



Grab A Print Copy!

Simply drop an email at womenfitnessorg@gmail.com and instantly get a print issue of our latest magazine delivered to your doorstep!



Cover image credits:



Contents

O5 EDITOR'S NOTE

Celebrating 16th Anniversary, our Editor-in-chief shares some valuable tips and secrets for the women of this new generation.

EXCLUSIVE INTERVIEW

With new goals set in mind and her fitness levels at an all together new high, Women Fitness India speaks to the Tennis sensation as she gears up for her second innings.

WORKOUT









- During the rainy season, it is extremely essential to be fit and maintain your body's immunity. So here are a few superfoods which will help you to keep fit & boost your immunity.
- While repeatedly doing heavy work
 out to get that toned fit body, one is
 ignorant of the fact that these
 exercises may not be joint friendly.
 Let's explore a few ways in which our
 everyday workouts can be done in a
 way that they don't have a side effect
 on your joints.



- Pregnancy is an exciting experience, but it also can be stressful. Holistic Approach is the best way to avoid complications and giving your baby a healthy start in life.
- For a woman, her menstrual cycle is an important factor, influencing and playing a significant role in her overall health; it is a regular and natural process that occurs in the female reproductive system. You must know what's normal about it and what's not.



- 26 So, the monsoon is here my friends and it's time to highly indulge in some lip smacking and fingerlicious world of healthy Indian food recipes. PS-Nutritionist Approved!!
- Indulge in some carbs-goodness
 guilt-free with these mouth-watering sandwiches that will satisfy you and your gut too.
- In Indian households, rice is staple
 food in any kitchen and is being
 included in numerous recipes. So does
 it really make you fat?







36 FASHION & LIFESTYLE

Berry lips colours are basically the natural shades of various citrus berries like strawberries, mulberries etc. These berry lip colours are perfect for the wet season. Monsoon makeup needs to be bright to beat the dull weather.

- The only thought that comes to our mind after checking our favourite "Celebrity" is, 'I wish I could have all the billion bucks to fetch myself a Trainer/ Nutritionist just to look like them'. But now you don't need to!
- A hair serum is a silicone-based product that coats the surface of your hair, thereby protecting it from the weather, pollutants like dust and grime etc. along with providing added shine. Here are our top 5 for this season.

42 SEPTEMBER SPECIAL

With a bunch of interesting films lined up for her, Women Fitness India joins Tamannaah for a fun conversation on what makes her so fit and healthy.

51 WEIGHT LOSS GUIDE

Weighing yourself can be tricky. What kind of scale should you get it? Should you weigh yourself if you're trying to build muscle? Do the rules change if you're just trying to lose weight?

already on a weight loss or are already on a weight loss regime, there could nothing be more effective than a well-planned diet along with exercises. Diet has been considered to be the way of life. Whether, we are fit and healthy or say sick and unhealthy – it is our choice of foods that makes or breaks us.









57 WELLNESS

This Monsoon try to be innovative with your "Emotional Hunger" by choosing a healthy and tasty alternative. Let's beat emotional eating this monsoon.

One of the most important health aspect in any women's life is her urogenital health. It is since that women are more prone and susceptible to certain urogenital health issues.

62 SHOPPING

While the end-of-season sale is in full bloom in India, whether you're shopping online or in store,
Women Fitness brings to you the best deals that you must not miss!







Follow us on:



@womenfitnessindia



@womenfitnessorg



@womenfitnessorg

Editor's Note

"Like the sky opens after a rainy day we must open to ourselves. Learn to love yourself for who you are and open so the world can see you shine."

- James Poland

I am reminded of the day when it all started — the day when this little website was launched back in 2003. We are now celebrating our sixteenth anniversary and you our contributors and readers, are the ones who made the website possible and kept us going. We couldn't possibly have reached this far without your support!

This month we have former world No. 1 and six Grand Slam titles winner shine on Women Fitness Anniversary cover, the one and only, Sania Mirza. After relishing the joys of motherhood, Sania is all set to hit the courts back this August. In her one to one interview she talks about her goals, fitness regime, motherhood, diet and much more. Next to her is Tamannaah Bhatia, popularly known as Milky Beauty, an actress who predominantly appears in Tamil and Telugu films talking about her fitness rules. Make sure you do not forget to order your personal copy.

From working out in the rain, to smooth pregnancy, healthy snack options, fashion and weight loss miracle foods all this and much more are in stored for you in our September issue.

Cheers,

Namita Nayyar

President, Women Fitness



Namita Nayyar

Editor-In-Chief

Tanya Nayyar

Creative Editor

Rohit Nayyar

Chief Business Officer

Contributing Editors

Kejal Sheth

Sneha Sadhwani Sewlani

Dhriti Udeshi

Manoli Doshi

Guest Writers

Nisha Bajaj Janvi Chitalia

Shalini Bhargava Dr. Muffazal

Dr. Jyoti Bali Lakdawala

Dr. Sushma Tomar Dr. Siddhant Bhargava

Dt. Manoli Mehta Dt. Ashu Gupta

05 | WF INDIA www.womenfitness.org

Dr. Prakash Chandra Bhatt



Former WORLD NO. 1 Sania Mirza

Is All Set To Recreate History

ania Mirza is an Indian professional tennis player. A former world No. 1 in the doubles discipline, she has won six Grand Slam titles in her career.





From 2003 until her retirement from singles in 2013, she was ranked by the WTA as India's No. 1 player in both the categories. Throughout her career, Mirza has established herself as the most successful female Indian tennis player ever and one of the highest-paid and high-profile athletes in the country.

Last year, Sania embarked on a new journey of motherhood, after welcoming her new born to her family. Relishing the joys of motherhood, Sania is all set to hit the courts back this August.

With new goals set in mind and her fitness levels at an all together new high, Women Fitness India speaks to the Tennis sensation as she gears up for her second innings.

Being one of the most successful female in Indian tennis and one of the most celebrated athletes in the country, share with us your journey in the world of tennis. How did it all start? What draw your attention towards this sport? At what age did you start taking the sport seriously?

I started playing tennis when I was 6. I used to swim, play tennis, roller skate and I happened to be slightly better at tennis. My parents always wanted their child to play a sport, so it was a very natural process for me to play a sport. But we never thought that it will be this professional, neither there was any day when we thought that from now on lets be professional. It just so happened and things worked out and I started loving the sport and I thought I was good at it, so I just kept going.

Girls have to overcome a number of obstacles both on personal & sports level until they achieve recognition, do share some moments of struggle to serve as an inspiration for others?

Girls have to overcome a major cultural obstacle that we have in this part of the world, that we have is to just play a sport. A sport is not something that comes very naturally in a girl's life, its usually only studying or things like that and then its the normal cultural do's and don'ts about what a girl should and should not do. In this part of the world, people are very obsessed with having light skin, especially for girls, and then everybody would be like, how are you going to tell my parents that ohh she's going to get dark and then nobody's going to marry her. So its as silly, and frivolous things like that, but its a big part of the society and the norms that you have to fight and prove that being a girl you can play a sport and be a professional at it.



In October 2018, you gave birth to a baby boy. How has motherhood changed you? What are the challenges that you have faced as a new mom?

Giving birth to my baby boy was the best moment of my life. No matter what I achieve in my life, or what I do or how much I win, this moment will always be at the top.



I've realised many things but the most important one is that a mother's love is the most selfless love that there ever existed.

It is the most natural transition that you have. As athletes we tend to be a little bit more self-centered of our food and training, our recovery and it just so changes overnight, like literally. When the baby's in your arms, you don't feel like that anymore. You feel like you want more for the baby than you want for anyone else in the world, including yourself. I think that's what it made me realise.

The challenges as a new mom, I've been very lucky, I have a very good boy and he's been a treat honestly but more than anything, I've had a lot of help with me as well. Probably the toughest thing has been the sleep pattern but besides that it's been very smooth.





You are also prepping to hit the courts this August, tell us more about that? How is the preparation going, balancing personal & professional life?

The plan is to try to get back in August. The preparation is going well. I've been training, and working out and I've started playing 4 days a week, so I'm just trying to take it slow, this way the body will also cope well with the injuries I've had before.

Winning involves a lot of determination and hard work, more so in the life of a sportswoman. What exercises comprise your fitness regime when you are preparing for a competition?

Fitness regime is very fast, as an athlete, it is a part of our life. I work out 4-5 hours a day including tennis. It involves everything, weight training, agility, a lot of core drills, endurance, strength. I have a trainer, Robert and we sit together and he writes me down a program and then we figure it out.

As a professional athlete, you ought to be in your most fit space always. Post pregnancy how are you coping up with that? Share with us your daily fitness routine?

As a professional athlete, all my life I've been very fit and I've lived a certain way, in terms of my food and training, and everything that's concerned. When I got pregnant, I put on 23 kilos, and it's the most natural thing to do when you're producing a human being. Becoming big is a very small price to pay. I put on weight and I embraced it and the first couple of months were pretty hard, but I'ver lost all the weight now, I'm stronger just that way I was before, the body has come back to the way it was before. Hopefully I can start playing soon.

It was a very different experience and the challenges were different as well, but having said that, it was an experience that I'm glad that I went through and to get back and to know that I have the ability get back to my fitness after giving birth and putting on 23 kilos is very satisfying.

Sports-specific nutrition is an integral part of a sports person diet to cope with the physical stress and recover from wear & tear. There is no doubt you too need to take special care of your diet. What diet do you follow to stay healthy and physically fit?

Diet is an integral part of every athlete. I was on a very very strict diet obviously when I was trying to drop all those kilos. But I try to keep it as basic. I believe in moderation. I don't think you should starve your body of anything. Thankfully, I don't have so much of a sweet tooth so it helps me as well. I just try to cut down on processed sugar and gluten, most of the time.



Being a professional athlete, you are a role model for many striving to make their dream come true, provide us with some motivational words to help others climb up the ladder of success in this field?

As a professional athlete, I would just like to say to anybody who wants top pick up a sport, it could be anything, is that you have to love it first, before wanting to be a star or be successful at it. If you don't love it, then I feel it's very very difficult to be very good at it. It makes all those hours of struggle and hard work, even harder. Love it, enjoy it. Even today if I didn't enjoy playing tennis, I wouldn't pick up my tennis racket again. You have to work hard but determination, sacrifice and persistence are a very integral part of being a professional athlete.



If you don't love it, then I feel it's very very difficult to be very good at it. It makes all those hours of struggle and hard work, even harder. LOVE IT, ENJOY IT.







You were appointed the UN Women Goodwill Ambassador for South Asia, becoming the first South Asian woman to be appointed as a Goodwill Ambassador in the organization's history. It has been a true reward for all the hard work. How do you wish to give back to the society through your endeavors?

Being an UN Women Goodwill Ambassador for South Asia, is a huge honour for me. I've been involved with them for a few years now, and the work that we try do, we try to talk to girls and young women about equality, about how they should be treated, and know that they should be treated right and equally. I think that these are the things that we can do, as public figures, we have a platform that we can speak from, where people hear us out. And I feel that women need to start believing that they are equal, for men to believe that they are equal. We do a bunch of things with the UN and I do them separately as well. I usually don't talk about it, but we do educate over a thousand girls in the family, we give them financial support so that they can get educated, because most girls in this part of the world, their parents don't allow them to be educated because that's not the most natural process so we try to make sure these girls have a decent or basic education.



When you want to come back from an injury, make sure you've got the right team in place, make sure you have the belief in place and make sure you have the right support system.



You faced a major wrist injury that forced you to give up your singles career and focus on the doubles circuit. What tips would you like to provide to beginners to better cope with such an injury & return back to competition post recovery?

I've had a lot of injuries in my career, but the 3 main surgeries that I've had are with my two knees and one wrist. After my wrist, I played singles and doubles for about 8 years and I got 27 in the world singles. After that in 2012, the question was whether to play another year of singles and probably retire, because that's how much my body will allow, or change my goals and try to become number 1 in the world in doubles and obviously, in hind sight that was the best decision that I could have ever made.

You just have to focus. Coming back from injuries is not about physical struggles, it is also emotional, it is about believing in that body part, and believing that you can be the best that you can be or believing that you can be better than what you were when you got injured. It's a mental process. When you want to come back from an injury, make sure you've got the right team in place, make sure you have the belief in place and make sure you have the right support system.

13 | WF INDIA www.womenfitness.org

You had once said that "I'm not that fast on my feet", which you consider your most evident weakness. How do you work on that, to get better in the game?

Funnily enough, I'm not a fast person in general life. I need to work on that, and it takes a lot for me to be fast in the court because it doesn't come naturally to me. So I do a lot of court drills, lot of agility stuff, a lot of stuff with the ball drills or cone drills. So there is a bunch of things that we plan out and work out but it just doesn't come from doing that, you also need a lot of strength. You derive a lot of strength from your gluten and core, so I've tried to work on it with that.

Women Fitness works with a goal to reach out to women all over the world providing them with best in health, fitness, nutrition, beauty & fashion. What do you wish to say about the website (Womenfitness.org) and a message for our visitors?

Congratulations to Women Fitness, for contributing for women and spreading the word of health and fitness, and nutrition. I'd just like to say to all the readers that it is a great magazine and it's a great website to get your health tips from a lot of athletes from around the world, a lot of healthy people, and a lot of fashionable people. And to you guys, keep doing the great work and keep spreading the message of being healthy.



immunity. Here are a few superfoods which will help you to keep fit & boost your immunity:

contamination and breeding of

during monsoon because of

insects & microorganisms.

increase during this time.

mosquitoes. Many people get sick

Diseases like common flu, dengue

& gastrointestinal disturbances

Consumption of Citrus fruits is very helpful for the body as they contain Vitamin C which is most effective for weight loss due to the presence of antioxidants in them. Fruits like Orange, lemon, Sweet lime, Amla, Kinnu (Mandarin hybrid) are the most preferable and must be ingested with infuse water.









Garlic-

Garlic is full of antioxidants which aids one to reinforce their inner natural defence system. This superfood is also beneficial to condense weight as its anti-inflammatory property keeps one's metabolism at the peak.

Macha-

Macha, a special kind of green tea helps to combat against cold & flu because of the presence of many free radicals, vitamins & minerals. The high amount of EGCG (Epigallocatechin gallate) antioxidant also increases the metabolic rate during regular workout sessions.

Spirulina -

Spirulina powder is definitely one of the most powerful superfoods as even if 5 gms of it is consumed, it can add good immunity to one's body. It is a good source of dense nutrients & plant-based Protein. The most vital role of spirulina is that it keeps one's gut strong and healthy.

Golden Tea -

- 1-3 pinches turmeric powder
- 1/2 Ginger
- 3 pinches black pepper
- 8-10 Tulsi leaves
- 1 Cup almond milk

Boil all together & strain it.

Golden Tea as one's morning beverage during the monsoon helps to bout against many viral cases of flu & aids to reduce inflammation in the body.

Working out during rains can be challenging so there are some special quick exercises which one can do at home.

Exercises is also like a form of medicine, the more one exercises the more it helps to develop the body and also helps in understanding what training is required according to a person's body type.

The human body works with different kinds of energy system that need to be emphasized on while the daily training program.

- Decide intensity and progression.
- Decide on exercises.
- Check posture.
- Focus on your breathing. (Correct your Breathing)
 - Cross check your pathological condition.

All these points will help you to achieve your goal. This is applicable for all age groups especially women and senior citizens.

- Spine Mobility (Cat and camel)
- Groin stretching (Butterfly Position)
- Shoulder and Hip Mobility
- Plank (1-minute hold)
- Superman Position (10-20 reps)
- Glute Bridges (15-20 reps)
- Mountain Climbers (30 reps)
- Alternating Reverse Lunges (10-20 reps)
- Plank Up Downs (10-20 reps)
- Squat Jumps (5-20 reps)

All exercises mentioned above can be practiced one by one and can also be done with 2-3 sets each, depending on the body's metabolic condition.



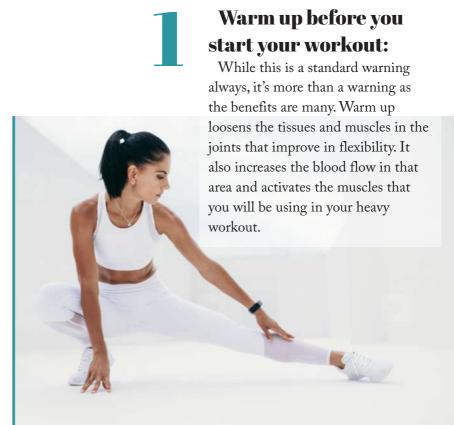
By adding some superfood in your daily routine & exercise you can welcome monsoon in full force without any kind of anxiety about falling ill.

Happy & Healthy Monsoon! By-Ms. Nisha Bajaj





hile repeatedly doing heavy work out to get that toned fit body, one is ignorant of the fact that these exercises may not be joint friendly. The pain that accompanies while doing these exercises- on your knees, hips, elbows or shoulders may be passed over until it becomes unbearable. There are two negatives if your reach this point. Firstly, you are entering the gang of arthritis, tendonitis, bursitis etc. and secondly, with a bad experience you may give up on exercises. Clearly, you don't want to encounter both and want to continue staying fit. Let's explore a few ways in which these very workouts can be done in a way that they don't have a side effect on your joints.



Do your exercises smoothly without any

movements while exercising as this will ensure the easy tolerance of heavier weights on the body. For instance if you are exercising with jerks, the additional weights will only aggravate the situation and impact your ligaments and joints. Instead, working smoothly and gradually increasing the weights will mitigate the risk of any injury.

7200

Use Free Weights: When you are starting out, you may use weights for doing about exercise movements, but weights permit in working in a single direction only thereby not giving the joints much freedom. Using dumbbells, barbell or cables will allow you that freedom and the joints will be stress free.

Z (36) Z

Don't lock your
Joints: When you
perform multi-joint chest
exercise and leg exercises, the
burden shifts to your joints.
Joints is where you have
maximum surface contact and
so putting joints on tension
will result in pain.

THE WAST



5

Don't focus on training to

failure: Training to failure constantly brings along mild breakdowns and if not done using proper technique, there is bound to be some joint issue.

Mentioned below are some of the ways in which you can do joint friendly power exercises.



Plyo Pushup: When you throw weights on a bench press, your shoulder- especially the joints which is the ball and socket of the shoulder gets affected badly. By doing the plyo pushup instead, the torso is elevated and hence less stress is put on the joints.



Dumbbell Snatch: In this, you use your entire body to lift the weight from the hips to your head. Using a dumbbell in a single arm is a lighter and easier option as you can easily manage the weight.



Finally, always remember that while it is very common for people to consume painkillers before workouts to keep the joint pain at bay, little do people know that one may not realize the damage that is being done in the backend even when these medicines are suppressing the pain. Additionally, over dose of painkillers can have a ghastly impact on your liver. Say No to Painkillers and instead focus on joint friendly power exercises which will give you better results.

Sled Power Row: When you are working out on heavy exercises like the barbell rows, there is every chance that there is a lower back problem because of concentrated stress in this area. The full-body move- sled power row puts you in upright position and distributes the weight across the back, hamstrings and glutes.



Medicine Ball Rotational Throw:

This method trains the body to work as a unit and not be separate entities. In this, the rear leg movement produces power that reaches the upper limbs and core resulting in using power from different body portions and work as one entity.



Landmine Jerk: The overhead position in a usual push press and jerk power exercise can lead to pain in the joints once the weights are loaded. This can be avoided by using the landmine where in the load is transferred to the front of the body. By this method, you will be angled on the weight rather than the opposite happening.



By- Ms. Shalini Bhargava





exciting experience, but it also can be stressful. Holistic Approach is the best way to avoid complications and giving your baby a healthy start in life.

Holistic approach to pregnancy and childbirth includes the use of integrative therapies also known as alternative or complementary therapies to prevent or treat common discomforts and complications of pregnancy, in a way that is consistent with the belief system of the patient.

These simple pregnancy tips help you to stay healthy throughout the nine months and have peace of mind.

Educate Yourself

Even if this is your first or second pregnancy, attending a childbirth class will help you feel more prepared for delivery. Not only you will have the chance to learn more about childbirth and infant care, but you can ask specific questions and voice any concerns. You'll also become more acquainted with the facility and its staff.

Now is also a good time to brush up on your family's medical history. Talk to your doctor about problems with past pregnancies, and report any family incidences of birth defects.

Track Your Weight Gain

We know you're eating for two. But packing on too many extra pounds may make them hard to lose later. At the same time, not gaining enough weight can put the baby at risk for a low-weight birth, a major cause of developmental problems. Recently the Institute of Medicine (IOM) issued new guidelines for weight gain during pregnancy. Here's what the IOM recommends, based on a woman's BMI (body mass index) before becoming pregnant with one baby:

- Underweight: Gain 28-40 pounds

- Normal weight: Gain 25-35 pounds

- Overweight: Gain 15-25 pounds

- Obese: Gain 11-20 pounds

Check in with your doctor often to make sure you're gaining at a healthy rate.



Your baby's neural cord, which becomes the brain and spinal cord develops within the first month of pregnancy, so it's important you get essential nutrients – like folic acid, calcium, and iron – from the very start.

However prenatal vitamins are available over the counter at most drug stores, yet it is strictly recommended to get them by prescription from your doctor. If taking them makes you feel queasy, try taking them at night or with a light snack.

Avoid over-the-counter medications, supplements, or natural remedies. Even non-steroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen should be avoided, studies suggest they increase the risk of miscarriage and damage to fetal blood vessels.

Exercise

Staying active is important for your general health and can help you reduce stress, control your weight, improve circulation, boost your mood, and sleep better. Take a pregnancy exercise class or walk at least 15-20 minutes every day at a moderate pace, in cool, shaded areas or indoors in order to prevent overheating.

Pilates, yoga, swimming, and walking are also great activities for pregnant women, but be sure to check with your doctor first before starting any exercise program. Aim for 30 minutes of exercise most days of the week. Listen to your body, though, and don't overdo it.



Rethink Your Spa Style

Pregnancy is definitely a time for pampering, but you need to be careful. Avoid saunas, which can make you overheated. According to the American Pregnancy Association, it takes only 10 to 20 minutes of sitting in one for your body temperature to reach 102 degrees Fahrenheit—nearly the limit of what's considered safe for pregnant women. Also, certain essential oils can cause uterine contractions, especially during the first and second trimester, so check with your massage therapist to make sure only safe ones are being used. On the taboo list: juniper, rosemary, and clay sage. The same goes for over-the-counter medicines and supplements containing these herbal remedies; don't take them without first consulting your obstetrician or midwife.

Drink More Water

During pregnancy, your blood is supplying oxygen and essential nutrients to your baby through the placenta and carrying waste and carbon dioxide away — which means your blood volume increases up to 50 per cent to handle all this extra activity. So, you need to drink more to support that gain. Drinking water can also help prevent constipation, haemorrhoids, UTIs, fatigue, headaches, swelling, and other uncomfortable pregnancy symptoms. Aim for 8-10 glasses per day, and if you don't enjoy the taste, try adding a squeeze of lime or a splash of fruit juice.

By- Dr. Jyoti Bali





Your Menstrual Cycle:

What's Normal

What's Not



or a woman, her menstrual cycle is an important factor, influencing and playing a significant role in her overall health; it is a regular and natural process that occurs in the female reproductive system. A woman first experiences her menstrual 'period' at an early age, usually between twelve and fifteen years of age. This cycle typically lasts between 2 to 7 days, varying from person to person. Understanding your cycle is imperative, considering that an irregular change may mean something. A woman's period usually comes around the same time every month; however there are a few problems that may show up, but are easy to solve.

Here are a few typical occurrences that a woman may or may not come across, when menstruating.



SPOTTING:

Usage of birth control pills often leads to sudden spotting; however, few women who are not on birth control pills experience spotting too; this is due to a quick surge and decline in Estrogen and may occur at any stage during reproductive years. If you are on the pill and your spotting does not go away naturally, you must consult your doctor about a high dose pill. If you have been diagnosed with Polyps, retrieval can be done to check for any pre-malignancies or malignancies.

HEAVY FLOW:

If you suddenly begin to experience a wave like heavy flow that requires a change in pad or tampons more than six times in a day, do not ignore this sign, you may have a problem. It may be Fibroids, which are abnormal growths in the Uterus that alter the uterine wall and could be benign tumors or noncancerous. Sometimes, these tumors are quiet large and can cause tremendous pain; these tend to become common as women age. Fibroids shrink or typically disappear during menopause as Estrogen depletes, however, dealing with the pain is subjective to one's tolerance level. Fibroids can be removed through Ultrasound-guided surgery, Uterine Artery Embolization, Hysterectomy or other methods.

IRREGULAR PERIODS:

The time between each period is almost similar, sometimes a day or two early or late for most women. However, for some the interval between periods differs substantially. Irregularity of period may be associated with stress, weight loss or gain which is a result of your hormones going on a rollercoaster spin. Perimenopause, the time frame before menopause setting in may also be another symptom; you may experience hot flashes, dizziness, change in sleep patterns, anxiety, etc. If your change in period is sudden, do not waste time and see your doctor immediately. If the problem goes undetected, it lead to further and more serious complications.

Consultant to add in hormonal problems

NO PERIOD:

Failure in getting your period is often subjected to being pregnant, if irregular cycles are not the concern. Some women may yet be fertile even if they're menstruating; this is due to an overlap of periods at the commencement of Ovulation. If a woman engages in sex at the end of her period there is a possibility of getting pregnant as the sperm lasts for at least 72 hours in the reproductive tract. If you are not ready being pregnant, protection is key. If unprotected sex is had, make sure to look up emergency contraception available at pharmacies.

OVER CONSUMPTION OF IPILL:

side effects

Abuse of period altering medication (to prepone & postpone)

Medication that may impact periods (ex. Blood thinners)

By - Dr. Sushma Tomar



summer, Rain, unarguably, is a pleasant experience. However, these pleasing moments might be spoiled by nondesirable heath conditions like cold, cough, diarrhea and flu. You can now enjoy those beautiful moments without compromising on your heath by paying some extra attention to the foods you consume.

So, the monsoon is here my friends and it's time to highly indulge in some lip smacking and fingerlicious world of healthy Indian food recipes. PS-Nutritionist Approved!!

Here are my top 4 Favorite Snack recipes to be enjoyed and explored in Rainy season:

Ingredients-

- Sweet corn, husks removed- 1
- Salt to taste
- Red chili powder- 1 tsp
- Chaat masala- 1 tbsp
- Butter- to taste
- Lemon juice- 1tsp.

Method-

- Take the corn and put on the flame directly until cooked and charred.
- Remove from flame and sprinkle with red chili powder, chaat masala, lemon juice, butter and salt.

2. Papdi Chaat

Ingredients-

• Large size papdi- 5-6 • Boiled

sprouts/chickpeas- ½ cup • Boiled and chopped

potatoes- ¼ cup • Coloured bell peppers, finely
chopped- ½ cup • Finely chopped onion- ½ cup

• Lemon juice- ½ tbsp. • Mint coriander
chutney- 2 tbsp • Khajur imli/date chutney- 2

tbsp • Curd lightly beaten- ½ cup • Chaat

masala- ½ tbsp • Sat to taste • Fresh coriander –

to garnish • Sev – ½ cup

Method-

• Take a bowl add sprouts, potatoes, chickpeas, onions, bell peppers. Sprinkle chaat masala, lemon juice and salt on it. Mix it.

• Arrange the papelis and top each papeli with the mixture.

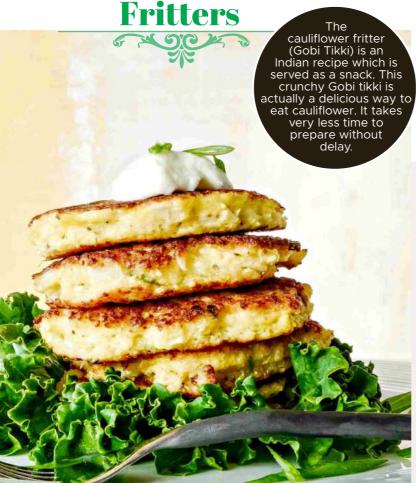
• Now pour green and imli chutney on it.

• Add some smooth curd on each papdi and garnish with sev and coriander.

It's a
common street
food recipe! This
crunchy and tangy
flavoured recipe is
deliciously prepared
with curd, green and
imli chutney and
potatoes as adons.



3. Cauliflower



Ingredients-

- Roughly chopped cauliflower florets- 1 bowl Minced garlic- 1 tbsp Finely chopped onions- ½ bowl Wheat flour- 2 tbsp Bread crumbs- 1 cup Parsley/coriander chopped- 1 tbsp Lemon juice- ½ tbsp. Salt to taste
- Pepper- ½ tbsp. Grated parmesan cheese- ½ cup (optional) Oil- 2 tbsp

Method-

- Boil or steam the cauliflower so that they become soft and mashable.
- Now chop the boiled cauliflower into small pieces and keep them aside.
- Take a pan and pour oil in it Add onion and garlic. Stir them for a minute.
- Now take a bowl, add cauliflower, onion and garlic. Stir them well. Add lemon juice, salt, pepper and shredded cheese.
 - Mix well. Add wheat flour and make 7-8 patties.
- Roll them in bread crumbs and shallow fry them until golden brown.
- Serve them hot with chutney or sauce.

27 | WF INDIA www.womenfitness.org



Ingredients-

- Whole wheat bread- 4 slices
- Butter- 2 tbsp Chopped green chilli / jalepenos- 2 • Chopped red/green bell peppers- 1 • Finely chopped tomatoes- 1 • Chopped coriander- 2 tbsp • Olive oil- 1 tsp Cheddar cheese- to taste • Salt to taste

Method-

- Combine all the toppings including green chillies, green bell pepper, red bell pepper, tomato, coriander leaves and olive oil except the cheddar cheese. Mix everything well. Check the salt and pepper levels, adjust to suit your taste and keep aside.
- Take the bread slice and toast them on the pan.
- Once crispy add the mixture on it. Add the cheese. Put in the microwave for the cheese to melt.
- Once ready, cut into small pieces and serve with ketchup.

By- Dt. Manoli Mehta



Roasted Vegetables & Amaranth Bread Sandwich

Amaranth bread which zucchini, bell peppers, purple cabbage, olives with vinegarette herbs dressing is an amazing option that can be made for a high antioxidant value and good gluten free option



Whole Wheat Olive Herbed Focaccia **Bread With Hung Curd**

Whole wheat herbed focaccia bread with olives and olive oil is a great option as it is rich in good fats. Served with hung curd dressing with green capsicum, spring onions and green chilies with pink salt for taste. It is a great option for a quick fix health sandwich in the evening for kids instead of a cheese sandwich



Pesto Protein Bread Eggplant And • Egg Sandwich

Protein bread made up of pea and soy protein is available in the market. This served with boiled egg for the protein and eggplant for its fibre content. The pesto adds flavour and is a healthy replacement to high cream based options

Almond Butter Sandwich With Egg Whites And **Low Fat Cheese Or Vegan Cheese Sandwich**

Almond or peanut butter freshly grounded are a good way to add good fats into the diet; also add egg whites for the protein. The cheese can be added for the taste and make sure to have a low sodium cheese slice or a vegan cheese slice for added benefit of the protein.





Kale Apple, Cinnamon And Lemon Herbs Sandwich:

This sandwich is a great combination of soluble and insoluble fibre especially for people who like a little sweet taste in the sandwich

7. Chicken Masala Sandwich

Boiled and shredded sandwich for the protein along with dry chilly masalas to replicate a spicy and tangy sandwich similar to the a tandoori meal or Frankie is an option



Consumption Of Rice

Makes You
Put On Weight

Busting The Myth

ice is one of the most consumed and habitually available cereals in the world. In many countries, it is also a part of staple diet.



In Indian households, rice is staple food in any kitchen and is being included in numerous recipes. Rice is in various types and each type of it has its own texture, taste and its unique properties that also work well with different cooking applications.

Rice is available worldwide in several shapes, sizes and colours.

- **1. Long-Grain Rice:** Is roughly four times as long as it is wide, usage of long-grain types of rice is very common since they attain everyday fluffy grains that stay separated.
- **2. Medium-Grain Rice:** This type of rice is twice as long and wide. It is tender, moist, and a bit chewy, so the grains tend to stick together a bit.
- **3. Short-Grain Rice:** It is short and plump, when cooked the grains tick together and clump up.
- 4. White Rice: Whole grains contain the bran, germ, and endosperm which is full of fiber, antioxidants, and nutrients. In the case of white rice, the nutritious germ and bran are removed generally to develop the taste, expand the shelf life and to improve its cooking qualities, which results in loss of fiber and vital minerals.

In 2012, a study analysis published in the BMJ gazed the relationship between white rice and the risk of type 2 diabetes. The authors of the study came up with a conclusion that high consumption of white rice is associated with a peril of type 2 diabetes. This was especially found in Asian (Chinese and

Japanese) populations.

When consumed on a large scale, the excess starch amylopectin and less fiber increases the glycemic index which can cause a barb in blood sugar levels. The excess sugars that the body is not able to process are stored as fat, and the dearth of fiber results into less satiety which can eventually lead to over-eating. This is the reason why the general recommendation is to limit the amount of starchy carbs in your diet.

In India, we tend to indulge more than the required portion of white rice be it in the form of biryani, pulao, khichdi, etc. due to its delicious taste.

Basmati, which is a type of long grain white grown in the countries India and Pakistan. The enormously aromatic variety gets its vigorous flavor from an ageing process. It is been aged after harvesting for about one year.

Jasmine rice which is originally from Thailand consists a floral aroma. It is a long grain that cooks up soft and is slightly sticky.

Red cargo is a Thai long grain rice grown which is pulverized to remove the outer husk for the maintenance its layer of bran. This process results in a reddishbrown hue and also comprises of more nutrients as compared to the regular white rice. In comparison to jasmine rice it is chewier and needs a longer cooking time. Red cargo rice is primarily grown in Asia.

Sticky or glutinous rice grown in Asia does not actually comprise any dietary gluten. Also, it becomes sticky when cooked due to its high starch content.

White and opaque type is commonly used in sweet and savory preparations. Turn this sticky rice into rice pudding or soak it in sweet coconut milk and enjoy with fresh mango.

Parboiled, is type of rice which undergoes a process in which it is soaked, streamed and ultimately dried with its

33 | WF INDIA www.womenfitness.org

husk. An advantage of the process followed for is that all the nutrients from the husk are engrossed into the grain before it's been removed. As compared to white rice, cooked parboiled rice is less sticky.

5. Brown Rice: Whole grains are always a healthy cereal option one can go for. Brown rice is a whole grain which is available in both long and short grain varieties, it is a healthier substitute to white rice as it contains both bran and germ. It comprises of amylose, fiber, healthy fat, B complex vitamins, magnesium, etc. which is absent in white rice. Whole grains contain fiber, nutrients, and plant compounds which increases the feeling of fullness, preventing overeating as well as a spike in blood sugar levels. Cooked brown rice has slightly chewy texture and also has nutty flavor.

Sushi rice is white or brown Japanese short-grain rice. Its high starch content is the reason behind the stickiness which is required to make your favorite types of sush.

Arborio rice is large and bold and also has a unique white dot in the center of the grain. The usage of Arborio is habitually in Italian cooking style for risotto as it can engross the liquid and flavor over slow cooking.

Valencia rice is a Spanish short grain and it is most often used for paella. When cooked it is soft and moist due to the high starch content. It is a part of very famous Spanish dish. It is perfect match for stews, soups, and stuffing as well.



In China black is a type of rice which was exclusively fed only to emperors. It is also recognized as 'forbidden' or 'emperor's rice.' The black colour is due to its high level of anthocyanin, the same antioxidant found in eggplant, blueberries, and purple corn. It is also rich in nutrients, this medium-grain rice is habitually used in Asian cuisine.

Matta or Rosematta rice is grown especially in India and it is medium and reddish in colour. Its bran layer is filled with natural nutrients and also known for its healthy plain flavor and is appropriate to slow-cooking stews and rich curries.

Wild rice is referred to as a grass! Habitually it is grown in wetlands, specially in and around lakes, rivers, and bays, this woodsy enigma has its origins in the upper Great Lakes region of the United States. The covering splits open and when cooked the grain curls up revealing a unique white interior. Wild rice brags a toasty flavor which is likely similar to black tea.

e**x@kO**ko

The biggest dilemma faced by many rice lovers is whether it leads to weight gain or weight loss, followed by various myths surrounding its consumption.

0660

The fact that brown or black or parboiled is the healthier alternatives to white rice does not prohibit one from consuming it. Mixing different types of rice can be a beneficial way in order to gain nutrition as well as retain the taste and flavor. What matters the most is the quantity of rice you consume.

By- Dr. Muffazal Lakdawala





very season comes with its own set of unique lipstick shades. The trending lip colours for monsoon are berry shades. Berry lips colours are basically the natural shades of various citrus berries like strawberries, mulberries etc. These berry lip colours are perfect for the wet season. Monsoon makeup needs to be bright to beat the dull weather.



Tangerine lips had a bit of a moment last summer, but recently seems to be appearing again on the red carpet. As indicated by makeup artist Mai Quynh, the secret to working the bright shade is to keep your look simple. "Keep the rest of your

makeup slightly defined, but not too done," she said. "With such a bright colour, you want the lips to be the main focus and to make sure nothing else is competing with it."

Dilute the pigment of a tangerine matte lipstick with lip gloss in a slightly lighter shade. To get the look, create dewy skin with Sleek MakeUP's New Skin Revive liquid



Luminous Pressed Powder. You only need a little makeup on your eyes to define them, with a black felt eye liner along your upper lash line and up and out at the corners.

If you think lipstick is too heavy to be worn at the beach or while shopping with friends, you can still enjoy the same palette of coral and citrus colors in lip-gloss variety.

How to Apply

- Apply the Lipstick over your pout and blot with a tissue.
- Apply a second layer and if you want a really matte finish, dab your fingertip in the powder and press it on top of the lipstick to make it stay put.

Try Out a Neon Shade

To convince you even more to become buds with bright colors this summer, here comes the trend of the year: neon lips. Bright coral, fiery red, and hot pink hues are unapologetically cool and breathe so much life into your makeup.

Forget the colorless and inexpressive lip-gloss, the unremarkable pinkish lip-balm and switch to the bright lipsticks which will color your smile in fiery orange, dark coral and sharp citrus.

A great way to soften a color and give your lips a plumped up look is to use two glosses. Start with a even layer of tangerine gloss, like Nars Lip Gloss in Wonder. Then apply a light layer of white or nude sheer gloss over the inner 3/4 of your lips with your accent brush (to avoid transferring pigment onto gloss wand) and then pat lips together to blend. For extra oomph, line lips first with an orangey-brown pencil.



Rust Shade In Limelight

To find the balance between reds and orange shades, rust is what you should go for. It isn't too bright but still knows how to make an impact and can work well for a day at the office too.

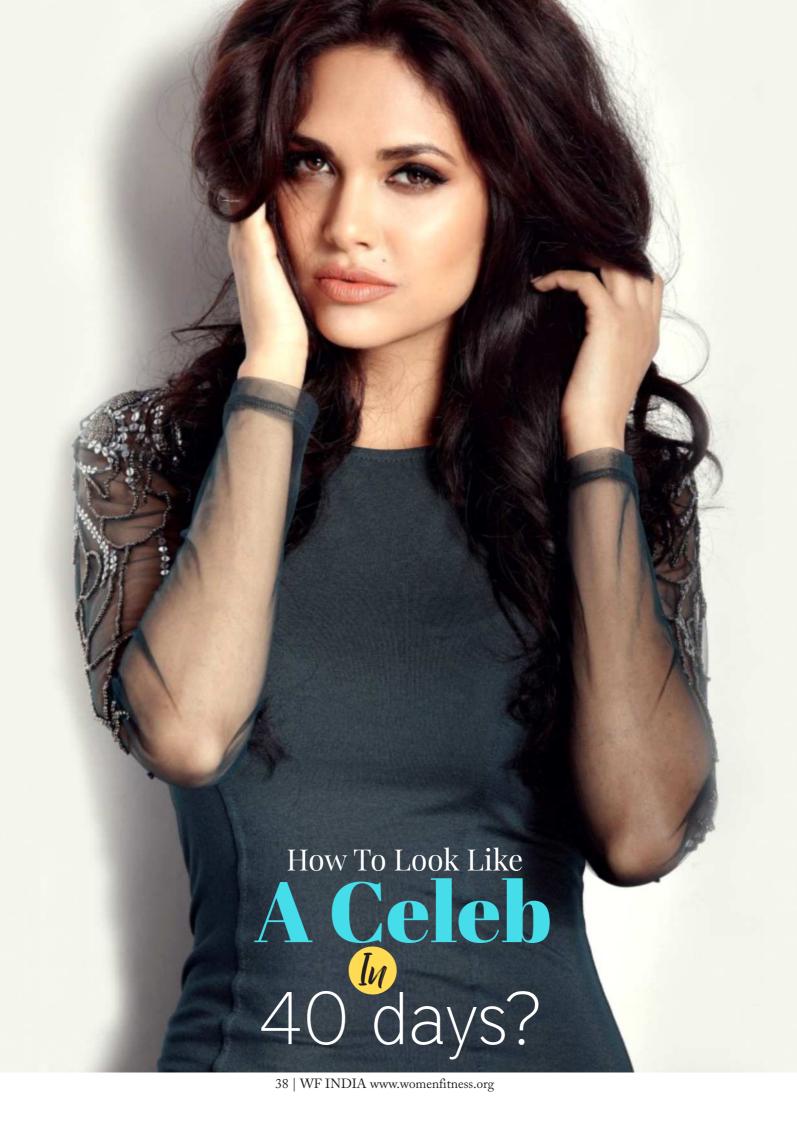
Burgundy

If it's a night on the town that needs a pop of colour, go for a rich shade of burgundy. Just because it's deep, don't mistake it for being dull. In fact, it's quite the opposite. Rich and striking, plum tones also go beautifully on Indian skin tones.

Coral Lipstick Shades

Misty monsoons call for a bright and vibrant color and what better way to welcome monsoons than a peppy shade of coral. Coral is fun, sassy and compliments Indian skin tone as it balances both cool and warm complexion. No wonder it is adored by the fashionistas across the globe.

Sometimes we all have our off days when nothing seems to work, when we just want to be in our pyjamas and laze around. With monsoons being in its full swing, it is often gloomy making us dull. But don't let these dark gloomy clouds stop you from looking any less than a diva. Let us tell you a secret to looking gorgeous even in this gloomy weather. Ditch your makeup, Go au-naturel, and wear a lipstick in a bright hue to brighten up your mood and the day.



he only thought that comes to our mind after checking our favourite "Celebrity" is, 'I wish I could have all the billion bucks to fetch myself

Well that is one of the reasons why this Ace Population look like Goddesses and while we look like mere humans.

Nutritionist just to

look like them'.

a Trainer/

But Hey! The Good News is that we don't need a loaded bank account to look alluring. Let us challenge ourselves to look like a celebrity just in 40 days!

Imitating celebrities is a great option that can be achieved by various means.

Being dedicated and disciplined are one of them.

Your 40-day journey to look like an A-Lister



Try to take care of yourself by engaging yourself to some physical activity every day that fits your routine well. It could be of a lesser time but intense which would in turn help you to speed up your metabolism resulting to fat loss. Few tips to include some physical activity is by climbing 4 floors every 3 hours. It takes less than 5 minutes; you can jump start your day by choosing 3 exercises and perform a circuit routine. This way you can slowly increase the intensity and also feel active from your boring sedentary life.



Take Care Of Your Skin

The type of skin you have depends on how your vitamin and mineral levels are. Also, to avoid spending money on skin treatments try to follow home remedies which would shockingly help you. In case if you are already deficient in vitamins and minerals you could externally supplement yourself with necessary vitamins and minerals after consulting your physician

Use the right Face wash, face moisturiser, body lotion, and sunscreen so that your skin is well hydrated and this way you can avoid dry/ dead skin formation.



Eat Well

The saying 'You are what you eat' is rightfully stated which reflects on your skin and waistline. There is a list of diets that celebrities follow like the Ketogenic Diet, Low Carb Diet, and Fruit Diet etc. Do Some R&D and look for options of which diet would suit you and start following it religiously taking you Macro nutrients (Carbohydrate, Protein and Fat) and Micro nutrients (Vitamins and minerals) into consideration.

Remember, celebrities stick to a routine till they reach their goal.



Make Water You Best Friend.

You might have heard from many celebrities that one of the reasons behind their sparkling and glowing skin is drinking plenty of water. Being well hydrated helps to flush out all the toxins from our body, avoid inflammation and also helps to drop water retention which would avoid bloating in the body.

Following the above points will definitely help you to look like glooming celebrity in just 40 days. Being PERSISTANT is all you need to be.

By- Dr. Siddhant Bhargava



Rene Furterer 5 Sens Enhancing Dry Oil

A unique blend of five natural plant oils, this enhancing dry oil epitomizes the botanical expertise of René Furtherer. It protects and nourishes the hair, leaving it soft and shiny. Non-sticky, satin feel. This multipurpose hair and body oil can be used as needed.

Price: Rs. 3500.





St. Botanica Moroccan Argan Hair Serum

Winner of Cosmopolitan beauty awards 2019 it is a smoothing serum that can be used as a detangler, conditioner, heat protectant, styling and finishing aid for all hair types. Infused with antioxidant-rich USDA Organic Moroccan Argan oil and shine-boosting vitamins, this transformative hair treatment protects colortreated, processed hair. It is a non-greasy formula and won't weigh hair down. Seals the cuticle to lock out humidity, smooth strands & tame flyaways for sleek, healthy, sexy hair.

Price: Rs.749

Schwarzkopf Osis Magic Anti Frizz Shine Serum

If you have unruly hair you need this treatment which provides ultimate smoothness with new Durasheen long chairn silicon polymer. The natural apricot oil in it prevents further breakage of frizzy, brittle hair. It provides intensive Long-lasting control of unwanted frizz caused by atmospheric absorption & also leaves hair deeply conditioned and smooth with a high gloss finish.

Price: Rs. 690



Manta Herbal Anantam Hair Revival Serum

Serum that repairs split ends, strengthens hair and stimulates hair growth. Co

mprised of Argan Oil,
Bhringarj and fenugreek it is
rich with Vitamin A and
Vitamin E, antioxidants,
Omega-6 fatty acids, and
linoleic acid. This non greasy oil
is a perfect leave in conditioner
that repairs split ends and
makes hair easier to style.

Price: Rs. 1990.

Streax Pro Hair Serum Vitariche Gloss Hair Serum

Enriched with z-free formula instantly Vitamin E smoothens rough and damaged strands to make them shiny and frizz-free. It is idle for all hair-types. You can work a small amount of serum in hands and apply evenly through damp hair. Blow dry or style as desired or applied any time of the day for added shine and frizz free hair.

Price: Rs. 210.





41 | WF INDIA www.womenfitness.org

PROFESSIONAL

HAIR



Actress TAMANNAAH BHATIA

Turns On The Heat In Bollywood

amannaah Bhatia, popularly known as Milky Beauty, is an Indian actress who predominantly appears in Tamil and Telugu films. She has also appeared in several Hindi films. With her eyes set on the Hindi film industry Tamannaah has entered Bollywood with a new spark to bring her power here too.



With a bunch of interesting films lined up for her, Women Fitness India joins Tamannaah for a fun conversation on what makes her so fit and healthy.

How does your day start?

I like to start my day with a lot of positivity, clean energies and good vibes. I start off with a small prayer in bed because I think attitude of gratitude takes you a long way.

What are three fitness rules you swear by?

Writing your goals down in a journal and giving yourself a deadline will make you stick to the plan. Mornings are pure and productive. Train yourself to get up early in the morning, inhale fresh morning air, and start your day with some exercise. Never miss eating breakfast. Without food, your cells and organs don't work properly and Home-cooked food is the best food. Find a routine that is sustainable, don't opt for shortcuts or something too drastic so that you are motivated throughout.

What exercises do you prefer when you need to rush for a shoot and why?

Lunges, squats and crunches. I just need to roll out my yoga mat in my vanity and I'm done. I also like to skip or jog incase it's an outdoor shoot amidst nature.



How do you strike a balance between your personal choice in taste and looking fit as your profession demands you to look best? Is it challenging?

Never. I don't believe in catering another's idea of beautiful, healthy and fit. I need to look and feel good for my own standards.







46 | WF INDIA www.womenfitness.org

How do you keep your skin healthy?

I use a lot of organic homemade packs, mixture of besan, turmeric, sandalwood and neem leaves as a facial or a scrub. I avoid make-up and use aloe vera gel to moisturize. I use homemade herbal powder which is a mixture of shikakai, papaya and amla for my hair. I eat a lot of avocado and broccoli to maintain my skin.

Who do you find extremely fit in Bollywood?

Katrina Kaif, Akshay Kumar

Do you have any fitness icon?

Sylvester Stallone, Arnold Schwarzenegger, Van Damme

With success comes huge responsibility, do you think you have managed it all well till date?

It's a constant struggle for any public figure to strike a balance between doing what's best for society at large and doing what's best for oneself. I always try to inspire others and contribute to society at large when I'm not busy shooting. I have worked closely with the Indian Government to raise awareness on social and environmental issues and will continue to do so since I believe change starts with oneself.



You have been adored for your natural beauty many times, how you feel about this?

I am blessed because of my parents conventional good looks. There's a lot of maintenance that goes into grooming yourself and it comes with a lot of discipline. You can be gifted with conventional beauty but you have to take care of it just like a flower in a pot.

What is keeping you busy these days in the work front?

Devi 2, That Is Mahalakshmi, Sye Raa Narasimha Reddy is in the pipeline, and I have signed Raju Gari Gadhi 3 and a Tamil film opposite Vishal.

Are you a foodie? How do you control food cravings or manage your diet?

I'm a big foodie, everyone at home loves to spoil me silly with quality food. I believe in eating everything in moderation and crash diets are a big no-no for me. I don't resist eating because it's a natural stimulation so incase I do consume extra calories, I work out more rigorously at the gym. Also drinking apple cider

vinegar works to control my urges. Everyone deserves a cheat day! All habits have triggers. So, the first step to leading a healthy lifestyle is to identify the trigger. Figure out what exactly starts your craving and temptations or whether you eat uncontrollably when you are feeling intense emotions.

Do you follow any detox or cleansing diets? If no, why not, if yes, do they help?

I don't believe in undertaking anything extreme, I have been watching what I eat consciously since the past 5 years and consult with a nutrition . I like to attain my goal keeping in mind the scienece behind nutrition and wellness and balance is key for me. I'm not a fan of detox or cleansing diets, to be honest I have never tried one, I think the idea of it doesn't appeal to me because I don't believe in shortcuts in principal.









Weighing yourself at the same time on a weekly basis will give you a more accurate picture.

trying to lose weight?

Weigh Yourself In The Morning

Weighing yourself in the morning is most effective because you've had adequate time to digest and process food (your 'overnight fast'). It won't be affected by what you've eaten or haven't quite processed yet. Also, if you're really committed to weight loss, weighing yourself at home to make sure your scale is calibrated correctly and giving you an accurate reading — which is something you can't do at the gym.

Be consistent when you weigh yourself. Weigh yourself at the same time. If you go to the bathroom before you jump on the scale, go before you do it again next time. Weighing yourself without clothes? Keep it that way or try wearing the same clothes week to week.







Let's look at some of these miracle foods for weight loss:

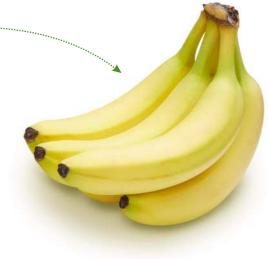
f you are planning weight loss or is already on a weight loss regime, there could nothing be more effective than a well-planned diet along with exercises. Diet has been considered to be the way of life. Whether, we are fit and healthy or say sick and unhealthy – it is our choice of foods that makes or breaks us. Although, there are certain other lifestyle factors responsible, but diet holds the key.

There are a lot of foods available around us, but we tend to ignore them, thinking that we do not like eating them or may be because we just want to eat them. Out these many, we might not be aware that some are considered as super foods or even miracle foods for weight loss and otherwise, healthy living. These foods are so called because they are highly nutrition dense and provides us a powerhouse of health benefits as compared to our calorie intake.

These foods are just like our super heroes for weight loss. And, best part – almost all of these miracle foods are high in antioxidant and anti-inflammatory properties, and thereby, making them take care of almost all our health related problems apart from aiding us with both – long and short term weight loss.

Banana

How many times it might have happened that we simple avoid eating bananas, thinking that it is going to bulk us up. No doubt, it is an energy booster. An average size banana gives us almost more than 100 calories at a go. But, it is also enriched with vitamins, minerals and fibres that does tons of good for our body and weight loss. The fibre keeps us full for longer and keeps us away from hunger and the other elements apart from doing other good for our health, keeps our blood sugar levels in check and protects us from diabetes.



One cup of green tea delivers just 2 calories and hence, it is one of the best food for weight loss.



Green Tea

Although it is a beverage and has to be drunk and not eaten, but still we cannot omit this one out of our list when it is a matter related to weight loss and good health. One cup of green tea delivers just 2 calories and hence, it is one of the best food for weight loss. Its various elements contains loads of antioxidants that wards and also protects harmful oxidizing free radicals to cause damage to our health. These harmful free radicals are main cause of inflammation in our body and thereby, weight gain and other health issues.

Fatty Fishes

You must be wondering; fats and weight loss? Yes, you read it right. Fatty fishes like salmon, herrings, mackerel and sardines are rich natural sources of good and healthy fats – omega 3 fatty acids that helps us stay healthy and also lose weight. In general the many of the foods that we consume are high in omega 6 fatty acids that causes inflammation, stress and other health issues leading to weight gain. Consuming good quantity of foods like fatty fishes containing omega – 3, balances the omega-6 and helps reducing inflammation, stress and thereby, aids in weight loss.

Omega 3 fatty acids that helps us stay healthy and also lose weight.



A standard
cup of quinoa is
said to deliver more
than 100 calories and
keeps us full for
more than two to
three hours.



Quinoa

It is one of the foods belonging to the grain family and is highly recommended for them who are on a weight loss regime. A standard cup of quinoa is said to deliver more than 100 calories and keeps us full for more than two to three hours. This grain ins high on proteins and also contains 20 different varieties of polynutrients that not only aids is super weight loss, but also helps keeping our blood sugar levels in check and helps in improving the blood lipid profile.

Oats

Another food that is a powerhouse of valuable nutrients and also consumed the most for breakfast worldwide. Loaded with the richness of dietary fibers and many other valuable nutrients like magnesium, folate, calcium, potassium, phosphates and omega - 3 fatty acids. Studies say that the high amount of antioxidants in oats are antiinflammatory in nature that improves the body's sensitivity to insulin and aids in the proper digestion of food. All these properties collectively leads to the reduction in fat accumulation in our body and thereby, weight loss.

Loaded with the richness of dietary fibers and many other valuable nutrients like magnesium, folate, calcium, potassium, phosphates and omega – 3 fatty acids.



Many people hope to find the 'miracle foods' that would magically speed up the metabolism process of the body to a sky high rate and help burn off fat as soon as they're being digested.

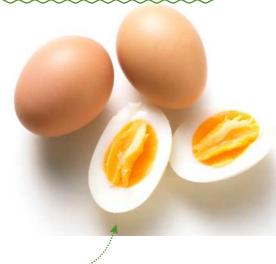
Fortunately, there are some foods (as mentioned above) that will help you boost your weight loss more than anything else. Just make some sincere effort to include these commonly available foods in your diet, and you might find that you're losing weight more quickly and easily, even without any additional efforts.

BY- Dt. Ashu Gupta



Broccoli

Broccoli is one such miracle food that can help us with everything and anything. Yes, you read it right!! It can aid us with weight loss, keep away from cancers and heart related problems, prevents premature aging and everything else. The vegetable is low in calories and at the same time high in dietary fibers that helps us keep full for a longer span, keeping us stay away from hunger pranks. The quality antioxidants in broccoli fights away inflammation and reduces the built up of toxins in the body.



Eggs

Eggs are another powerhouse of vital nutrients that our body requires function optimally. This miracle food is a rich source of quality proteins, vitamins like A, B, C. D, E and K, antioxidants and minerals like selenium and iron. Its high calories content – almost 150 calories in one or two whole eggs, provides the body with much needed energy it needs to function and stay active throughout the day and also stopping us from unnecessary junking of fast and unhealthy foods. The vitamins and minerals aids in better functionality of the body along with maintain ideal weight.



This Monsoon try to be innovative with your "Emotional Hunger" by choosing a healthy and tasty alternative. Let's beat emotional eating this monsoon by,



• Avoiding Fried And Fatty Food, instead one can opt for tandoor or tikka or grilled options.

This way you can skip the unhealthy fat and at the time have a tasty meal.



O Drink Warm Beverages Like Ginger Tea Or Lemon Tea. This

helps to control your cravings, boost your metabolism and also will make you feel soothing.



• Exercise. Yes, you read it right. Opt for home workouts which in turn will help you burn calories and motivates you to eat healthy.



• Have A Bowl Of Hot Soup Or Stews. This will not only make you feel warm but at the same time help you stay hydrated and would help you fight cold and flu by de clogging your nasal passage.



• Nuts And Dry Fruits can be your best snacking options which would help build your immunity as they contain essential vitamins and minerals. So now, when you are hungry-Walnuts, Almonds and Dates could be your immunity boosters.



• Eat Seasonal Fruits Like Lychee, Cherries, Plums And Peaches. As they all are rich in Vitamin C and are rich source of antioxidants which would again improve your immunity. Unseasonal fruits might contain pesticides and cause infection.



• Try To Eat Home Cooked Food as there are more chances to catch flu and fall sick. Prepare your favourite dishes at home using spices and herbs which will help you fight congestion and aid digestion.

Last but not the least, enjoy this season by following these abovementioned steps which are simple and easy to follow. Stay fit and healthy!

By- Dr. Siddhant Bhargava





ne of the most important health aspect in any women's life is her urogenital health. It is since that women are more prone and susceptible to certain urogenital health issues like vaginal infections, infections in the urinary tract, sexually transmitted concerns and alike, it is important that they should be vividly aware on how to maximize their urogenital health.

Have you heard of vaginal microbiota?

A women's microbiota - the colony of bacteria that lives at various places in our body like the eyes, gut and also the vagina of a women, consists of a large number of microorganisms like yeasts, bacteria and fungi. It is said that a single milliliter of a women's vaginal fluid, on an average contains more than 100 million of these microorganisms. They are around 10 to 15 of varieties and are almost the same in all women across the globe. Scientifically researchers around the world have to say that they find the vaginal atmosphere to be moist and conducive to prosper and hence they host themselves there and in return they defend the virginal health from the adverse effects of harmful pathogens.

So, in a nut shell, it is these millions of bacteria called the vaginal microbiota that helps in protecting the health of the vagina and a misbalance or damage to the microbiota is the cause of all sorts or infections and other vaginal health issues.

59 | WF INDIA www.womenfitness.org

It is said that healthier our intestinal microbiota is, the lower is the presence of harmful organisms that through the digestive tract passes on to the vagina. These beneficial bacteria are more elementary to flourish when a diet high in fibers, especially the probiotic fibers and low in sugar, carbs and processed foods. The health of these microbiota are better served when they are aided with probiotic foods and supplements.

In simple terms probiotics are good for us microorganisms that constitutes of a variety of bacteria that collectively promotes a suitable and conducive environment. If by chance due to any some reason or the other, the normal bacteria balance gets disturbed, probiotics helps in reinstating the good state of these bacterial balance and replenish their colonization.

It is said that though a women's vagina does not needs any preventive care and treatment as it is self-suffice to rectify itself in case of any misbalance. But medical and women health practitioners have to say that if anyone is repeatedly having problems with infections and other vaginal health issues, having probiotics on a regular basis can prevent all these discomforts.

The Intricate Imbalance

The balance between the good and the bad bacteria that maintains optimal vaginal health is very delicate. The smallest of disruption caused by factors like stress, medication, sexual habits, menstrual cycle, food habits and more can throw the defence offguard. It can create an environment inside the vagina that could let the harmful yeasts and bacteria to flourish and thereby, making the vagina prone to infections and other issues.

The Most Common Vaginal Health Issues In Women:

BV – Bacterial Vaginosis: It is the common type of vaginal infections for women of all ages starting 14 till 45 years of age. It is a condition where certain nonbeneficial bacteria overgrows inside the vagina causing minor to severe infections.

Infections by Yeasts: It is said that more than 80% of women worldwide will experience vaginal infection by yeast atleast once in their lifetime. It is caused by a special group of yeast, namely Candida. The overgrowth happens because of the bacterial imbalance in the vaginal microbiota, which is otherwise kept under check by the good bacteria.

UTI – Urinary Tract Infection:

It is not the same group of pathogens that are responsible to cause BV, are responsible for UTI. Again a misbalance causes these pathogenic bacteria in the vagina enter the urinary tract and cause problems. UTI's occur when these bad bacteria enter the urinary tract via the urethra and starts multiplying in the bladder. While the urinary system can keep the foreign bacteria out, they sometimes enter and cause infection.

The Vicious Cycle:

The never ending fight between the yeast and the bacteria living together continuous lifelong. What happens is when a women develops BV, antibiotics are given for the treatment. Now, antibiotics do kills the infections, but at the same time also kills the good bacteria in the vaginal microbiota. Killing the good bacteria, causes disruption in the balance, thus triggering a yeast infection. When this yeast infection is treated, it causes pH imbalance once again, causing the nonbeneficial bacteria to overgrow and thus the vicious cycle continuous. And, this can only be restored using probiotics.

Restoring Balance and Vaginal Health with Probiotics

Probiotics are live microorganisms that brings significant health benefits when takes in the right quantity and adequately. These micro-organisms are actually good bacteria that works in maintaining balance for the pathogenic or harmful bad bacteria.

Now, there are probiotics available especially for vaginal health. These probiotics for vaginal health helps restore and as well maintain the vagina's pH at the best possible level to keep it healthy at all times.

These vaginal probiotics are smaller strains of lactobacilli that are scientifically proven to improve vaginal health by restoring the vaginal microbiome to normal and treat against BV and yeast infections.

Regular probiotic use helps restores a balance of micro flora specifically in the urogenital tract. This is very helpful for females with urogenital problems such as bacterial vaginitis, yeast infection, candidiasis and urinary tract infections.

Although more researches are being conducted on the subject to further confirm that are probiotics the most reliable means to prevent and treat vaginal microbiota imbalance and the problems it can cause. Regularly taking probiotics foods and supplements is always a useful way of establishing a healthy vaginal balance and health. And above all, taking probiotics can never have any healthy risk for any women otherwise.

By- Dr. Prakash Chandra Bhatt









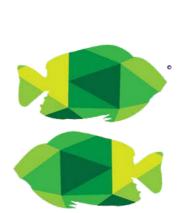


Fitness



Aquarius

Okay, so you slacked off a bit on your fitness goals recently. It's no big deal, Aquarius! Everyone gets off track once in a while. Instead of wasting energy beating yourself up, go to the gym or at least take a walk in the park. Grab some friends and go dancing or do water aerobics. Anything that gets your body moving and laughing. This is the perfect time to try a new workout, getting you interested in fitness again. It's important to shake up your routine every now and again.



Pisces

You have to walk before you can run. How are you going to spend this free time? At the gym? With friends? Sleeping? All good choices. Enjoy the last few days of summer by spending them outdoors. Focus on healthy ways to relieve stress, like yoga or journaling.



Aries

Just because we're at the end of summer doesn't mean you get to fall out of your fitness routine because of your busy lifestyle.

Take some of that energy you've been burning and use it at the gym. Your body (and sanity) will thank you. A good pat on the back may just be the thing you need to get back into your workout routine. Teamwork makes the dream work, Aries!



Taurus

This month starts out nice and slow, with little new planetary movement. That makes it the perfect time to assess your current fitness goals. A new season is starting soon. What are you hoping to achieve this autumn? Take up running? Tone your arms? Change your diet? Start by taking steps to turn your goals into reality.



Gemini

You've been moving at a hectic pace lately. There just aren't enough hours in the day to do everything you want to do! Combine your need to socialize and your need to get in shape by exercising with a buddy. You'll be getting fit and having fun. Plus, talking while exercising burns twice the calories (probably)! Go outside and do some exploring, take a hike, or hit the beach. You'll be feeding your curious and getting fit.



Take some time to focus on creating fitness goals. Make a list of everything you want to achieve, both physically and mentally. Focus not on calories but on foods that make you feel good and give you plenty of energy. Health becomes your major concern during this season. But it will give you the strength to break a bad habit that has been standing in your way.



Lec

You've been working out like a beast all summer, but take time for some much-needed relaxation. You can't run on empty. Is your tree pose a little shaky? Can't hit the right beat in dance class? This is the perfect time to work on those areas. Summer is almost over, so take advantage of the nice weather by doing some outdoor activities.



Virgo

As a natural-born planner, you're no stranger to a to-do list. This month, you'll have the opportunity to set some new #HealthGoals. Write them down and create a stellar plan to achieve them. You have an abundance of energy and wisdom right now, so take it as an opportunity to help someone else with their fitness goals.



Libra

Have you been dying to try something that was outside the box? Let your creative side out! Try some of those fitness ideas you've been thinking about and see if they work. Who knows? You might make one a trend. You'll soon be able to exercise for longer periods of time and make yourself stronger. However, you might want to deviate from your set schedule to rest.

66 | WF INDIA www.womenfitness.org



Scorpio

Going to the gym, eating healthful foods, all this is probably at the bottom of your list of things you feel like doing this month. Go to bed early, stay hydrated, and (please) wear sunscreen. Work on creating strong muscles; they're your building blocks for long-term fitness success. Remember to takes things one step - and one goal - at a time. This time grants you the opportunity to meditate and do some self-reflection.



It's all about balance this month, Sagittarius. You have some huge fitness goals you want to set for yourself. However, while you train for your next marathon or whitewater rafting trip, consider pairing it with a practical goal, such as cutting back on sodium. It's the best of both worlds. Now is the time to plan an amazing trip like backpacking or biking - anything that gets you moving.



Capricorn

Summer may be ending, but you still have the whole new season to explore nature and get fit. Take an action-packed hike through the wilderness or go swimming in a large body of water - anything that gets your heart pumping! Be careful, though. You want to stay in bed, but going to the gym will make you feel great. Push yourself, Capricorn. Don't judge yourself too harshly, but do try to change one unhealthy habit.

SUBSCRIBE TODAY





One Year/6 Issues





Great Reasons To Subscribe

- Receive each copy straight in your inbox.
- Be the first to read about the latest happenings on Women Fitness India.
- Tons of workout, nutrition, pregnancy, fashion and weight loss tips to inspire you.

How to Subscribe?

Go To:

Mail Us:

www.womenfitness.org

womenfitnessorg@gmail.com



@womenfitnessindia



@womenfitnessorg



@womenfitnessorg

