

WomenFitness

December 2018/
January 2019

INDIA

THE FESTIVE
ISSUE

The Ultimate
Wedding
Guide

Into The
Life Of Actor
**SRISHTY
RODE**

15
Most
Googled
Weight Loss
Questions!

Exclusive
Kareena Kapoor's
Yoga Trainer
**Anshuka
Parwani**
Spills The Beans

Christmas Gift Guide: Keep It **Simple, Healthy!**



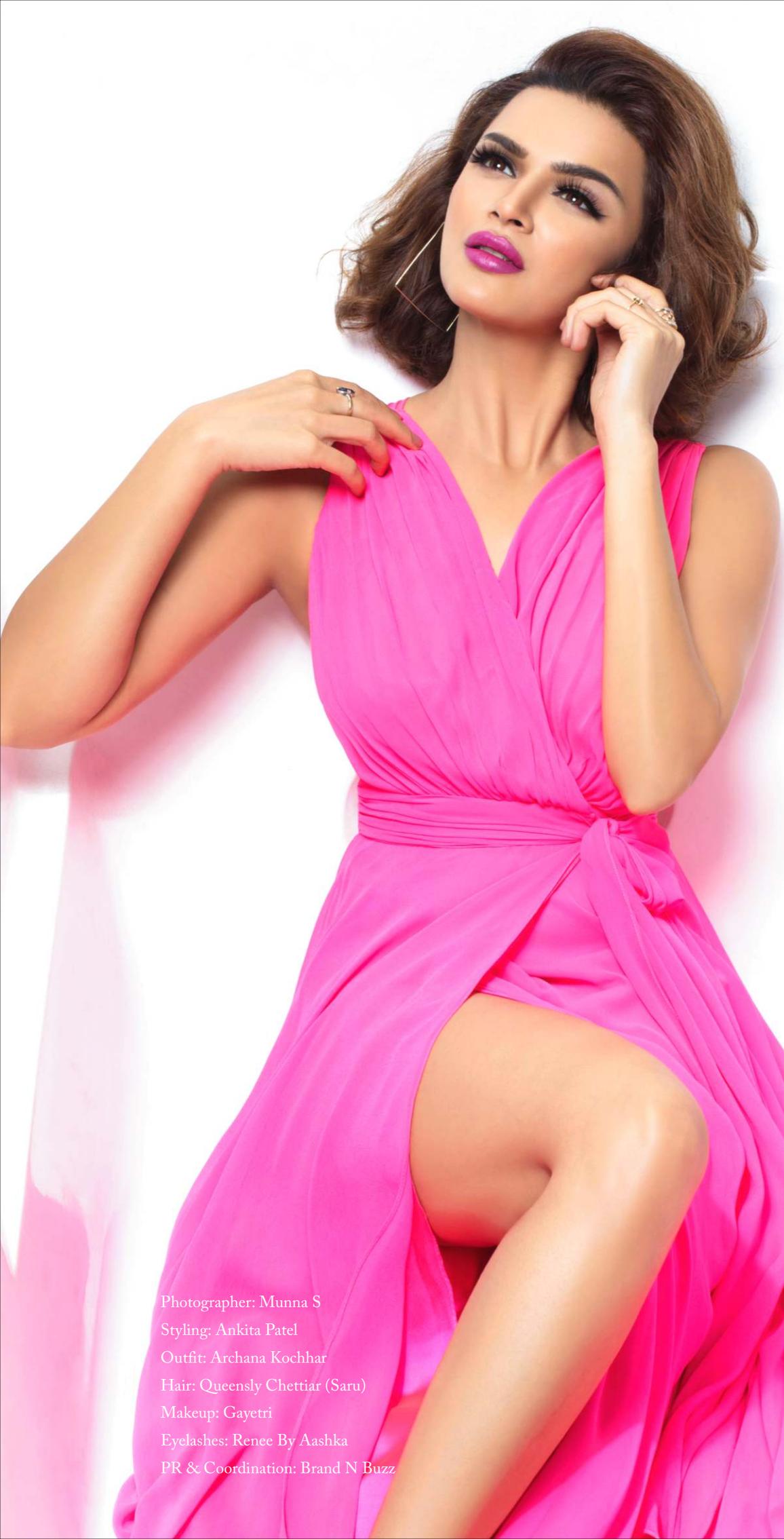
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Main Story

Most popularly known for her spectacular performances in Naagin and Naagin 2, actress Aashka Goradia is one such beauty who apart from glueing us to her on-screen performances, has us stuck on her chiseled physique and mind-blowing transformation.

Photographer: Munna S
Styling: Ankita Patel
Outfit: Archana Kochhar
Hair: Queensly Chettiar (Saru)
Makeup: Gayetri
Eyelashes: Renee By Aashka
PR & Coordination: Brand N Buzz

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Shopping

For your family & friends, any of these fun Christmas gifts will be an instant hit. Instead of giving the same old confectionery items or decorations, why not make this Christmas healthy and fun! Here's our list of 18 Healthy Christmas gift ideas to inspire your family and friends to even greater health and happiness!

04

Sun-Sign Fitness

To end the year gone by and to begin the new one on a fresh and healthy note, you must stay in tune with the exercise and eating advice that your sun-sign has for you. Get ready to be the best ever version of yourself in 2019!

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Editor's Note

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Every single day is an opportunity for you to start anew; I call this my '24-hour Reset Button.' Each new day stands alone and brings you another chance to move closer towards your goals, so make each day a Great Day!

-Tamara Tilleman

It is time to make a new beginning towards what might lead to something positive like a healthy body, mind & soul rather than engage in a perpetual struggle which have no exit. 2018 has been an exiting year for Women Fitness with the company entering the print media to reach out to more & more women and motivate them towards healthy living which is not temporary but there to last a lifetime.

Lots happening at Women Fitness in December with festive & holiday season nearing down. Fitness tips, prenatal & postnatal Pilates, healthy night out, the best in Fashion, weight loss inputs, etc. It has been our constant endeavour to bring women first hand answers on subject which constantly bother them when it comes to health & fitness. Being able to serve you well has been our greatest achievement.

Merry Christmas & a Happy 2019.

Good Health,

Namita Nayyar



Cover Story

AASHIKA GORADIA

On
Yoga, Love,
Makeup
& Lots More!





Photographer: Munna S
Styling: Ankita Patel
Outfit: Archana Kochhar
Hair: Queensly Chettiar (Saru)
Makeup: Gayetri
Eyelashes: Renee By Aashka
PR & Coordination: Brand N Buzz

Most popularly known for her spectacular performances in Kkusum, Maharana Pratap & Naagin 2, actress Aashka Goradia is one such beauty who apart from glueing us to her on-screen performances, has us stuck on her chiseled physique and mind-blowing transformation.

Aashka with her husband, Brent Goble, is often seen trying out some really daring headstands and yoga poses that shows us the secret behind her enviable curves.

To grace our last cover of the year, we have with us the stunning yogini, entrepreneur and actor, Aashka Goradia, sharing with us the highs of the year 2018!

First morning beauty ritual?

To take my Vitamin C shot with a glass full of water.

First meal of the day?

Light breakfast, poha or idli, cereals with almond milk.

What does a fitness and healthy body mean to you?

It means everything, life is complete when you are fit, physically most independent state of a being.



Location courtesy: Novotel Imagica Khopoli
PR & Coordination: Brand N Buzz



Yoga,

it's the best workout ever, one becomes one with the body truly. It has changed my life in many ways.

Best part about being an actor?

Best part is you get to play any part, be anyone, be in the full circle of expressions and emotions.

Your workout kicks off in the morning or evening?

I try to keep it in mornings, unless I have Brent available any other time.

What exercises does your workout include?

All and only YOGA.

Favorite stretches to relax yourself? Would it be yoga or pilates?

Absolutely yoga, it's the best workout ever, one becomes one with the body truly. It has changed my life in many ways, I crave to live better, I crave to be more curious about my experience, it has made my body magically all new, things I imagined and now my body does all of it. Flexible, strong and graceful than ever before.

What is your choice of a wholesome meal?

I am not very strict on meals, I eat what I like and when I want, now that doesn't include eating at 2am or intaking endless sugar. I believe in conscious eating.

One cheat meal that you cannot resist?

Like I said, if you are doing yoga the way you should do, slowly entire intake mechanics will change, I cheat when I want.

You snack basket will consist of?

Pecans, berries, brazilnut.

Your all-time favorite on-screen appearance?

Rani Dheerbai from Maharana Pratap.

Describe your first experience in front of the camera?

It was intimidating, nothing has ever looked at me so sharply, so clearly, you can't hide anything in front of camera, you are either the part or not the part at all.

What motivated you to turn entrepreneur?

I always wanted to have my own business, it becomes your base of education. It teaches you how to market, sell and compete in the right way. Business done right, when I say right, I mean making all possible mistakes you should is a business that will be an institution. I want to own that institution in my mind.

Tell us about your most recent venture: Renee by Aashka? What made you go towards entrepreneurship? And then why eye lashes?

Renee by Aashka Goradia: This venture is for my passion and love for makeup, for it to reach every lady out there to feel more enhanced. Make up is a huge factor that plays up in your confidence, approach and presentation.

Women now have more access to products then ever before and in such times, I wanted to make sure that I reach out to all those women who might feel eyelashes are an advance tool of makeup, pushing through an understanding as to how easy it is you put them on and see such a tremendous difference in your looks. I am also working on more products, a few we will be launching soon.

To go towards entrepreneurship is again a dream that I desire to fulfill. Always wanted to this, what better than to put business to passion and passion to business.



Photographer: Munna S

Shooting/Working for long hours can be stressful, what keeps you hydrated and fresh?

Lots of water I would say.

Your Favorite makeup essentials?

Eyelashes, Kajal and Lip/Cheek stains.

3 homemade masks you have tried for glowing skin?

Kaolin mask, charcoal mask and oatmeal mask.

You also anchor a show on CNBC, we've never seen an actress who has such a strong understanding of finance as well. What a deadly combination,

how did this happen?

For CNBC, I give sole credit to Sanjay Pugalía who in first place thought I could do all of this. With their rigorous training sessions and studies, Get Rich with Aashka is successfully running for five years in two languages Hindi and Gujarati. Like I said, always desired to be an entrepreneur, this show and CNBC played a huge role in being the most educational base ever.

Your message for Women Fitness readers?

Go the Yoga way, our lineage has left the science of all times, go explore, breathe and find your body.



Top 5

Holiday Destinations For Female Fitness Freaks?

- Maldives
- Andamans
- Goa
- Uttrakhand
- Home
- (if you like your holidays at home)



5 Things That We'll Always Find In Your Handbag?

Wallet, face mist, face wipes, sanitiser and lip stain.

Workout



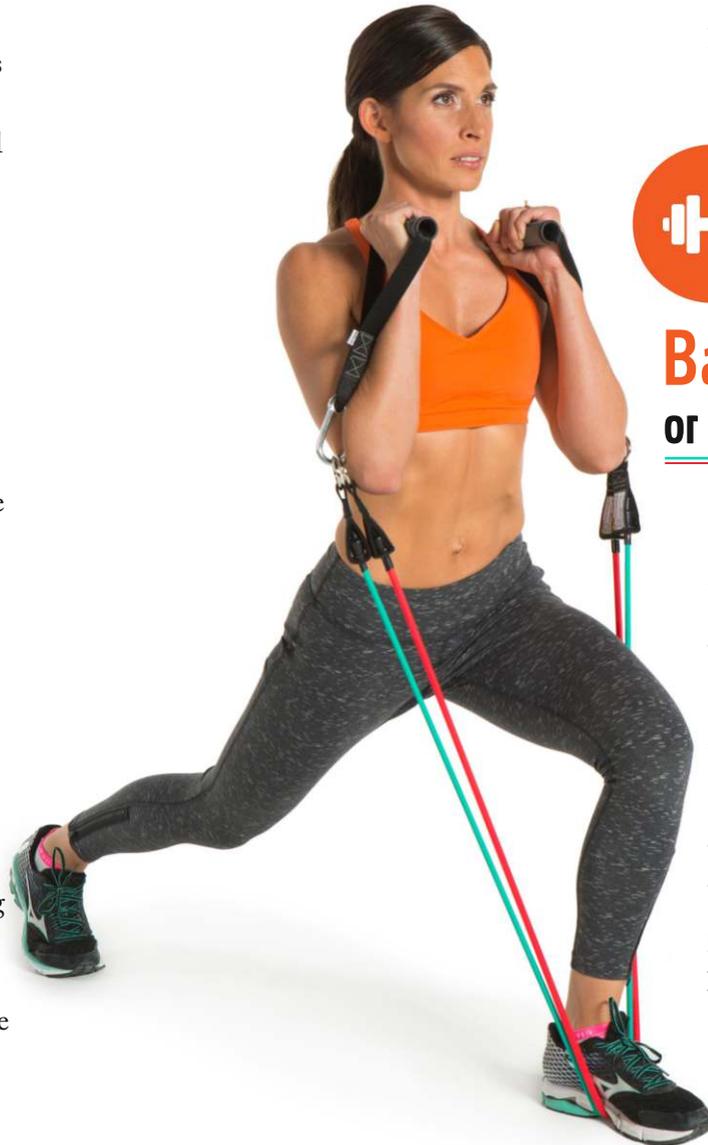
Brides & Bridesmaid:

Getting Fit
For The Wedding

Make Hay while the sun shines

goes to the age-old adage. So now is the time. Your big day is just around the corner. While you and your bridesmaid are all set to look the best on your D-day with your radiant gaze and flaunting your perfect wedding dress, a faulty fitness regime is sure to hinder your picture-perfect look. Looking resplendent on your wedding and fitting perfectly into your wedding gown is a dream come true for every to-be bride and her bridesmaid, but urge to accomplish this goal might often lead to flawed workout techniques like starvation and crash diets by restricting the intake of carbohydrates in the body. Although these methods offer you instant results, their detrimental impacts in the long run, can almost put you into a fix. These harmful effects include diminution in basal rate of metabolism, weight gain or severe loss of weight post marriage and problem of dehydration to name a few.

If the limited time frame in your hand is almost freaking you out, fret not! Brides and bridesmaids can incorporate cardiovascular workouts, muscle and strength training exercises. By practising bridal boot-camp style workout and interval training, brides get the



Exercises for Brides

embrace the path of weight reduction in a healthy way, hence a moderate carbs intake is definitely welcoming.

Browse through some effective exercises, to make sure, you are on the right track.



Back Fly or Lunge Combo

opportunity to perform cardio and strength-training exercises in one single workout. These fitness movements help to shed a lot of calories eliminating the need of high intensity workouts. Brides and their bridesmaid should note that weight reduction does not mean curbing the carbohydrate and caloric intake, instead it is a process that can be achieved by a proper balance of a well-nourished balanced diet and regular workouts. It's always better to

You need to get hold of a resistance band having handles. Place the middle of the band beneath your left foot and outspread your right foot about two to three feet's behind you. Grasp band handles in both hands with arms being in the side position and curve your left knee to an angle of about 90-degree angle as you further lower down. At the same time spread out your arms bringing them to a shoulder level. Prevent your left knee from ranging ahead of your toes. Arrive to start position, repeat the same by switching sides.



Ball Push up

Lie down on your belly on a stability ball, until you reach a position wherein your hands go beneath your stomach and ensure your finger point forward. Rest the ball under your hips and upper thighs. Twist your elbows and gradually lower your body towards the floor. Your back has to be upright and straight all through the exercise. Prevent your back from swaying. Repeat it again.



Balancing Arnold Press

Get yourself seated on a stability ball with feet being on the floor. Start with dumbbells in your hands and your arms protracted down to your sides, your palms should be facing in front of you and ensure your elbow is against your torso. Get your hands close to your shoulders in biceps twist, then encompass both arms above, revolving the dumbbells in a way your palms face outwards. Repeat each movement.



Start the exercise by lying on the floor on your side. This should be followed by pushing yourself up onto one arm with your hand being placed just beneath your shoulders. Weight in your hand needs to be similarly disseminated throughout the fingers and palm. With legs stretched, gradually stack your feet on top of each other and raise your conflicting arm up into the air. By holding for about thirty seconds on either side, you must alternate sides three times.

Side Plank



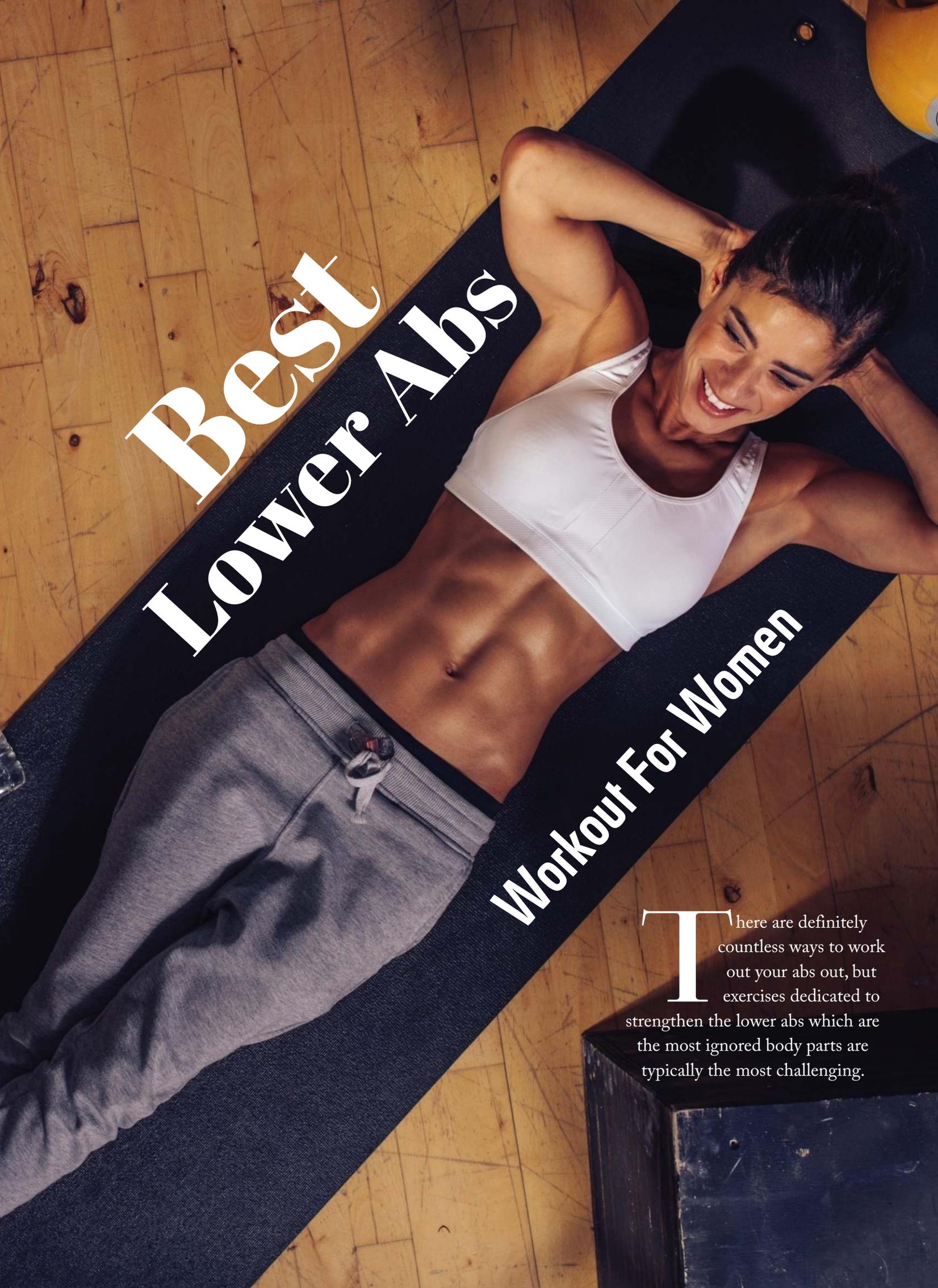
Lunge Twist

In order to begin the training, you must be standing in a runner's lunge position and you must hold a medicine ball. Drop into a deep lunge, keep your back knee about 3 inches off the ground. Alternate the weight from one hip to the contradictory, while you generate a high arch-motion with your arms. You must make an attempt to draw your abs in as your arms reach up, over and down. Replicate thirty rotations on one side, then change legs.

Browse through the above mentioned functional workouts all designed to tone your muscles, arms and shoulders.

By- **Sailendra S Raane**





Best Lower Abs Workout For Women

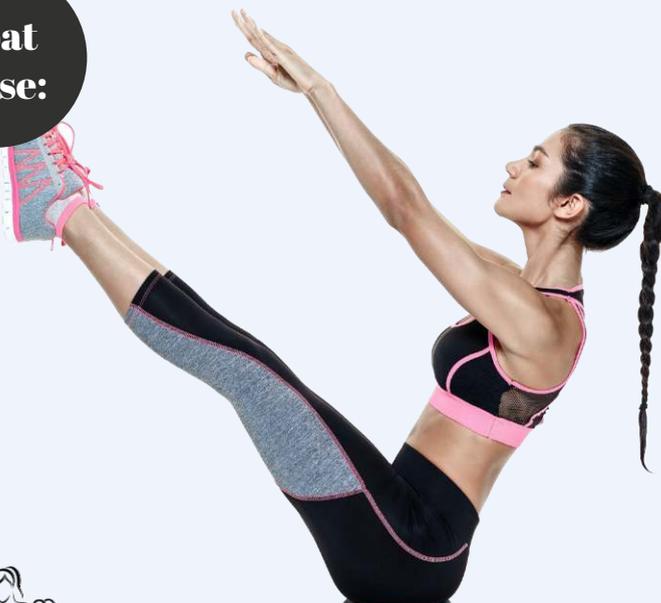
There are definitely countless ways to work out your abs out, but exercises dedicated to strengthen the lower abs which are the most ignored body parts are typically the most challenging.

This is because upper fibres of the abdominal muscles fibres and obliques

tend to get all the love and attention from the many popular fitness training we undergo, while the lower fibres are hard to target. Though, theoretically is no such thing as known as upper and lower abs. When people talk about these, they are actually referring to the rectus abdominis, which is also termed as six-pack muscle which runs from your lower ribs to your pelvis. There is another very important muscle besides the rectus abdominis and obliques, which forms the deepest layer of the abdominal muscles, the transversus abdominis. This is the most important core muscle to strengthen, as it provides stability to the pelvis and support to the lower back.

Below mentioned is a list of some great ab-exercises that are sure to set your abs and core on fire –

Boat Pose:



To perform this exercise you must be seated with your knees being bent and feet flat on the ground. Your legs must be grasped underneath your thighs and right above your knees. By slightly leaning back you must lift your feet off the floor so that your shins are positioned parallel to the

ground. Your arms must be extended straight out in front of you at shoulder height, with palms being faced downwards. Flatten and raise your legs toward the ceiling till the time your body forms a V shape. Hold on to this position for as long as you can and then repeat. Progress to holding for longer time.

Reverse Crunches:



Reverse crunches are known to hone in on the bottommost portion of your rectus abdominis.

They also actively train your transverse abdominis, your natural internal girdle, more than old-style crunches would ever do.

To effectively execute this exercise, you must lie on the ground in an old-fashioned crunch posture, your feet should be placed flat on the ground and hands must be beneath underneath your head. Then and pull in your belly button and lift your legs towards the ceiling. You could bent the knees slightly, if straight legs are not maintained. Now pull your legs up towards the ceiling and towards the torso so that your tailbone rises off of the floor, and simultaneously perform an old-style crunch, lifting your shoulder blades off of the floor. M Gradually lower your shoulders, hips, and legs and come back to the position from where you started. Repeat the movement, ensuring not to utilize momentum to power your following rep.



Elbow Plank or Dolphin Pose



Elbow plank pose is an incredible pose that facilitates to stretch the legs and work on fortifying the upper arms. It also reinforces the shoulders and efficiently works out the core muscles. Start the exercise on your hands and knees, gently line up your wrists directly underneath your shoulders, and align your knees under your hips. By lowering your elbows to the ground directly under your shoulders. Your forearms must be kept parallel to each other. By tucking your toes you must step back with your feet, getting your body and

head into one line. Heels must be aligned over your toes. You must look between your hands by keeping your head in a line with your spine. This must be followed by firming your shoulder blades into your back. Hold your pose while inhaling smoothly for a couple of breaths. To release the pose, you must gradually lower down onto your knees. Aim to hold for a minute.

Knee tucks in elbow plank position: Go to the elbow plank position as described above and then holding the entire core, pelvis and back, pull the knees towards the torso.



Single Leg Stretch



Lie down on the floor, on your back, tighten the abs by gently pulling the belly button in and lift your legs to a table top position (90 degrees bent at the hip and 90 degrees bent at the knee) Place your hands

placed either behind your head or by your side just like you do in crunches. Lift yourself up from your shoulder blades, like a crunch. Extend one leg out as you keep the other leg at table top and then switch.



**By: Ms. Shalini
Bhargava**



Fitness Tip

A stronger pelvic floor

will help reduce your risk of incontinence, improve your sexual health, and boost your core strength and stability. One of the keys to keeping your pelvic floor strong is learning how to isolate it so you can give it a workout. And you can do that with Kegels.

Pre & Post Natal Pilates

More or less every phase during your pregnancy trip is very essential.

The type of food and nutrition you devour, trailing week by week progress and growth of the baby, prenatal workouts, health check-up and emotional conditions are just a few of the countless considerations that the mommy-to-be should give the uppermost regard. Along with these aspects, another important constituent that a pregnant woman cannot afford to miss on is the physical facet in which everything bears variations in preparation for the coming of the new-born.

Throughout her period of conception, a woman experiences pains and uncommon physical alterations along with breast enlargement, hip enlargement and back discomforts. This is precisely the reason why expectant mothers are instructed to perform prenatal exercises in order to comfort the entire labour procedure by making the body flexible enough to permit them to push the baby.

Also, after delivery mothers expect to get back to their prior body type and crave for a flatter stomach. This is where pre and post-natal exercises come in the picture.



Inappropriate training and on the blink technique can cause many uninvited anomalies, therefore, it is essential that you exercise carefully and gently with suitable guidance. For the post-natal mothers, a slow and stable recovery is requisite for a smooth move to motherhood, with the focus on health and weight loss. It is significant to abide in mind that it may take up to nine months for the overstretched body muscles to come back in shape. Moreover, the lactation needs sufficient amount of rest and optimal nutrition.

Out of the countless exercises suggested for an expecting women and also for females who have just delivered, pre and post-natal Pilates

are one of the finest activities a pregnant woman can choose for.

It is a very effective body movement to prepare a women for the labour period, pre-natal Pilates shower to-be mothers with various benefits like-

- It functionally aims the pelvic muscles and the stomach which tend to depreciate during pregnancy. Pilates pacts with the concern at the back and makes the pelvic all set for baby positioning.
- It enables to prepare the transversus abdominus and fetches about relaxation owing to the fact that it stresses on breathing. Pilate's

fitness progresses lateral inhalation which works aid the rib cage movement and sprightliness when the baby is in the high position throughout the third trimester.

- Pilates program increases complete body strength through inhaling more deliberately, outspreading your muscles, working for oxygen and blood circulation.
- The numerous soothing activities involved in Pilate's program aid prevent tenderness and soreness around your joints.
- Pilates exercise reduces fatigue and tension by assisting you to release body compression due to the baby's continual growth.



The health benefits of post-natal Pilates are profound and new moms should form a regular workout routine to relax emotionally and physically-

- It helps to recuperate Diastasis Rectus (DR) which is a parting of the rectus abdominus, characteristically around the part of the tummy button. This is ordinarily experienced by most to be moms during pregnancy. Through Pilates, women can strengthen belly muscles and escape added issues like back pain or sciatica.
- Pelvic floor workouts which are a prevalent

post-natal Pilates course can majorly help in improving the pelvic floor muscle and also enable to deal with post-natal matters such as incontinence and strain and recuperates posture and steadiness.

- Post-natal Pilates imparts new moms to concentrate inwardly and become more careful of their bodies. It imparts them the vista of learning to increase mindful control of essential muscles and this, in turn, is an extraordinary way to accelerate post-natal retrieval.

- The advantage of post-natal Pilates is that you learn to emphasis on what is happening in your body, not just parting you to be neurotic on your outward appearance. You learn to pay attention, understand and re-connect with your body

as you work out.

- Performing Pilates after delivery helps new moms in understanding the ways to focus inwardly and develop more watchful of their bodies. It proposes the vision to swot how to achieve heedful control of core muscles and this in turn is an incomparable way to hustle up post-natal retrieval.

- Post-natal pilates is the most innocuous type of exercise technique for new moms. On condition that you are sticking to the suggested time period post-birth, post-natal pilates is a extremely safe form of physical exercise for new mummy's. The current guidelines direct waiting six weeks in case of a normal delivery and within eight to 12 weeks for a c-section. Once you have conceded 3 timescales, you'll be ready to begin constructing up your internal core forte in a harmless way, safeguarding that long-term your body is all ready to take on an everyday physical chore with much comfort.

Pre and post-natal Pilates is undoubtedly an extraordinary workout as it focuses on building both emotional and physical forte during the pregnancy. It prepares your body for advanced comfort and state.

By- Ms. Shalini Bhargava

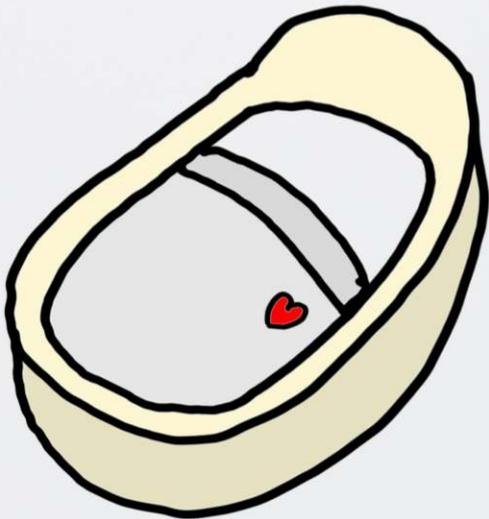
Things

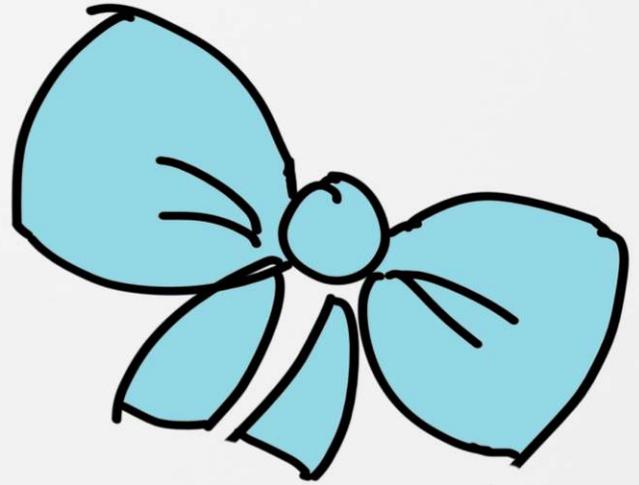


To Keep In Mind
While Planning

A Baby

Expecting a baby can be a
Thrilling and an
Overwhelming
experience. However few things
should be kept in mind before
planning one.



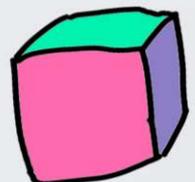
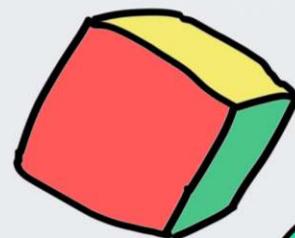


ACCEPTANCE

1 Most important of all, even before you plan a baby you need ask yourself few questions:

- 1) Do you really want one?
- 2) Are you in right state of mind to have one?
- 3) Are you ready for the responsibility that follows after birth of baby?

A Couple should be mentally prepared to welcome a baby in their life. Having a baby only because of Social Peer Pressure is the worst thing you can do to yourself and your little Muchkin.





HEALTH

Health of you and your partner is utmost important before planning a Baby. A healthy mother and Father will create a healthy baby. Having healthy lifestyle such as avoiding stress at work etc. is important as it can delay pregnancy, quitting addictions such as smoking and drinking, eating nutritious food is essential as deficiencies can delay conception are things you need to keep in mind. Consult your Gynac for Pre-Conception Counseling. They will help you go through proper screening process and give solutions for same which can fasten your chances of conception.

Planning your Finances

How much ever money we have we may still find it less before starting a Family. Right Financial Planning with whatever funds you have will help you feel confident. Having a Substantial amount of Savings can help us fight emergency financial set backs.



Environment

A Healthy Environment is extremely essential for a expecting mother and upbringing of a Baby. Environment in this case is Home and surroundings. It will affect Baby's Physical, Mental and Emotional well-being. Cordial relations between Couple, Parents and extended family in short all those who will come in contact of Baby's daily interactions form integral part of baby's developmental process.



Emotional Cleansing

All of us come with a Emotional baggage, some can handle it better than others. This is the relationship an individual has with self. If not handled correctly it may affect baby at each step, be it from conception to birth and his/her growing years. Learn to Channelize it to get the best in you. Remember there is No Perfect Parent only Right one. Yoga Meditation can be of great help to connect with oneself.



Travel

Plan that road trip, Take that plunge of Bungee, take that skydive because once you conceive. Adventure is a distant dream for at least a year or two. Travel can bring best in you and bring you close as a couple. This will help in strengthening your bond which is again important to face the upcoming challenges which will test your Relationship as a couple. Well handling a baby is no less than an Roller Coaster ride.



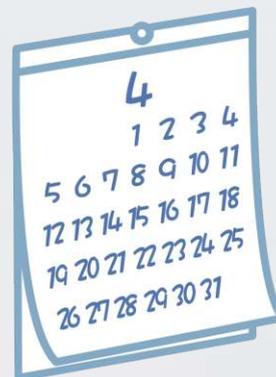
Diet

Healthy diet is extremely important when planning to conceive. This will take care of deficiencies if any which are delaying conception. Having Fertility foods and fertility teas can increase your chances of conception however solving underlying problem for delayed conception if any is important to get faster results. These foods can easily be found in your kitchen closet.



Timing

Birth of baby brings in responsibility. Timing the birth of baby can reduce undue financial stress faced by New Parents. Planning future goals such as age of the child when Parents retire will keep Child's educational, marriage expenses under control. It can differ for different couples depending solely on their priorities and can be worked on by couple mutually.



A Right frame of mind and A Right Attitude can help you sail through the beautiful journey of Parenthood. After all baby just wants your love and affection. It's only thing money can't buy for rest there's MasterCard. Hope you find this article helpful.

By- Dr. Prachi Patkar



Pregnancy
Tip

Like any other workout routine, **pregnancy exercises** too require proper preparation before getting into it. Working out during pregnancy makes it important for you to prepare your body well before starting your routine. As your pregnancy progresses your center of gravity will also change. Position yourself carefully as women tend to lean back to compensate as their center of gravity shifts onward.

Healthy
Eating

The Ultimate Wedding Guide

It's that time of
the year again...
**THE WEDDING
SEASON!!!**

The moment we hear wedding, we think of fun, frolic and food. Fun and Frolic are manageable but is Food manageable as well?

All of us want to look our best and maintain our weight but it is the occasions like this that need flexibility in healthy eating too.

Wedding planning can be stressful. Staying healthy and eating well doesn't have to be.

That's why today let's decode the wedding guide and reveal the top secrets for eating smart!!

Step One: Before Going To The Wedding Function

Eat any one of these items before leaving for the function, this will ensure you do not overeat at the buffet.

-  1 bowl dal/ subzi with one phulka roti
-  1 glass fresh fruit smoothie/ milkshake
-  Handful of dry fruits with 1 whole fresh fruit
-  Khakhra with 1 katori curd



Eat smart not less! You can maintain your weight by choosing the below options at the wedding:

-  Fresh Salad with Salad dressing
-  Grilled/ barbequed paneer/tofu/chicken/fish
-  Curd, raita, buttermilk
-  Yellow daal, chole, chana, rajmah, kadhi
-  Phulka roti
-  Fruit platter
-  Idli/plain dosa with sambhar
-  Steamed rice /vegetable pulao

Step Two: During The Wedding

-  Stay away from anything that includes the words: stuffed, double, triple, crispy, etc.
 -  Some salad dressings can make a salad unhealthy. Choose a non-cream based or fat-free salad dressing or, just avoid the dressing.
 -  Sometimes, a soup/salad along with a protein rich appetizer may be enough to fill you.
 -  Avoid papad/pickle.
 -  Choose stewed, sautéed or grilled food instead of fried & baked.
 -  Do not have fruit juices as they are high in carbohydrates and less in fiber, instead opt for Club Soda with lemon wedge (no sugar).
 -  Stick to **“One Soup/Salad +One Appetizer + One Main course dish”** Menu.
- Avoid desserts and choose fresh fruit platter.

Step Three:

The Day After The Wedding

After the wedding, if you have over-eaten and indulged, then make sure you include the following in your diet for few days:

-  Green tea
-  Fresh fruits & vegetables
-  Sprouts & pulses
-  Curd/buttermilk
-  Broken wheat (daliya) khichdi
-  Make sure you cook your meals with minimal oil, salt & masalas when at home.

Enjoy the guilt-free wedding season!!

By- Dietitian Manoli Mehta



5

Healthy Soups

To Beat The

Winter Chill

1. Bathua

(Chenopodium)
Pigweed
garlic soup

Ingredients

Bathua, Onion, Garlic,
Lemon juice Peppercorns
Milk.

Method

Wash and chop the bathua , chop onions and garlic with a pinch of salt. Bring these ingredients to boil. Blend all the boiled ingredients together and add little more water to get the soupy consistency. Add 2 tsp of milk for flavour. Crush fresh pepper corns, add salt and drops of lemon juice and bring it to boil. Serve hot with fresh cream on top.



Nutritional content

Rich in iron
B vitamins
Vitamin C
High fibre
Selenium
Vitamin A
Potassium
Magnesium
Zinc
Calcium



2. Sweet Potato And Carrots Delight

Ingredients

Sweet potato, Carrots, Basil and other seasonings, Olive oil, Onions, Garlic, Vegetable stock, Black pepper, Salt.

Method

Brush the vegetables with olive oil and other seasonings. Roast the sweet potato and carrots in the oven or non stick pan for about 20 minutes till these become soft.

In separate pan, pour some olive oil and fry some onions till pink. Add crushed garlic pods, basil powder, chilli flakes and other seasonings. Add the vegetable stock and roasted and peeled sweet potato and carrots to it. Take off from fire

and blend the same to get a thick consistency. Bring it to boil and add crushed peppercorns and salt to it. Serve hot.

Nutritional Content

Fibre
Beta Carotene (Vitamin A)
High in carotenoids
Vitamin C
Magnesium
Potassium
Vitamin K
B Vitamins

3. PRO I soup (Chicken and Spinach boil)

Ingredients

Chicken Broiler, Onion, Garlic, Ginger, Spinach leaves, Peanuts.

Method

Boil chicken, spinach, onion, ginger, garlic and few peanuts together with a pinch of salt. Once done, blend all the ingredients and strain it completely making it a clear soup. Add more salt if desired and crushed peppercorns. Bring it to boil once gain. Add a drop of egg white and serve hot.

Nutritional content

Iron - Protein - Calcium - Potassium - Magnesium - B vitamins - Folic Acid - Carotenoids

4. Lemon And Red Cabbage Soup

Ingredients

Red cabbage, Lemon, Garlic pods, Peppercorns, Salt , Coriander.

Method

Chop red cabbage finely. Boil the same with garlic and peppercorns in one glass of water. Strain the ingredients and collect the clear soup. Add salt and lemon juice in it. Heat once again. Serve hot with fresh coriander leaves in it.

Nutritional Content

Vitamin C - Vitamin K - High fibre

Benefits: low calorie, heart healthy, keeps body alkaline

5. Chicken And Beets Soup

Ingredients

Chicken breast, Garlic, Beetroot, Onion, Peppercorns, Salt, Milk, Spring onion greens.

Method

Boil chopped chicken breast, garlic, beetroot, onion and peppercorns with salt with one glass water. Strain the ingredients after boiling and get the red coloured broth. Cut boiled chicken into small pieces and add to the broth. Bring the broth to boil and add one teaspoon of milk in it which changes the colour of soup from red to pink. Garnish with spring onion greens and serve hot.

Nutritional Content

Protein - Iron - Vitamin C - Potassium - Fibre (Folate- Vitamin B9) - Manganese

By- Vibha Puri

A teal teapot is shown pouring a vibrant red liquid into a white ceramic cup. The background is a solid light blue color. The year '2019' is written in large white numbers across the middle of the image.

Tea Trends

That Will Shape Up

2019

Tea is a fascinating leaf, however our country dunks in a lot of chai in the bargain of a lot of good leaves such as white, green, oolong and black Top End Darjeeling and Golden Tip Assam that gets exported abroad.



Teas that come with benefits

They are not dust or chemical or preservative laden and the premise is freshness in your cup from the gardens direct. Thus trend number one will be “pure fresh leaves that are organic”.

The “target audience” also determines the trend, thus youth tend to go for flavourful blends than straight leaves. They will be trying flavours that entice as they primarily will get into Tea for wellness and a healthy choice. Flavours like anise, peach, berries, orange, mango will be trending.

While the more mature audience and connoisseurs will be seeking whole leaves like Sencha, Gyokuru from Japan Longjing from China and Darjeeling from India to name a few.

Another paramount trend will be the “brewing mechanism”. Gone will be the days where people depend on cheap teas or tea bags they will want to witness the tea experience. Thus, tea ceremony rituals at home. Tea bars in offices and Tea lounges will be the new place to be in.

People will want to make tea mindfully, wherein tea ware to match the leaf will be sort.

Offices will be investing in tea bars where employees will be taking a healthy break by brewing their own teas instead of vending machines and cigarettes. Tea lounges are machines being innovated in Germany where all you need to do is pop the tea capsule which is fresh leaf and put pours a premium quality leaf.

To conclude trends for tea above basically are what you will be seeing. Tea brands that are true quality and follow compliance’s will be the ones to thrive and innovate above for their audiences creating new ones on the way while those who only have fancy packs but no leaf won’t.

In the pursuit of spreading the charms of good teas an organic tea brand like mine has been making a lot of effort since the past 12 years in partnering with Tea gardens that are biodegradable or organically cultivated to bring the best leaf to our country.

Thus, the tea trends clearly speak in the favour of good quality teas.



By- Ms. Radhika Batra



Nutrition
Tip

Holiday meals tend to be large, buffet-style and include second and third helpings. It's important to include nutrient-rich foods in your diet, but also remember that these foods have calories as well and should be eaten in moderation. Using this approach at the holiday dinner table will allow you to maintain a healthful eating plan - one that can also include dessert.

Best Of

Festive Fashion

2018



With the festive season just around the corner, you'd probably be thinking about making an impression with some outstanding sartorial choices. This festive season, it is going to be all about innovation as contemporary trends blend effortlessly with ethnic vibes. From fabric to cuts, embellishments, and patterns, everything is just going to be about being experimental. Perhaps, you could go creative and try to mix and match some pieces that you already have in your wardrobe and create something that is extraordinary. Before you decide the look that you would want to flaunt this festive season, here are some fashion trends that you should know about:

1. Crop Top With Ruffled Skirt

Here's the most significant trend for the season, crop tops paired with flared skirts. The last year and this one have seen a lot of ruffles, and now these are making it big on the ethnic landscape too. While crop tops are designed in stiff fabrics, the ruffled skirts use softer ones like nets and georgettes to get the right silhouette.

2. Shirt And Lehenga

Say hello to shirt style tops teamed with traditional lehengas this festive season. The quintessential collared shirts are worn with heavy lehengas made in luxurious fabrics like Banarasi silks and Mysore georgettes. For those who follow subdued styles, there is an option of simpler, floral fabrics for the lehenga. Try soft satin for the shirt to set off its masculinity and give it a feminine touch.



3. Dhoti Suits

If your idea of festive dressing is inclined towards blending comfort with style, try a dhoti suit this season. A smartly cut and well-fitted kurta teamed with a layered dhoti will make you look like a trendy diva. Team the outfit with dangling earrings to enhance the party look.

4. Saree With Churidar

Try to modernize your saree by wearing it with a matching churidar instead of the good old petticoat. Complete the trendy outfit with a broad metallic belt that accentuates your waistline. And don't forget the blouse; a sexy backless one can add to the glam quotient. Alternatively, you can pair it with a long-sleeved zari blouse to go fully festive.

5. Sharara With Long Kurta

Step out in a delicate sharara with a long kurta and make heads turn. This cute outfit is a perfect mix of femininity and elegance. Accessorize with a stylish potli bag, embellished mojri and heavy traditional jewelry to look like a queen.

6. Long Jacket With Palazzo Pants

Long jackets have been in vogue for quite some time now and they are here to stay. They make a perfect layering option as you can team them up with a lehenga or even a saree. Try to create a new look by pairing a printed or embroidered long jacket with a crop top and palazzo pants.

As the festive season is fast approaching, it's time to get your wardrobe sorted out for each of the upcoming occasions. Try these fantastic ideas and be the talk of the town!

By- Archana Dhankar



Quick & Easy!

Makeup Tips And Tricks

By Beauty Blogger Shambhavi Mishra





DITCH THE JET BLACK

Avoid using super black pencil to share your brows, instead go for dark brown or light brown to give a natural yet sleek look.

Sometimes we just don't have an extra hour in life to stand in front of the mirror, leisurely applying our makeup. Just because you're running behind schedule does not mean you have to neglect your makeup. If you're running behind, stick to the basics. Do some light coverage to brighten your face and cover imperfections.

SHINE THOU BROW

Use a highlighter right beneath your brow under that arch to pump up your brow game.



DON'T WHINE, USE WHITE

You can use your white eye shadow (in case your highlighter is over) under your eyebrow arch to make it pop up... By the way, just by putting a dot of white eye shadow on both the corners of your eyes, you can make your eyes look bigger and better.



HOLD IT RIGHT

Want your eyes to look really defined? Hold your brush vertically to get each those teensy tiny lashes along your bottom lash line, as well as the inner corners and the outer top lashes

NO MORE CLUMPS

After you apply your first coat of mascara, dust a little translucent powder over your lashes, and then apply a second coat. The powder adds extra length and volume to your eyelashes without getting clumpy.





ADD SOME DRAMA

If you are a sucker for perfect lashes, you can actually use two mascaras on your eyelashes. Go ahead and buy yourself two kinds; One for the length and second for curling. Goes without saying you need to apply one coat of each.



LOWER THE DRAMA

How about adding some drama (Read smoky eyes) to your lower lid instead of the upper eye lid. This looks fabulous during the day!



TAKE A DIP

Well nothing can be worse than eye makeup which has gone haywire. Here's the trick. Dip your liner brush in micellar water and clean up everything not needed with precision.

WONDER STICK

Indeed it is one. There is nothing a good primer can't do. Not only does it provide a good base to apply makeup but also makes sure that makeup lasts longer and doesn't shine too much, doesn't sweat away, doesn't smudge etc. Invest in this wonder stick.



MIST IT UP

Spray some facial mist on top of your blush to make sure that it stays for longer. By the way facial mists also make your skin go all glows.





KEEP IT CLEAN

Don't get lazy when it comes to cleaning your makeup brushes. Do you know you can actually use baby wipes to clean your makeup brushes?



GLAM IT UP

Dab a little shimmer blush on the highest part of your cheekbone close to your eyes. This will help you achieve the sexy looks.



MAKE IT POUT

You don't have to get fillers in your lips to have the bee-stung look. For plumper lips, apply liner just outside your natural lip line, then dab a bit of gloss in the middle of your bottom lip and smack your lips together.



PLUMP IT UP

Always thought your lips are thinner than you ever wished? Use creamier lipsticks and you will feel the difference.





Yoga Tip

Bhramari pranayama

is the excellent breathing exercise which plays important role in releasing agitation, frustration, and anger. It is the best breathing exercise in calming your mind.

New Year
Special

Srishity RODE

Television actress and social media influencer, Srishty Rode recently appeared in India's most popular Reality TV show, Bigg Boss Season 12.



Having started her career with shows like Yeh Ishq Haaye and Shobha Somnath Ki, she soon became a popular name with her marvelous performance in show Shobha Somnath Ki. She then delighted her fans with her natural and effortless acting in shows like Chotti Bahu Season 2, Punar Vivah – Ek Nayi Umeed, Saraswatichandra and Ishqbaaz.

The beautiful actress is a regular at flaunting her super stylish looks on her Instagram account that has a whooping 380,000 following!

For all her fans out there, Women Fitness India recently had the wonderful chance to chat with the stunning actor about her life, dreams and plans for 2019!

Ms. Namita Nayyar

Define your journey in the Indian television industry.

Ms. Srishty Rode

It's been an amazing one I've had my ups and downs but the industry has always been welcoming of me. I've been a part of a lot of good shows and its only helped me carve a niche for myself over the years. I've become more versatile and confident as an actor, I love my work and am glad I chose to become an actor.

Ms. Namita Nayyar

Your favourite workout includes?

Ms. Srishty Rode

I love Dancing! It's something I feel alive doing and it's something that's in my veins. It's also a good form of workout and TRX and weights is something I have to do as my trainer is particular about it. My favourite is no workout at all hahah.

I love Cardio as well but if I were to be given a choice, it would be dancing and cardio mainly.

Ms. Namita Nayyar

5 must-haves in your gym bag.

Ms. Srishty Rode

Water, towel, deo, dry fruits and sunscreen.

Ms. Namita Nayyar

Your anytime snack?

Ms. Srishty Rode

Protein bars, since I have a sweet tooth and dry fruits, cashews, almonds, etc.

Ms. Namita Nayyar

How does your breakfast look like?

Ms. Srishty Rode

I love heavy breakfasts, hence I love paranthas, sabzi or anything my mom makes for me.

Ms. Namita Nayyar

Favorite cheat meal.

Ms. Srishty Rode

I'm a foodie! I love to eat, I eat everything whenever I want to. I don't have cheat meals as I don't keep myself away from my cravings.

Ms. Namita Nayyar

Detox drink that work best for you.

Ms. Srishty Rode

Nimbu Paani

Ms. Namita Nayyar

Favorite fashion brands.

Ms. Srishty Rode

Zara and Gucci

Ms. Namita Nayyar

What does Women Fitness mean to you?

Ms. Srishty Rode

It should be a habit. Wellness should come readily to you and should not be forced. It's most essential, as women, you stay fit mentally and physically else being a multi-tasker things get to you.

Ms. Namita Nayyar

How do you like to spend your days off?

Ms. Srishty Rode

Sleeping, playing with my dog, with parents and best friends, along and yes eating lots of food.

Ms. Namita Nayyar

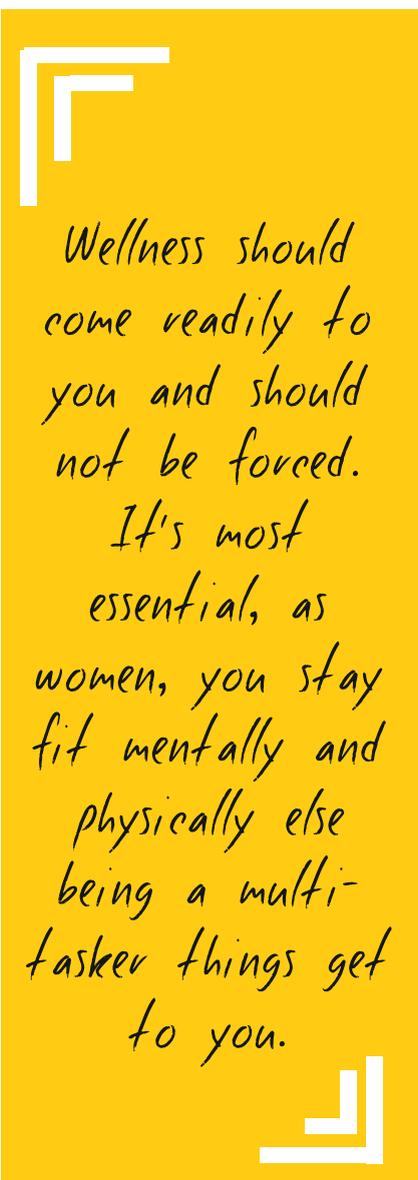
Your most impulsive buy you regret?

Ms. Srishty Rode

I regret it almost every second day. I am impulsive by heart.

Ms. Namita Nayyar

Your winter style must-haves?







Ms. Srishty Rode

Trench coats and boots and ear muffs for colder cities. In Mumbai, you rarely get to experience the cold.

Ms. Namita Nayyar

Top 3 Exotic locations that are in your bucket list?

Ms. Srishty Rode

Paris, Italy and Japan.

Ms. Namita Nayyar

Which character that you may have played, is the closest to your heart? And why?

Ms. Srishty Rode

Punar Vivah 2, for obvious reasons, I was the lead in the show, it gave me lot of love and fame and people know me from that.

Ms. Namita Nayyar

Message for your 378k followers on Instagram.

Ms. Srishty Rode

Love me always. I promise to keep entertaining you and giving you some good work to watch and love me by.

Ms. Namita Nayyar

Tips for using social media?

Ms. Srishty Rode

Don't get addicted to it that's all!

Ms. Namita Nayyar

3 Tips to creating work life balance.

Ms. Srishty Rode

Love your work and love your personal life as much, you will automatically create the balance.

Ms. Namita Nayyar

What are your plans for 2019?

Ms. Srishty Rode

Work, sleep, eat, party and repeat!



15

Most Googled Weight Loss Questions

Soumya Rao, is an ACE certified fitness coach and nutritionist, along with being a fit mom to a 10 year old son. After facing challenges with her weight and other post pregnancy issues, Soumya decided to take the fitness route and found success by losing over 22 kgs!

Soumya joins us at Women Fitness to answer the most googled weight loss questions.



Soumya Rao



1. What is the best way to lose weight fast?

Losing weight fast depends on the body type, gender, genetics, age and also current fitness levels. And it also mainly depends on how much you stick to the plan till you reach your final target. It requires lots of will power, sacrifice, determination, dedication, and of course, lots of hard work with a burning fire. Only skinny fat people like ectomorphs (skinny and thin) can lose weight fast as they are blessed with the fast metabolism. Rest 2 body types like mesomorph (muscular yet has some fat) and Endomorphs (has lots of fat and struggles a lot to lose) have to put some extra efforts. So considering all these calculate your macros (protein+carb+fat), and then create a calorie deficit, eat a low carb, high protein diet. Stick to the plan till u see the results.

2. How Do I Lose 10 Pounds In A Week?

This is highly impossible because it does not sound healthy.

3. What Is An Unhealthy Rate Of Weight Loss?

Losing weight drastically with crash diets, extreme cardio is very unhealthy. At the end you will be left with lots of loose, dull, life-less skin and stretch marks. Slow and steady weight loss of 3-4 kgs per month which is achieved in a scientific way is always healthy.

4. Does Apple Cider Vinegar Help Burn Belly Fat?

It actually reduces the blood sugar levels. If you take Apple cider vinegar post meal it will reduce insulin spikes. Insulin is responsible for belly fat, when it's less then there is less fat accumulation around the belly.

5. How Can I Lose Weight In A Month At Home?

By following the right diet, home workouts, HIIT, Body weight workouts, power yoga, walking, running and dancing.

6. How much weight can you lose in a month in gym?

It depends on the individual, because everyone's body responds differently.

7. Best weight loss motivation quotes?

It's now or never. Imagine yourself 6 months from now. Be the best version of yourself.

8. How To Beat The Weight Loss Plateau?

By changing the diet and workouts each month to break the monotony and keep it challenging and interesting.

9. Best Protein Shakes For Weight Loss?

There are no fatloss protein shakes but there are some protein shakes which help in muscle synthesis. Whey, BCCA, glutamine help in building the muscle and thus increasing the lean muscle mass. More the lean muscle, higher the metabolism and thus your body becomes a fat burning furnace.

10. What is the best thing to drink to lose belly fat?

Sadly there are no drinks which help in losing belly fat. You have to follow a right diet and work out plan to lose the belly fat.

11. How can I get slim fast without exercise?

Then its only a Diet. By following certain strict diets you can lose only for some time. But to increase the metabolism it should be combined with exercise. Diet alone won't help in the long run.

12. What foods to eat to lose belly fat?

Eat lots of high fibre veggies, greens, good carbs, good fat and high protein. Avoid completely sugar, starchy carbs, junk and fast foods.

13. Is working out 30 minutes a day enough to lose weight?

It's not sufficient. 40 mins cardio + 1 hr weights training is always recommended.

14. How long does it take to see results from diet and exercise?

Again it depends on the individual's body type and genetics and where they stand in Fitness.

15. Which exercise burns the most belly fat?

Jogging. But you have to bring down your overall body fat percentage to see your belly shrinking. To see six pack, body fat percentage should be below 10% for males and 15% for females. But that's for athletes and body builders. For common people it should 15 % for males and 20% for females.



By- Soumya Rao

 - @soumyarao

 - Soumya B Hedge



Tips To Eat Sweets Without Sabotaging Your Weight Loss *Goals*



Here are some ways to eat sugar without sabotaging your weight loss goals.

1. **Use A Small Plate When Dishing Out A Dessert.**

3. **Eat A Small Piece Of Candy Daily To Eliminate Cravings.**

This is a great way to treat yourself for good behaviour without going overboard. When you tell yourself that you can only eat one piece daily, you'll train your brain and body that you only need one piece.

2. **Do Workouts That Balance Sugar Consumption.**

Sugar isn't very good for your body in large doses for many reasons, but you can at least beat the calorie portion of the problem by doing workouts that will burn the calories consumed.

4. **Opt For A Healthier Dessert Option.**

It's true that there are many factors that go into weight gain and loss, depending on your genes and habits, but calories are universal. If you eat desserts with fewer calories, you'll experience fewer negative effects.



5 Get Addicted To Natural Sugar.

You can also train your brain to crave for natural sugar by reaching for an apple or a banana, or black dates when your sugar cravings go out of hand. By satisfying the craving with a healthier option, you can teach the brain to crave healthier things.



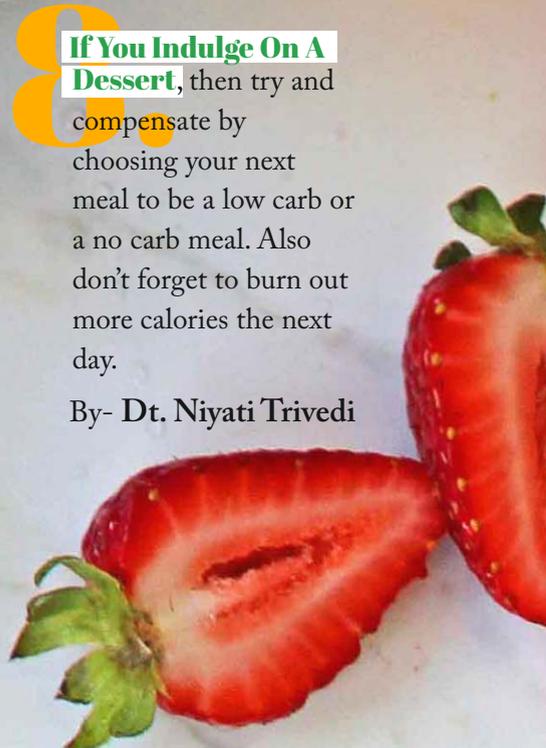
6 Don't Eat Dessert Alone.

Choose a dessert or sweet which is a combination of sweetness and complex carb with fiber, like a naturally sweetened granola bar or chikki.



7 Choose Quality Over Quantity.

If your goal is to limit your sweets, but you don't want to feel like you're missing out, make sure your choices emphasize quality over quantity. A few bites of good quality dark chocolate is infinitely more satisfying than a handful of other Sweet chocolates.



8 If You Indulge On A Dessert,

then try and compensate by choosing your next meal to be a low carb or a no carb meal. Also don't forget to burn out more calories the next day.

By- Dt. Niyati Trivedi

13

Must Haves
For The
Ultimate Fat Loss

By Kejal Sheth



Apple Cider Vinegar

ACV works at gene level by increasing genes responsible for burning fat. Also it delays hunger in part due to delayed stomach emptying and improves insulin sensitivity. Consumption of 1-2 tbsp diluted in water is recommended, to max out the benefits of this tonic.

Watermelon Seeds

Apart from pumpkin and Chia seeds, watermelon seeds are the new superfood. Power pressed with protein, B vitamins and magnesium it also provides heart healthy fats. A solid munching option is ready; just mild roast them!



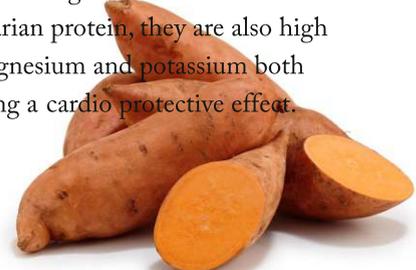
Cinnamon

It is an effective metabolism booster. It acts on the enzyme that slows digestion of carbs and thus keeps you satiated for longer time, lowers blood glucose levels and lower the risk of obesity.



Tiger Nuts

This incredible ingredient is slowly but surely making its way into modern takes on health. The modest nuts contain high amounts of dietary fibre which keep you fit as a fiddle. Besides being inexhaustible source of vegetarian protein, they are also high in magnesium and potassium both offering a cardio protective effect.



Sweet Potato

Sweet potatoes are rich in Vitamin A and C along with phytonutrients which improve the skin and hair texture. Also high dietary fibre content keeps you full for a longer time helping avoid frequent binging.

6 Chilli

Consumption of chilli pepper induces thermogenesis and thus causes expenditure of few extra calories. Sprinkling chilli powder over your meal preps keeps hunger pangs at bay. However be cautious with adding this one to your diet!



7 Moringa

When trying to burn fat, adding nutrients without stacking up calories is important. That's exactly what Moringa has to offer. Packed with vitamin C, iron, calcium and amino acids this plant is native to India. Try adding it to your smoothies or sprinkle over your porridge.



8 Indian Gooseberry

Amla is a good source of dietary fibre and the chromium content boosts metabolism. It is loaded with soluble fibre which aids digestion; regular bowel movements are necessary for effective weight loss.



9 Eggs

Eggs are low in calories and incredibly nutrient dense. The high protein content keeps you full longer and boosts metabolism making an ideal kick start for the day!



10 Coffee

Coffee contains a number of stimulants which not only increase the amount of calories you burn at rest but also make you alert. It works on nervous system which has direct signalling effect on fat cells to break down.



11 Asparagus

Asparagus contains high amount of soluble and insoluble fibre making it ideal for any fat loss journey. Additionally it is abundant in folic acid essential for metabolic cycles. Combine it with eggs and a perfect meal in less than 300 Kcal is on your plate!





12

Salmon

The nutritionally dense combined with reasonable calories ingredient is a definite plus to your goals. Research shows that fish oil independently reduces body fat. Also it provides a good amount of protein, vitamin D, niacin and vitamin B12.

13



Garlic

Garlic has been long praised in Ayurveda for its heart friendly attribute, added to lowering the lipid molecules it also induces heat production or burning calories and affects the genes producing fat.

14

Spinach

This generous green vegetable is a low calorie store of iron, vegetable protein source and full of fibre. This blend makes it a perfect ingredient to every dieter's meal.



15

Beans

Protein rich foods have higher thermic load on the digestive tract and hence encompass fat burning quality. They are also loaded with soluble fibre improving the gut bacteria there by lowering inflammation related belly fat.



16

Cocoa

Complimenting your diet with crude cocoa can enhance your body's capacity to metabolize fat and use it as energy. It stimulates serotonin production and helps to suppress your attitude.



Wellness

Celebrity Yoga Trainer

Introduces Us To

**FlyFit,
Yogalates &
Lots More!**

**ANSHUKA
PARWANI**

Anshuka Parwani is one of India's most celebrated yoga instructors, who among achieving many personal feats, is also lauded for being the lady behind Kareena Kapoor Khan's amazing post-pregnancy transformation and Malaika Arora's fit body. While her own journey in yoga began in the year 2008, when a near-fatal bike accident left her with multiple fractures to the legs, a broken head and back injury. Since then she welcomed Yoga into her life and has never looked back ever since. She now has her own yoga studio that offers classes in Fly-Fit – a form of fitness that combines aerial yoga, aerial Pilates and aerial fitness.

To know more about what these forms of yoga are and how Anshuka uses them to provide her clients with the body of their dreams, Women Fitness (India) team caught up with her to talk about how she introduced Aerial Yoga to this side of the world.

Being the founder of “Anshuka Yoga”, when were you first introduced to yoga?

My journey in Yoga began as a kid practicing under the supervision of my mother, who has been a teacher since over 15 years. Holding an MSc in Yoga and having roots in Traditional Ashtanga Yoga, I also practiced with elite Yoga Masters from different schools of Yoga – Vinyasa Flow, Kundalini Yoga, Acro Yoga, Iyengar Yoga, Yin Yoga.

Over my 8-year exploration in spirituality, I have read and studied many philosophies and texts on different schools of spirituality and metaphysics. I am also a strong believer in working with energy and with the Chakras- the energy centers of our body. A certified Pilates, Barre & Zumba Instructor, I also hold a Commercial Pilots License and I'm a National Swimming Gold Medalist holding various records in competitive and long distance Sea Swimming.

Her motto for yoga and life in general – “Yoga – for the change, for the better”

Your favourite form of yoga, that you prescribe for all females, irrespective of their age?

I enjoy all forms of yoga, but the form of Yoga I enjoy most is the Traditional Ashtanga Yoga, the gentle practice and stillness really keeps me grounded and can be practiced by females of any age while reaping the remarkable benefits of Yoga.

One form that you still have to learn or get better at?

Being a pioneer of aerial yoga in the country, I am yet to come across a hybrid version which I haven't learnt. But the one form I feel I need to practice more is Yin Yoga. I love the cool, calming benefits it gives us.

Introduce us to FlyFit

An amalgamation of Aerial Yoga, Aerial Pilates & Aerial Fitness that uses traditional mat yoga with postures with Pilates techniques suspended in soft fabric hammocks.

Aerial Yoga assists an individual to get deeper into Traditional Yoga postures. Like yoga props such as a strap or a block the hammock is intended to assist alignment & immediately provide the benefit of spinal decompression.

Zero Compression Inversions – While you are upside down it applies reverse traction and hydrates the vertebral discs of the spinal column, which when the weight of the body partially or fully supported along with the help of gravity, you can explore and create space in your bodies as intended in traditional Yoga practice. Without the compression of the joints and spine you can achieve proper posture and alignment through relaxation rather than effort, therefore finding a more balanced and unencumbered expression of each pose.

Through aerial yoga you develop new skills and work muscles that you never thought you would. Because you are virtually weightless, you are forcing muscles to stretch and move that would otherwise not be used in a standard yoga practice and/or workout.

Aerial Pilates is a powerful aerial conditioning workout. Extending Classical and Contemporary Pilates technique from Mat, Reformer, Cadillac, and Ladder Barrel exercises into the air. Age is no bar as long as you do not have any of the contra-indications.

FLYFIT is all of the above and we add powerful meditation & breathing techniques with a floating shavasana making sure it's a 360 degree workout.

Yoga poses that are great to combat stress? Role of proper breathing while training?

- Eagle Pose (Garudasana)
- Standing Forward Fold (Uttanasana)
- Child's Pose (Balasana)
- Thunderbolt Pose (Vajrasana) Variation
- Reclined Bound Angle Pose (Supta Baddha Konasana)

Though we don't typically focus on our breath during the day, in a yoga class, breathing is just as important as the poses and serves a greater purpose. Each inhale and exhale can energize, calm, and help you form a deeper mind-body connection.

It's crucial that you breathe correctly when you exercise. When you are doing aerobic activities, like swimming or running, or other types of exercise like strength training or bodyweight training, following the right breathing pattern will ensure that your working muscles and connective tissues get enough oxygen. Proper breathing also keeps your joints lubricated.

If you're a beginner you may wonder why we are discussing breathing, since everybody knows that breathing is a natural process. Everybody breathes in and breathes out and it's an involuntary function. However, you will understand what I am talking about once you start exercising.

Hard to judge, but who is your favourite celebrity yoga student?

I wish I could answer that but every one of them is unique and inspiring in their own way.

Elaborate how yogalates came into existence & why according to you it is the best form of exercise?

While I was practicing, I realised I got the best results when I was working with yoga and pilates. The blend of both gave me a complete 360 of wellness, health and fitness and hence I decided to merge them together.

Yogalates is a blend of of east and west because it effectively merges the ancient practice of Yoga from the east with the core stabilizing, posture enhancing dynamics of Pilates from the west. The origins of Yoga date back to around 3000BC India with the emphasis of creating union with oneself. Yoga can enhance strength, stamina, flexibility, balance and mental clarity. Through developing a conscious awareness of the body, mind, breath and life force (prana) it has the ability to be deeply relaxing and health enhancing.

Pilates helps in strengthening ones core/deep abdominals that augment sporting activities, assist in injury rehabilitation and supports those with back problems through re-educating the body's postural muscles to create a very safe and strong foundation for movement.

Both Yoga and Pilates have changed and been adapted over the course of history.



Yogalates is a blend of of east and west because it effectively merges the ancient practice of Yoga from the east with the core stabilizing, posture enhancing dynamics of Pilates from the west.

How did yoga help you overcome a serious injury that you faced?

In 2008 a near fatal bike accident left me undergoing multiple trauma with multiple fractures to the legs, a broken head and back injury. This is when along with physiotherapy, my therapy through Yoga began. Within weeks of practice and a strong mind, I was walking again. This is when I decided to dig deeper and understand the meaning of "Yog" & founded my company "Anshuka Yoga."





Yoga poses ideal for post pregnancy weight loss?

Cobra

Bow Tiger

Pigeon

Plank

Triangle

Camel.

What does a full body workout in your class look like? Is meditation a part of the routine?

A full body workout starts with Surya Namaskars, asanas, Active Stretches, then going into arm balances and inversions. Post which we always go into several breathing techniques, pranayamas and end with a compulsory meditation of choice.

5 Tips For A Yoga Beginner.

- Do the Beginners' Class. This is my number one tip if you are just starting your yoga practice and are confused about which classes are right for you.
- Let go of comparison
- Don't forget to breathe
- View yoga as a learning experience
- Don't force yourself into a pose or let a yoga teacher force you into a pose.

5 Tips For An Aspiring Yoga Instructor.

- Be yourself.
- Don't stop learning or practicing. No knowledge is enough.
- Set intentions and goals.
- Observe others practicing.
- Practice, practice, practice. The more you practice, the more you realise the varieties of thoughts and feeling your students may have practicing the same.

Myths Surrounding The Practice Of Yoga That Need To Be Busted?

- You need to be flexible to practice Yoga.
- Yoga comes from Hinduism.
- You can learn yoga from a book.
- Yoga is something you practice every morning and evening.
- Yogis have to be wearing certain type of clothes and meditate in the mountains.

What Kind Of Diet Should One Follow With Yoga Practice To Maximise Its Benefits?

A pure Sattvik diet.

One Motivational Message For Your Fans At Women Fitness.

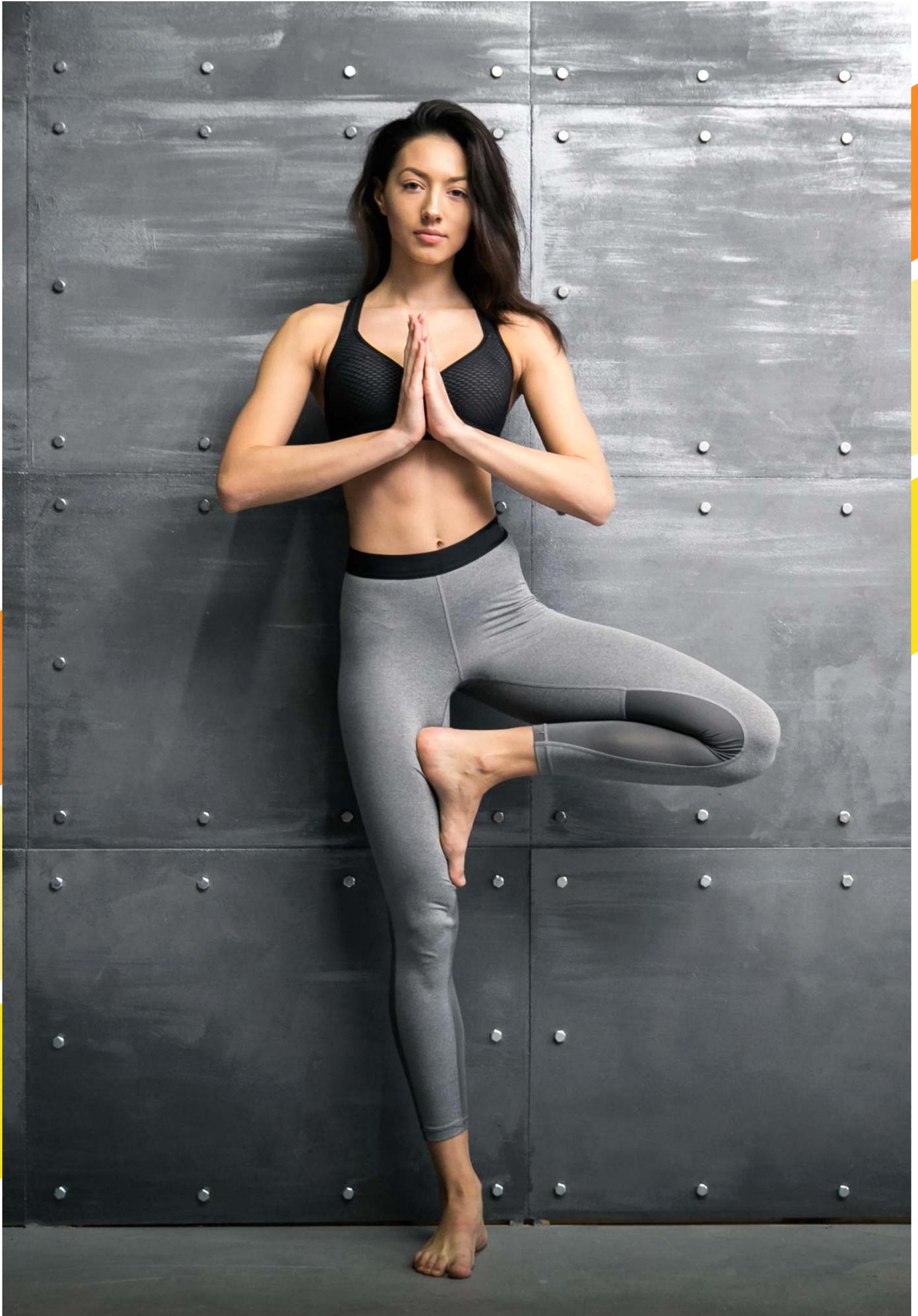
**“Balance”
is the key**

Strive to find yours in every aspect of life.



TOP 7 YOGA POSES TO BEAT BLOATING

By Sneha Sadhwani



These days bloating and abdominal discomfort have become very common among all age groups. People often pop up pills without even realizing the side-effects it may have on the health. A healthy diet and 15-20 minutes yoga can assist when your tummy needs a little de-bloating. A combination of twists, forward bending and core work increases the flow of nutrient and oxygen-rich blood towards the bowels and help the intestinal muscles to relax.



APANASANA OR THE WIND-RELIEVING POSE

- Begin this pose with lying on your back.
- Bend both the knees into your chest and hug them tight.
- Rock your knees from side to side. This provides a natural massage to your abdominal organs.
- Slowly move your knees away from your belly and lower your toes to the floor for 10 seconds.
- Repeat this yoga pose again.

NAVASANA OR BOAT POSE

- This is a seated yoga pose.
- Sit on the yoga mat with your back straight.
- Bend your knees and place your feet flat on the ground.
- Keeping your back straight, lift your feet and lean back slightly. Your shins should be parallel to the floor.
- Place your hands behind your thighs, and draw both the sides of your navel in towards the spine.
- Stay in this pose for 10-20 seconds initially.
- Exhale and release your legs. Repeat the same pose again.



SPINAL TWIST

- Lie down flat on your back. Bring your right knee towards your chest and keep your left knee extended. Roll towards the left side.
- Inhale, place your left hand on your right knee and extend your right arm out at the shoulder level.
- Slightly turn your neck and look towards the right side.
- Hold 10 breaths and return back to the centre position and exhale.
- Now perform the twist with your left leg.





SEATED FORWARD BEND

- Sit on the floor with your back straight and extend your legs in front of you.
- Keeping your back straight, slowly bend forward at the hips and lower your torso.
- Stay in the same position and take 8-10 breathes.
- Repeat this same pose 4-5 times.

CAT AND COW POSE

- Get on your hands and knees on the floor. Place your hands underneath your shoulders and your knees underneath your hips.
- Breath in, make sure your back is flat, your belly engaged and lift your head for cow pose.
- Breath out, round your spine and drop your head for cat pose.
- Switch back and forth between cow and cat pose and concentrate on your breath too.
- Repeat this several times.



CHILD'S POSE

- Sit on your knees and lower your hips towards your heels.
- Bend forward, stretch your arm in front of you.
- The palms of your hands must touch the floor.
- Keep your back straight and place your forehead on the floor. Take 10-12 breaths and return back to the position from where you started.

STANDING FORWARD BEND

- Stand straight on your yoga mat with your legs apart, let your hands rest on the hips and inhale.
- Exhale and bend forward. Do not bend your knees.
- Place your hands on the floor or touch your feet.



Talking About Eating Disorders

What Our Expert Says!

With Our Guest Nutritionist
Kejal Sheth



I have an allergy while drinking or eating dairy products may be it's called lactose intolerance and My weight is also getting lost. Kindly guide me how to take protein and calcium to increase weight.

Alternate plant milk sources such soya milk, almond milk, oats milk etc can be consumed.

Similarly tofu is an ideal alternative to paneer and provides various other vital minerals.

Besides these, eggs, chicken, fatty fish, nuts and seeds and green leafy vegetables help to improve the protein content along with providing additional fibre and multivitamins in your diet.

Second to improve your calcium levels, you may include ragi, sesame seeds, stewed tomatoes, spinach and kale, sardines, nuts and fortified food products.

I have been battling with PCOS for quiet long.. though I'm concerned about my weight which is 88 and my BMI is in obese. I tend to fall for my cravings which is usually unhealthy and junk. And everything about carbs and insulin regarding PCOS is very confusing to me.. please elaborate.



Here are a few tips to control your cravings

- Do not let your body go on a starvation mode because then you tend to pick whatever is in front of the eyes without being mindful of what you eat.
- Take control. Develop strategies for the triggers you can't avoid.
- Don't deprive yourself. Eating a few cookies or a small cupcake to satisfy your sweet cravings is a better strategy than depriving.
- Don't be guilty of that one meal as one unhealthy meal will ruin all your efforts. So relish every bite and get back on track immediately.
- Stick to a schedule. Plan all your meals in advance and eat at a fixed timing.

I am suffering from an eating disorder, Anorexia....for 15 years. I never met the BMI criteria to get proper help. I am not underweight. My fear is the weight gain...my metabolism is very slow so I fear eating because it will result in weight gain. Can you please advise me on how to move forward.



- Allow yourself to be vulnerable with people you trust.
- Experience every emotion. Be open and accept all your emotions.
- Use people to comfort you when you feel bad, instead of focusing on food.
- Do not fear your emotions.

Develop a balanced relationship with food.

- Do not go on rigid diets.
- Have a regular eating schedule.
- Stay away from the scale and learn to listen to your body.
- Stay active and identify your triggers.

What is insulin resistance?

Insulin resistance is when there is accumulation of a fat layer over the internal organs. This hampers the uptake of a hormone named insulin which is responsible for clearing the glucose from the blood stream. As the degree of resistance increases, more and more glucose roams freely in the blood stream which will ultimately lead to diabetes.



Carb counting is important in extreme cases of insulin resistance as carbohydrates are the primary sources for release of glucose. Hence, watching the quality as well as quantity of your Carb intake can help to minimize the symptoms.

Shopping

Christmas

Gift Guide:
Keep it
Simple,
Keep it
Healthy



For your family & friends, any of these fun Christmas gifts will be an instant hit. Instead of giving the same old confectionery items or decorations, why not make this Christmas healthy and fun!

Here's our list of 18 Healthy Christmas gift ideas to inspire your family and friends to even greater health and happiness!

1

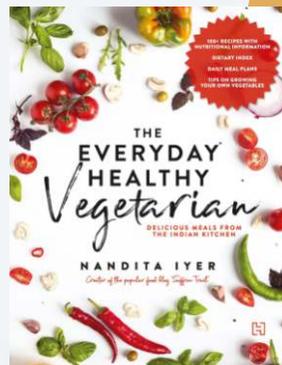


Luxury Tea Gift Set

₹ 3,149

Healthy Cookbook

₹ 349



2

**Grapefruit
Beauty Bag**
₹ 2,141

3



Yogabars Pack
₹ 659

4



5



**Healthy Cooking
Spray + Stevia
Combo**
₹ 749



**On the Go
Healthy Snacks**
₹ 374

6



9

**Portable
Fruit Infuser
Water Bottle**
₹ 304



**Dark Chocolate
Popcorn**
₹ 350

7



**Raw Natural
Honey Set**
₹ 875

8



10



NutriBullet
₹ 5,499



11

**Printed
Yoga Mat**
₹ 1,999



12

Running Shoes
₹ 1663



Soap Gift Set
₹ 720

13



14

**Essential Oils for
Aromatherapy Set**
₹ 694



Eye Masks
₹ 500

15

**Scented
Candle
Set**

₹ 1,274

16



**Face Mask
Set**
₹ 1,120

17

18

**Sports
Jacket**
₹ 2,286



Zodiac

Capricorn



Sun Sign

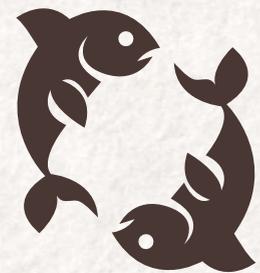
Fitness

Health and fitness are serious concerns, but your exercise regimen doesn't have to be grim and serious. Enjoy healthy food, sleep easily, and work with the body you have today. You're making great progress. Focus on basics like good posture and breathing. Do the end of your holiday shopping and treat it like the exercise it is. Eat and drink - don't run on empty. Have a great 2019!



Aquarius

Keep working toward being more active. You can become stronger, healthier, and fitter. Some days it's hard work, but other days it may be a bit less hard. Show up and do what you can do. That's just being realistic and fair to yourself. A new gym, running club, or even stationary bike could be good now. Exercise early and have a great happy, healthy holiday. Enter 2019 strong!



Pisces

Don't look back or too far forward. Keep your goal modest and realistic and keep showing up. Later, you'll be amazed at how far you've come and how much healthier and fitter you are. Keep going, eat well, sleep well, and be good to your body. Have a magical meditation and feel powerful all day long. You can break through to a new level now. You're doing great. Next year can be even greater.



Aries

Keep working hard. You're making great progress. You're getting it done. If you're starting to plan an exercise routine, that effort takes dedication and hard work, too. You're not afraid to raise the bar. More steps! Indulge in solo sports or a stronger workout in the weights room. Eat well and feel better in that new outfit. Work out early, then celebrate with family and friends. A healthy and happy 2019 is all yours!



Taurus

You don't need to compare yourself to anyone else. You know your own condition, your own needs, limitations, and challenges. Everybody has some physical issues. Keep working, be steady, and be reasonable with your body. Try a new body pump class or an extra class. You know if you can handle it. Nail down your holiday menus and food shopping to keep it healthy and avoid empty calories.



Gemini

Just get up, do it, and don't overthink it. Maybe don't think at all. Suit up, let the body do its thing, and feel fantastic afterward. Skip the hesitation, the discouragement, or the self-doubts. You're doing great just by showing up. Get gifts, groceries, and some great exercise. Party time is for more dancing and be there to celebrate with friends and family. Healthy holidays!



Cancer

You may not be satisfied with how it's going, but keep working at it. A rest and recovery day here and there is part of the program. Show up and feel great, day by day. Zumba, salsa, or hula? Respect your core strength. Hot tub is appropriate, too. Warm water on a cold day, yes! Now relax and celebrate a great year of better health and fitness! Next year can be even greater!



Leo

You've got passion, you've got energy, and you've got what it takes to keep going. Feelings may sag every so often, but take those fluctuations in stride. Today's best may be a bit less than yesterday's best. Push harder for faster progress some other time. Think gradual progress. Enjoy a well-earned happy, healthy holiday before we enter 2019!



Virgo

Stay motivated and do what you can, day by day. It will add up faster than you think. Eat well, sleep well, and don't ask your body to run on empty. Step it up, but don't get frisky. Your ankles and knees say thank you. Shopping for food and last-minute gifts can give you all the exercise you need. Work it! Happy, healthy 2019, here you come!



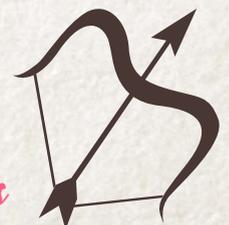
Libra

Enjoy the social part of exercising, but remember that ultimately you're doing all this hard work for you. Keep it fun and watch how the people around you get more enthusiastic and inspired to work harder. It will make you work harder, too. Planks, burpees, and leg lifts are your friends. Stay hydrated and remember to eat. Finish the year strong. Look out, 2019!



Scorpio

Taking good care of yourself is priority number one. Eat well, sleep well, don't push yourself over the edge, and don't get reckless. You're in a good position to keep yourself in good shape and get stronger, healthier, and fitter. Count all those steps and all those carried packages. Celebrate the gifts of great health and fitness! Healthy, happy 2019!



Sagittarius

Now's the time to work harder and be happier about it. Train for that marathon or body-building event. Or do one more walk around the block. Rest, recover, and repair from a limitation. It's all good. Be the star in the dance class. Zumba or salsa away! Pace yourself and remember to eat. Now go rock 2019!

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