry skin and for helping to heal eczema and acne breakouts. Paired with honey and yogurt, it's a calming and revitalizing mask for all skin types.

#### You Need:

- 1/3 cup instant oatmeal
- 1/2 cup hot water
- 1 tablespoon honey
- 1-2 tablespoons plain, unsweetened yogurt

#### To Make:

- Add the water to your oatmeal and stir for a few minutes until it's plumped up nicely.
- Add the honey and yogurt, and put through a blender to smooth and combine it really well.
- Slather this all over your face, leave on for 10 minutes or so, and then wash with warm water. Pat dry.
- \*Note: this mask can also be used on eczema patches on other parts of your body, such as inner arms, the backs of your knees, your neck, etc.

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#### Turmeric, Honey, and Lemon mask

Turmeric and lemon are amazing for skin-brightening: Turmeric (and its active ingredient, curcumin) has antioxidant properties that can help protect the skin from free-radical damage, while lemon has a fair share of vitamin C—perfect for fading dark spots.

#### You Need:

- 1 tbsp. of raw or Manuka honey
- 1 tsp. of ground turmeric
- ½ tsp. of lemon juice

#### To Make:

- Combine raw or Manuka honey, turmeric, and lemon juice.
- Slather on and leave for 10 minutes or until the mask starts to harden, then wash off with warm water.

*Note:* Remember to do a patch test before applying honey to your face, especially if you're new to DIY: Even if you consume honey all the time, your skin might have an unexpected reaction to it as a topical treatment.





#### **Tomatoes and Multani Mitti Mask**

Tomatoes not only add flavour to your food, but also to your beauty regimen. Known as natural sunscreen, tomatoes are one of the best Ayurvedic health food of Indian origin. High concentrations of anti-oxidants in tomatoes prevent cellular damage caused due to free radicals. Hence, it helps slow down the ageing process, making your skin look younger and fresh.

#### You Need:

- 2 Tomatoes
- 2 tbsp. fuller's earth (multani mitti)

#### To Make:

- Take tomatoes and form a puree. Mix it with fuller's earth (multani mitti).
- Apply the paste to your face and neck and leave it for 20 minutes.
- Wash off with cold water. The application of this Ayurvedic face pack will leave your skin hydrated, rejuvenated and glowing.
- Try these traditional and natural masks to make your skin glow and look Healthy.



ellow nails can be a serious issue that needs to be addressed at the earliest. Otherwise, it can start taking a toll on your health as well. In concern of the same, listed below are some easy tips that can be followed for getting rid of the yellow nails.



#### **Apply Tea Tree Oil:**

If your nails are getting discolored, you can opt to apply some tea tree oil on it. The oil helps in getting rid of the bacterial infection or any fungus that might be responsible for your discolored nails. Try mixing it with a carrier oil such as olive oil, coconut oil, or jojoba oil and apply the mixture on the affected nail.



Fungus infection usually grows in an environment where the PH level is near to acidic. In such a case, try dipping your nails in hot water mixed with baking soda that can prevent the fungus from spreading, allowing you to have beautiful nails.



#### Add Vitamin E in your Diet:

Vitamin E is known to help cells retain moisture and make them look healthier. In fact, your skin, nails, and hair all take on an appearance of vitality when you have plenty of Vitamin E. Moreover, the consumption of Vitamin E is regarded as one of the successful treatments for combating yellow nail syndrome. Since Vitamin E stimulates healthy nail growth, it can either be applied topically or taken orally for helping your nails grow quickly.



# Dip your Nails in Oregano Oil:

Utilizing Oregano oil for treating yellow nails is by far the most popular and effective home-treatment available to date. As per the studies, it states that Oregano oil is clinically effective for yellow nails. Furthermore, it also helps your nails get moisturized, maintaining good, strong, and attractive nails.



# WHY YELLOW NAILS HAPPEN?

Those who have yellow nails can easily relate to the trouble that comes along with it. Not only it hampers the physical appearance of your nails, but it can also start taking a toll on your health which is a serious concern. If you are unaware of what might be causing the appearance of yellow nails in your life, do read the belowmentioned pointers precisely for attaining education on the same.

#### Hereditary

You can be a victim of yellow nails due to your hereditary factor as well.

Someone in your family might be suffering from yellow nails that have been transferred to you via heredity. You can either opt for some medication, professional consultation or could also try home-remedies for curing it.

#### **Important Things to Keep in Mind**

Like any other body parts, your nails also require proper attention and care. Remember that healthy nails can restrict any nail-related disorders that can create trouble for you in your life.

For example, always be particular about your nail's hygiene. Try cleaning and cutting them on a regular basis along with being precise about the products you use while visiting any spa or salon. Most importantly, make sure that the manicurist is using a new kit for your manicure.

## Frequently Changing Nail Paints:

It might sound weird but it's true. When you frequently change your nail color, the enamel of your nail turns weak and thus starts breaking. Therefore, try changing your nail paint once a week that can be good for your healthy nails.

#### Being a Chain Smoker:

Another prime reason for having yellow nails can be due to your smoking addiction.

Smoking is not only harmful to your lungs but also results in causing yellow nails that can give birth to several other diseases.

So, if you are still in a habit of smoking, at least try reducing it for a healthy lifestyle and nail.

#### **Treat the Cause**

Yellow nails can also occur due to some diseases. For example, if yellow nails are occurring due to liver infection, the best suggestion is to treat the cause first. In other cases, yellow nails can also happen due to a physical cause. If you are applying something on the yellow nails which is showing the negative result, consider avoiding it for primarily treating the cause.

You can also ask for nail care for getting rid of yellow nails.

Also, it is recommended not to constantly use nail paint remover. Try using it once a week, else it can become harmful for your nails, apparently resulting in cracked and broken nails.

By- Dr B L Jangid



# AVIKA Goron BREAKING Stereotypes

vika Gor is an Indian film and television actress. She predominantly works in Tollywood film industry and Hindi Television Soap Operas. She is known for playing the role Anandi in Hindi Television series Balika Vadhu. Some of her successful films include Uyyala Jampala, Cinema Choopistha Mava and Raju Gari Gadhi 3.

She has undergone a dramatic transformation and the actor is inspiring everyone with her story about how she let go and didn't respect her body which led to weight gain, insecurities and how she finally managed to get healthy and happy again.

Avika your journey in the entertainment industry has been one of a kind, you are still remembered as your debut role name "Anandi" from Balika Vadu. Share your journey and its influence on your personality.

My journey has been a rollercoaster, I have had fun and learnt so much in this journey. Not just Balika Vadhu but Sasural Simar ka, Ladoo including all the other movies and projects that I have done, I have learnt so much. It's been an amazing journey where people still remember my first big break as 'Aanandi' and I feel blessed and lucky that this happen to me. And even now when I am travelling not just in India but abroad, people call me Aanandi and they adore me, so I really feel blessed

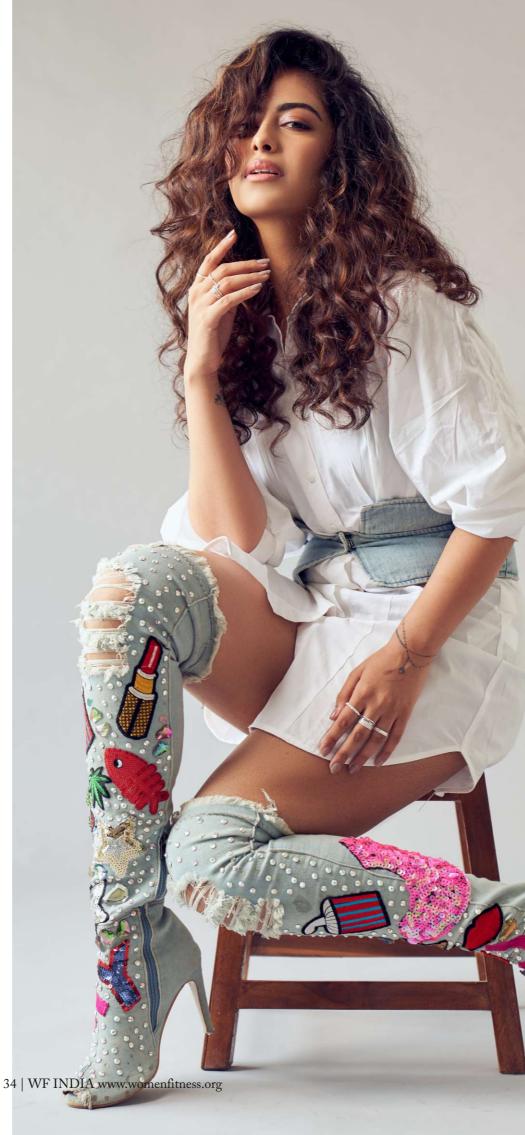
#### You have also worked on the Big screen in Tollywood, how was the experience and were you nervous when performing on the big screen?

It's not very different as an actor, because you put in the same effort while working on a small screen as well. So that's not different however the way things flow and the process is different. The way you go into the character for few months and once the project is done you enter another character. So that process of learning and unlearning a character is different and it's very challenging. And I believe as an actor it is challenging to take up different characters and movies. I try to do this, however, to learn more and entertain my audience with different

kinds of work. I am glad that people are responding well, people are watching me on screen since I was a kid and they still appreciate the work that I do, which says a lot. Tollywood has been very welcoming for me since my very first films 'Uyyala Jampala', they have loved me as their daughter. Because they have loved 'Aanandi' it is a soft corner in their hearts, but I still try my best to look like a Telegu actress and act accordingly. That is why people have like me and I love working there. It's been a very welcoming and loving industry, that has given me a chance to meet such great actors, team and technician, etc

Many times actresses from the television industry are stereotyped over the roles they play, you have broken the image. Your take on the same? Also You won SHMA Award for Best Female Debut (Telugu) at 3rd South Indian International Movie Awards, for the role in the film Uyyala Jampala, share the experience.

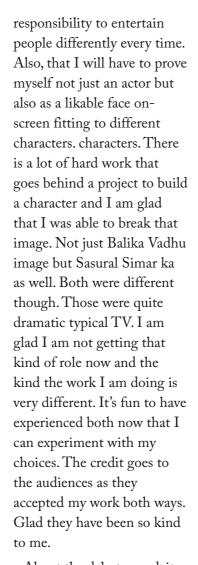
In TV, Yes, it used to happen. Depending on the kind of character you do people start looking at you that way. For instance, if you do a negative character then the actor keeps getting an offer of the same kind of role. But now the audiences have evolved and are smarter, they understand it's film-making, that this is fictional. They have started to understand it's the job of the actor, so the thought process has changed. The kind of roles I have been receiving is very different from the ones that I have done as a kid. It's fun and I like the reaction of my audience to my varied work. It is always fun to see that reaction and get projects you never expected. It's interesting and being in the industry I have realized that it's my





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About the debut award, it will be very close to my heart. Because as a female lead it was my first award at SIIMA, it was held in Malaysia I remember, all the great stars were there from Tollywood. I was so happy to receive that for my first film 'Uyyala Jampala'. The character is very close to my heart, I related to her, I felt that I was playing myself and just having fun with the camera. Really happy with experience and hope that I receive many more.

# Women Fitness India, talks about celebrity diets and fitness routine, Do you follow any particular diet? Your Favourite cuisines. You like to kick start your day with.

Diet! It's my least favorite topic. I can't diet, I love food. My weight included eating healthy. I have eaten dosa, rice everything while exercising. So my diet is not really a strict no-no for anything. Honestly, I did experiment a lot, trying different diets, Ketos, and everything, eventually realizing that none of that really helped me for the long term. Then I decided to take care of my calorie count that's it. So even if I eat a lot, I try to burn a lot more. It's just that. For me food is for the soul, I don't get how people cannot/don't eat aloo, french fries, etc(laughs). Yeah, I am pretty spoilt that way and guess would remain to be so. Having said that I try to eat healthier, including more fiber to keep my body and skin good. It's a struggle, even I love junk, but I have realized that there are better and healthier alternatives in food to opt for. So I tend to choose those. Just not physically you feel the effect internally. It's shown on your skin, feels lighter. I like that change more. So that is my diet

My favourite cuisine has to be Chinese, I just love it. The butter chilly garlic noodles, my mouth waters as I name it. So that's what I love.

I like to kickstart my day with fruits. Most probably papaya or watermelon or apples. These are my favorite, I choose one fruit a day since I don't like the idea of mixing fruits. Starting my day with fruit makes me feel lighter and also it's better to start your day (morning) with fiber, so it does that.



You went on to lose around 13 kgs recently. As mentioned by you "I still remember one night last year, when I looked at myself in the mirror and I broke down. I didn't like what I saw." Share your inspiring weight loss journey. 5 tips to combat body shaming.

So, 13kgs was a big deal, it happened in around 8-9months. But going in a flashback I actually lost 20 -21 kgs in total. In the beginning, it was a bit slow but the 13kgs that happened later was comparatively quick. I feel the change and it's pretty amazing. I have started to love myself there is a lot of confidence now. That makes me feel really good about myself. Really happy with my decision. I am proud of it too. Going back to when I opened at looking myself in the mirror and breaking down emotionally, all of it was challenging but it pushed me to do something about it. So this inspiring weight loss journey was through people especially fans and supporters, who noticed me getting healthy. They didn't body shame but asked very politely 'Are you eating a lot of Aloo's', 'You are getting chubbier', this made me realize that I have to take care of myself. Not that I was suffering from some health issue that I started gaining weight it's just I was being lazy. So that was the day I took an oath to take care of myself. This is how it happened.

Now talking about tips to take body shaming. So I didn't receive it too much and tried taking it as an inspiration. However, there were a lot of comments that I don't look my age anymore or calling me fatter, but surprisingly that was the truth. I saw people my age being fitter doing things I can't do, so these were my thoughts. I wanted to evolve and have positivity around me so it wasn't a derogatory phrase for me. I learned a lot and only thought if my audiences love me so much and they are being honest to me, why not work towards my betterment. So on the whole I took this very positively and it worked for me

# What comprises of your fitness routine? How do you manage it in between your acting and travelling schedules

I don't follow a particular routine because of my shoot schedules. The basis of what I take care of is 15k-20k steps per day. Even on sets, I keep walking, and people be like what's wrong with her. But I show off my step counts(haha) and they go like ok, this is about fitness.

I Love Doing Different Kinds Of Workout, Like Boxing, Aerobics, A Little Bit Of Yoga, Love Doing Weight Training Or Cardio.

There's a lot that I keep doing but it's never the same. I work for my body as per my body's requirements and more of what I feel like doing. I feel like the results are better when you are comfortable doing what you do. You don't have to push too hard. Yes, you will have to motivate yourself, can't be lazy but to have a fit body, toned as or legs that you want, you have to keep working hard. Once you know that you start putting in that extra effort. So I keep experimenting with my workout and training to keep myself motivated. Also, I like to have fun so I work out with my friends or trainer or even my mother sometimes. This reminds me that I am doing this for myself and nobody else.





# You have done both reality shows and fiction shows, and recently started your production house as well. Which part of the journey/role you enjoy the most

Fiction, serials, movies, reality shows, production house, all of it has been very amazing. Difficult to choose from amongst these because all of these are like my baby. But if I were to say I have a soft corner for one, I will say TV as it all started from there. I will always be grateful and will always remember the beautiful memories associated with my characters especially Aanandi, Roilo, etc. TV is going to be very special. But when I look forward, it includes production house big movies or international projects, as I recently shot for a Kazakhstani movie, where I am playing a popular india actor. I am doing so many different projects right now that I feel it all happened because people love me so much and blessings. I feel very blessed to have achieved so much at an age of 23. Looking forward to all the experiences I am gonna have not just with acting, dancing, directing, writing, production etc. All thanks to my audience.

#### The secret to flawless skin and beautiful hair, share your favorite organic rituals you swear by

I am the worst person to be asked this question. I am very lazy to do anything as simple as apply sunscreen and a moisturizer so(laughs). I am kind of run away from this because I feel this is too time taking. But over time I have realized that sunscreen is absolutely important for your skin. Moisturizing your fingertips and toes is also important. I take care now, unlike before. I groom myself properly. I keep myself hydrated every time, by drinking lots of water. Coconut water is very good or alkaline black water. There are so many things that you can do for your skin. Since I have very dry skin, so I need to keep moisturizing my body at regular intervals.

Hair, I always had voluminous curly hair because of genetics. My mom has really good hair. Also she took care of my hair, as she is a naturopathy doctor. Thus, she keeps giving me packs and oil to nourish my hair, so that credit goes to her. It smells weird but works wonders.

Lip balm is an absolute important to have.

Eat good, because it has a lot to go with your skin and body. It really depends on what goes inside your body. Fibre helps me to do that.

#### Being the cover girl for Women Fitness India, you are an inspiration for our readers please share your message for girls who aspire to be an actress like you.

All the very best, I am excited for you all. Being on the cover of 'Women Fitness India' to be honest I never thought this could happen. I had given up on myself thinking to be ugliest, cut to today talking about fitness I am surprised. This is special as it is my first fitness cover. Excited and looking forward to very thing. For ones who aspire to be an actor, if you want to do it, I will tell you it is difficult, alot of hardwork, time and energy that goes in. Not many people are able to do that but best wishes who wants to do this.

## Lastly, what are your upcoming future projects and message for your fans and social media followers

I am doing 2 Telugu movies under my productions with presenters and coproducers. Next I have a movies with People media and Agarwal arts hero Kalyan Dev, again a Telugu movie. It is a huge project that I am really looking forward to. A couple of other projects in Telugu, yet to be announced. I just shot for a Kazakhstani film. I am playing myself in that movie. For Kazakhstan Avika Gor is a big deal so, we had a lot of fun shooting in Alanya near Antalya in Turkey. So finished that. A lot happening and super excited. Lastly I will promise my audience that I will dance more because my fans keep asking me on social media of when I meet them that we love seeing you dance. So I'll take proper training and do that.





other and daughter practicing yoga together is one of the best ways to kick start Mother's day.

With all that she does for you, now it's your turn to say thank you to Mom by sweating it out with her. Trust me there can be no better a better workout buddy than mama?

Yoga workout is a good option for both of you age no bar for flexibility. It can help with anxiety, muscle development, and breathing. Try These Poses on Mother's Day

#### SIMHASANA (Lion pose)

This pose allows body to let loosen down. It helps strengthen the throat, voice, and lungs.

Step-by-step:

- Sit with your hips on your heels and your palms resting on your knees.
- Inhale through your nose deeply, all the way to the bottom of your lungs.
- Then exhale, and as you breathe out, place your palms on the floor in front of your knees, arch your spine, look up, stick out your tongue and roar all your breath out—like a lion.
- Inhale back to your original position and repeat two to five times.

## BADHAKONASANA (Butterfly pose)

This pose relieves the tension in the lower back and spine. Practicing this pose helps to stretch the inner thighs, hips and groin, which is crucial for muscles strength. Middle-school girls beginning their menstrual cycles, as well as their mothers, will find relief from cramping when they practice this pose.

#### Step-by-step:

- Sit with a straight spine and your legs stretched out in front of you.
- Bending the knees, place the soles of your feet together, allowing the knees fall. If you struggle with this, grab a couple of pillows and put one under each knee. Your body will relax more naturally if the knees find a resting place.
- You can either maintain this position or, if it feels comfortable, fold forward. The folding opens your groin and hips, but if it feels like a little too much, stop.

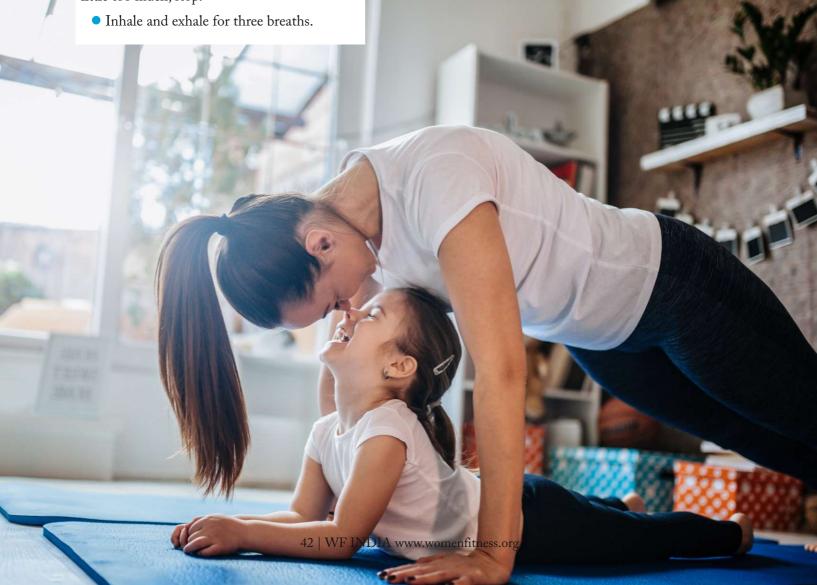
#### MATSYASANA (Fish pose)

Great for opening the heart and strengthening the back muscles. Helps improving immune systems and relieving anxiety.

#### Step-by-step:

- Lie back with your hands on your belly, then take a deep breath in and out.
- Squeeze your legs together and point your toes.
   Use your elbows to prop yourself up, and place your hands flat on the ground.
- Lift your chest and belly while letting your head fall gently behind you. After three breaths, come down slowly.
- These poses will leave you both rejuvenated and happy.

Clap for your mother for she is the most special person in the world.



# Food Allergy Making It Difficult For You To Lose Weight? ating foods that interfere with our body's chemistry causes tissue swelling, abdominal bloating or even facial puffiness that may have the appearance of real fat. In fact, it's not unusual for a person to look & ten to fifteen pounds heavier due to these nasty reactions. 43 (WF INDIA www.womenfitness.org



If we eat such foods on a daily basis, we may experience a near-constant state of reaction — including bloating and fluid retention. More serious, it may cause inflammation to the lining of the gut, upset your metabolism, create nutritional deficiencies, and blood sugar imbalances. This can lead to food cravings, low energy, depression and even PMS!

#### The top seven Food Allergens are-

- Dairy
- Wheat
- Corn

- Sugar
- Soy
- Eggs
- Peanuts

#### Try Elimination Diet to the Rescue!

One of the best ways to determine if you are having food reactions is an elimination diet. Plan for a minimum of 3 weeks off all of the most common seven food allergens: dairy, wheat, corn, sugar, soy, eggs and peanuts. You will not be cured by that time, but you can determine which of these seven you are reacting to by adding them back into your diet one-byone and seeing which one(s) you have a reaction to.

Another way to find the food culprits is to have your physician test you for IgG food sensitivities. The elimination diet is the "gold standard" to determine what foods you are sensitive to.

#### 6 Tips to Lose Weight with Food Allergy.

## 1. Choose the Right Diet Plan for You

There are so many diet plans out there — low-fat, low-carb, low-calorie — that it can be hard to choose. If you have food allergies, it is best to steer clear of diets that involve drinking mystery shakes or that restrict your food intake to one or two food groups. That means the grapefruit diet is out the door, but diets that involve eating reasonable portions of many different types of food are probably fine.

Think about your allergies when choosing a diet plan:

- If you have oral allergy syndrome, in which your mouth tingles or swells after eating raw fruits or vegetables, raw food diets are not going to work for you.
- If you are allergic to many types of protein for example, dairy, egg, soy, and nuts then low-carb diets such as Atkins are not the best choice.



#### 2. Consult a Nutritionist

If you are avoiding multiple allergens, it can become challenging for you to get all of the nutrients you need on a daily basis. Before starting a weight-loss plan, talk to a nutritionist about strategies for eating fewer calories while getting more nutrition.



### 3. Focus on Whole Foods

The biggest diet-killers are restaurant and prepackaged foods that are loaded with more salt, sugar, and calories than you would normally add at home (those allergy-friendly chips are a good example of this).

- Choose single-ingredient snacks. Instead of reaching for that allergy-free granola bar, try an apple or a handful of baby carrots instead.
- Use whole grains such as brown rice instead of white rice.
   Whole grains have more fiber and can help you feel full faster.
- Watch the fat. It's easy to pour a glug of oil into the pan before making a stir-fry.

  Measuring out just one tablespoon of oil can help you to rein in the calories of your favorite dishes.

## 4. Make Your Own "Packaged" Snacks

Make the easiest snack to grab when you're running out the door a healthy, low-calorie snack that fits your diet.

- Cut up veggies and place them in containers in the front of the fridge.
- Have a fruit bowl on your kitchen table.
- Make your own 100-calorie snacks. Small plastic bags of sunflower seeds or gluten-free pretzels can easily be tossed into a lunch box or purse.



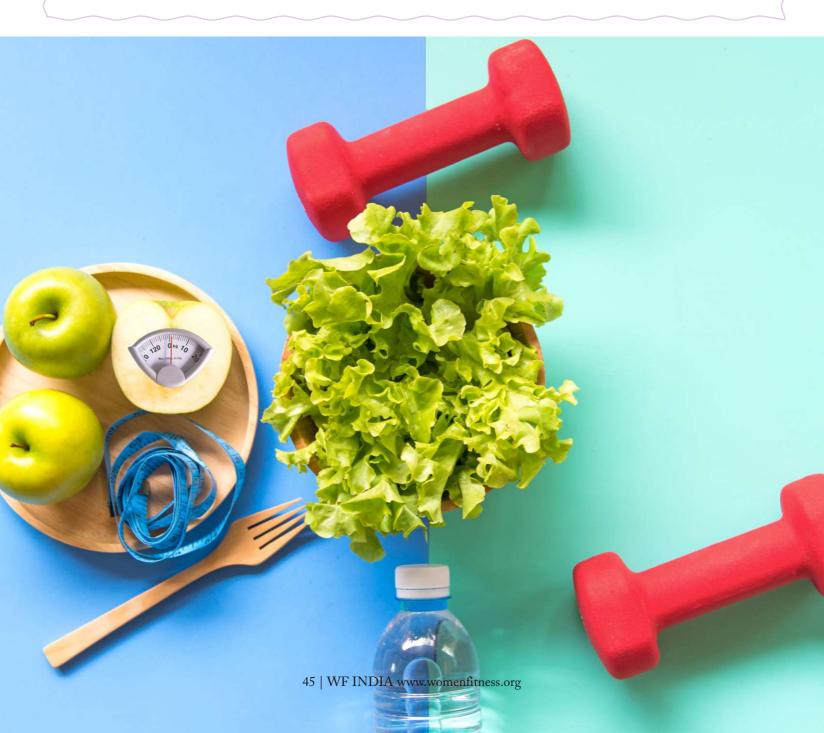
#### 5. Keep a Food Diary

Keep track of the foods you eat to get a handle on your allergies, but if not, keep a food diary to lose weight. You can do this online or the old-fashioned way with a notebook and pencil. Keeping track of what you eat, how much you eat, and when you eat can help you identify emotional eating triggers, and also prevent you from mindlessly munching.

#### 6. Seek Help From Your Friends

Seek support from family and friends. Friends and family can be your greatest cheerleaders or a source of diet sabotage. Many of us suffer from allergies and tend to ignore until it gets out of control.

Take action to gain control over your weight & Food Allergy.



Dietitian Shweta Shah Uncovers Celebrities "Diet Secrets"

n entrepreneur, a change maker, a dietician and a master curator of healthy and amazingly delicious delicacies, Shweta Shah dons several caps in her professional life. She is a firm believer of the therapeutic powers the ancient science of Ayurveda incorporates and lives by the mantra of 'Simple is honest, simple is powerful'.

#### Shweta's View on diet

Shweta Shah believe that nobody should go on diet or fad diets, but you need to change your lifestyle. Health is a journey rather than a destination & good digestion with right fuel is the only vehicle that will take us there. Good health reflects our ability to digest whether nutritional, emotional, and sensory. Also, I believe "You are what you absorb". If your gut is not healthy & not absorbing food properly then no need of calorie counting is applicable. I never believe in calorie counting. Also, Shweta Shah's mantra is "Simple is honest, simple is powerful". Go for natural easiest form which mother nature provides us.



#### Tips to a fit lifestyle

- 1. Stop counting calories.
- 2. Keep the gut clean.
- 3. Move (Exercise)
- 4. Protect you from yourself.

Shweta has worked with some of the biggest celebrities, from Deepika Padukone, Katrina Kaif, Geeta Basra to Sakshi Dhoni, and even sports biggies like Gautam Gambhir and Harbhajan Singh. Her impressive clientele is not 46 | WF INDIA www.womenfitness.org

just a badge of honour, it encapsulates her journey and her hard work through a decade. It was her work on these celebrity wellness programs that led to her gaining invaluable knowledge about the nuances of creating a correct concoction of habits that lead to good health. This is what she shares through EatFit247 as well. Here, Shweta is sharing the success stories of four celebrities - Deepika Padukone, Katrina Kaif, Yasmin Karachiwala, & Geeta Basra. In this elaborate diet chart, she shares the diet regiment of her clients, the stars!

#### Deepika Padukone's diet For Cannes

As she wanted to look her best for Cannes, we managed her diet in a way to keep her weight in check, also keeping her gut in check for flawless skin and hair.

- **1.** We suggested an alkaline diet and tried to keep it simple
- 2. Due to Pith Prakriti (Doshas according to Ayurveda) we suggested ash gourd juice to her which is a superfood for people who fall under this category.
- **3.** The catch was kokum juice with chia seeds to relax during the day
- **4.** Rice Sambhar was suggested.
- **5.** A homemade decoction remedies like fennel black raisins were also suggested once in a day, which helped to reduce her headaches and acidity.



Katrina Kaif

Katrina is very particular about her workout routine, just as she is her diet. She is almost a nutritionist in her own right. She knows her body well and she knows exactly what suits her and doesn't. Katrina follows her own diets, but I step in when we want some tweaks to be made, or she wants to achieve any specific health goals. Even when she's shooting, and has a hectic schedule, she sticks to clean, organic eating that is dairy-free and gluten-free. She believes in clean eating rather than following any fad diets.

- **1.** She eats two home-cooked meals a day, and doesn't like to snack
- **2.** Some examples of her favourite lunch or dinner meals include steamed fish, edamame and avocado salad, zucchini or quinoa pancakes, lentil stews, lettuce wraps and zoodles.
- **3.** Soups are another go-to, and Kaif likes a wide variety to prevent boredom, using vegetables like ash gourd, asparagus, pumpkins and chickpeas.
- **4.** When she's craving something sweet? Homemade peanut balls are her must-haves.

#### Geeta Basra

The wife of famous Indian cricketer Harbhajan Singh & well known Bollywood actress. She approached Shweta Shah for her flawless skin & hair.

- 1. Geeta Basra loves the Green Gulp juice, her skin starts rejuvenating & blooming.
- **2.** Shweta recommended her Sattvic Salads.
- **3.** She likes to try new sattvic recipes. She also likes the beetroot wrap & Palak wrap.
- **4.** Infused water with fruit or herbs is a smart and tasty way to hydrate and cleanse without getting overloaded with sugar and calories.
- **5.** Natural decoctions for Skin & hair



#### Yasmin Karachiwala

The proud owner of Yasmin's Body Image approached Shweta Shah, celebrity dietician to shed the 2% extra fat without nutrition loss.

- **1.** Shweta recommended a carb-n-protein, dairy-free diet of butter coffee
- **2.** A routine of oil pulling for detox
- 3. Digestive tea with cumin, cardamom, fennel, and ajwain (carom) seeds to balance her high protein diet peppered with water infused variously with hibiscus, mint, chive, or chia seeds.

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#### **YOGIC BREATHING**



### TAKE THE QUIZ

# How Fit Are You

he questions here will help you determine how much "formal" (i.e., walking, aerobics, rowing, cross-country skiing, Nordic Tracking) and "informal" (i.e., activities around the house, walking instead of driving) activity you perform regularly.



For each question below, give yourself a score. After completing all the questions, total your points and check your score for an estimate of your current fitness level.

Take the Quiz, Now!

In the past week, how many times did you continuously exercise in an aerobic activity for at least 20 minutes? (i.e. walking, rowing, swimming, cycling, jogging, cross-country skiing)

Give yourself 1 point for each time. Points \_\_\_\_

3

Do you have a fitness goal of a certain number of days per week, miles per week, or minutes per week?

- Yes, and I achieve my goal most weeks: 2 points
- Yes, I'm working towards it: 1 point
- No: 0 points

Points \_\_\_\_

5

On average, how many hours of television do you watch daily?

- Less than 1 hour, or "I use my exercise equipment while watching": *2 points*
- 1 hour: 1 point
- At least two hours: *0 points*

Points \_\_\_\_

7

Do you engage in manual work around the house doing repairs, housekeeping, mowing the lawn, or gardening?

- Yes: 1 point
- No: 0 points

Points \_\_\_\_



How many stretching or flexibility sessions have you participated in during the past week? (Each session should last five to ten minutes and should include all your body's major muscle groups.)

Give yourself 1 point for each time. *Points* \_\_\_\_

4

Do you climb stairs instead of using an elevator or escalator when going up one or two floors?

- Yes: 1 point
- No: O points

Points \_\_\_\_

6

How active are you at work?

- Very active; walking or moving most of the day: 2 points
- I take short walks during coffee breaks: 1 point
- Totally inactive; (sit at desk): *0 points*

Points \_\_\_\_

8

In the past month, have you tried any of the following fitness activities: cross-training? circuit training? interval training?

Give yourself 1 point for each

Points \_\_\_

## 9

How many strength training sessions have you participated in during the past week?

Give yourself 1 point for each

Points \_\_\_\_



What kinds of foods did you consume for dinner last night?

- Mostly fresh, lowfat foods: 2 points
- Combination of fresh and processed foods: 1 point
- Fast food: 0 points

Points \_\_\_\_

# 10

Do you know your: resting heart rate? target heart rate? cholesterol level? blood pressure? ideal weight?

Give yourself 1 point for each "yes"

Points \_\_\_\_

## 12

How do you usually get to work?

- Walk/bicycle at least 1 mile: 2 points
- Drive but park far away and walk the remainder: *1 point*
- Drive and park as close as possible: *O points*

Points \_\_\_\_

Your Total Point Score: \_\_\_\_\_

#### If you scored:

- 0-6 points: Poor. Your fitness level is most likely below average. Your activity level is too low to offer any health benefits.
- 7-14 points: Average. Your fitness level is about average. If most of your points came from daily activities, we encourage you to add some aerobic activity to improve your cardiovascular fitness.
- 15-30 points: Congratulations! You are already living the "fitness lifestyle." Consider adding different activities or varying your program to

maintain interest and motivation. Examine your activities to see if you have a good balance of aerobic activity, flexibility, and strength.

**131-40 points:** Your activity level indicates that you are probably training competitively for a particular sport or competition. If you are feeling good, then continue enjoying your activities. But remember, your risk of injury increases significantly with extremely high activity levels. It is possible that you are **overtraining**, so listen to your body and cut back if needed. ■





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#### SUIT-YOURSELF WORKWEAR

**TRENDS:** Metallic Hues, Retro Polka Dots and Contemporary Co-ords

Titled "Mirror- Me", **Dhi's** collection brewed in the emotions and reflection of an individual. Comprising of chic and sophisticated separates, keeping in line with working from home, the collection spoke of the keyboard dressing.





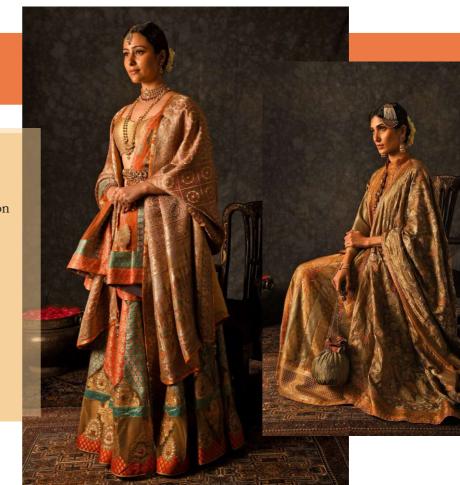


Tisharth by Shivani's collection "Connected" consisted of dresses and co-ord sets in unconventional designs, made specially for the modern woman.

#### **BRIDAL WEAR**

**TRENDS:** intricate embroideries, Mughal inspired silhouettes

'Umme Rabab', the couture collection by Ashima Leena combined hand embroidery on textiles with classic AL Maharani silhouettes. Her collection featured longline jackets, peplums, circular lehengas, applique work and tassel detailed sarees, brocade dupattas with embroidered beads highlighted the AL legacy of fine craftsmanship.





Pantone's complementing tones of Ultimate Gray and Illuminating Yellow fit perfectly into this season's mood. Abhinav Mishra's Mir collection presents the hues of kesar, mirch and haldi sold in ancient souks. Mixing these vibrant hues with his signature mirror work, the designer recreates a Pantone-approved palette sprinkled with chevron and floral prints.





#### **LOCAL AT HEART**

**TRENDS:** Indian crafts and woven textiles

"She", Studio Virtues's latest collection spells out admiration for the ancient handloom technique of Mashru from Patan. Entailing robes, jackets, anarkalis, skirts, jumpsuits and comfort trousers, the ensembles are detailed with the Kutchi mirror work and include prints that are inspired from Ravi Verma's treasured paintings.





This year trend finds itself a dominant spot on **Ekaya Banaras**' new collection. Titled, Opening Night, the collection modernises heritage artistry with stripes and abstract line drawings and shot in a vintage theatre. The star of this show is a mathematically precise 'cut-work or Fekua' technique where the design is replicated across the textile and extra threads cut off. Watch out the mixing of thick and thin stripes on Banarsi silk lehengas, blouses and saris.

# Brands To Look Out In 2021 This Spring-Summer

#### Luxulo

India's premium portal is transforming the way people view luxury fashion shopping. We wish to establish ourselves as the epitome of exemplary experiences by equipping our customers to avail of sophisticated products at an affordable price.

Indulge yourself with the best rates across the country with up to 60% discount available on all collections from premium luxury brands.

Where to buy: https://www.luxulo.in,



https://www.instagram.com/luxulo.in/

Founder's name: Aman Chowdary

#### Sparsh

Sparsh is a luxury fashion brand based in Surat, Gujarat headed By Mrs. Seema Kalavadia, designer, founder of the brand, and creative celebrity stylist. The Women multi-tasks magically being a fashion stylist and having two brands at her hands, started with Sparsh which is more on fusion line, and later producing an Indo western chain called Sim's Designer Studio. The brand offers a huge range of Bridal, Western, Indo-Western Wear. Their patent store in Surat has become a platform to exhibit high-end fashion in contemporary statement pieces for fashion lovers internationally.

Their new collection theme-

The latest theme is inspired by the post-pandemic phase And is named Aakansha, a ray of achieving The collection features outfits made from Organza silhouette, khadi pastel colors, floral embroideries, and checkered patterns on Western and Indo western designs made for today's dynamic women. Our latest range was most recently showcased at The Lakme Fashion Week



Where to buy-206, Canopus Mall, Ghod Dod Road, parel Point, Meghdoot Society, Surat 395007 Contact No -8141485663, 8141485663

Websitesimsdesignerstudio.com

Founder's name-Ms. Seema Kalavadia, Founder of Sparsh

#### DV Fashion

Disha Vadgama the label is the epitome of cult fashion where costumes are customs The brand DV takes up designs that connect with the heritage Indian textiles and crafts, translating them into today's contemporary wear. The label metamorphoses on account of the taste of the trend and state of mind at a particular moment.

Their new collection theme- Disha vadgama fashion designer from Ahmedabad launching her another label shafaaf.

Shafaaf by DISHA VADGAMA the premium khadi collection, Shafaaf is an effusive experiment that leads to the true essence and magical attributes of the brand khadi today. It leads to the organic, chic, and modern fashion movement, which reflects a Class apart appeal, heavenly and cherished canvas for couture.

Shafaaf brings to showcase Khadi Designs, Patterns, the weaving style, and luxury giving fashion a new waving trend, which we believe will be adopted by the fashion aspirants as trendsetters.

> Where to buy- 19, Indus Park Society, Opp. Sundervan & Samp; ISRO near SPIPA, Jodhpur, Satellite, Ahmedabad- 380015 www.dishavadgama.com

Founders name- Disha vadgama, Fashion Designer





#### MYSHKA FASHIONS

Leading homegrown fashion brand MYSHKA FASHIONS has recently launched the summer collection and we truly loved the breezy, comfortable and versatile suit sets, Kurtis and any more items.

With spring finally here, along with preparing your closet with pretty summer dresses, don't forget about those breezy yet stunning salwar suits. High on the comfort scale while still with its chic quotient, it's the kind of outfit that works like magic for all ages and occasions.

In 2017, Pankhuri started the Myshka Store with her husband's savings. She did not get the support of any external investor or encouragement from the market but she was fueled by the ambition of creating a successful brand with sheer hard work and determination. Talking about the success of Myshka, Pankhuri says, "I hail from a middle-class family from Ranchi, Jharkhand.

Though our marketing team was on their toes and they used the months when business was shut to focus on brand awareness while I worked on developing new designs. I am happy to be associated with Media Tribe Agency."

Where to Buy- myshkafashion.in

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