

Women's Fitness

INDIA

February/
March 2019

THE WOMEN'S
ISSUE

The Most
Powerful Woman
On The Block
**Swara
Bhasker**





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Editor's Note

2019 is all set to take your fitness regimen to an all new level, or perhaps just start a new one. We are already a month into the new year but don't worry you still have plenty of time to start of with fitness if you haven't yet started. In Women Fitness' February/March Issue we bring you some inspirational stories about women who have re-defined the Indian Woman.

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Main Story

Most popularly known for her break through performance with Ayan Mukerji's blockbuster movie "Yeh Jawaani Hai Deewani", Evelyn Sharma is an actor and philanthropist who is working extremely hard for those round her and the environment, with her own sustainable fashion line and lots of other projects.



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It's the time for resolutions to kick-in, the most common one being getting healthy and fit. The first step towards this would be to sign up for a gym membership. So here are 5 common mistakes to avoid as you set on your fitness journey.

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Swara Bhasker is a spectacular actress, who has changed the way we look at Bollywood films. After giving back to back thrilling performances, she has totally blown us over with her incredible transformation for her role in Veere Di Wedding.

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Weight Loss Guide

Nutrition & Wellness Coach Avni Kaul shares the most surprising weight loss facts!

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Shivani Patel, the founder of Sculptasse Studio, has been a personal fitness instructor for 7 years now. She trains around 600 fitness enthusiasts every month. However, she was not always like this. She once weighed a hefty 286 pounds. Jump on to read her amazing transformational journey.

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Head Trainer, Anytime Fitness tells us how we can achieve our fitness goals by doing a little adjustment in our lifestyle.

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Women are nowadays more aware of the ingredients and chemicals that are being used in their regular beauty products and we are therefore, seeing a shift towards the more use of organic beauty options. Women Fitness India brings to you the best organic beauty products to try out in 2019.

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Sun-Sign Fitness

Happy New Year! Get serious and more stubborn about your health and fitness, but you don't have to take it to extremes. You know what has been working and what has been giving you satisfying results. Just stay consistent!

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Editor's Note

Feeling that your life is on the edge doesn't mean that you're going to end up falling. Find the balance to stay strong and carry on.

-Ritu Ghatourey

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March 8th marks the celebration of International Women's Day. 2019 campaign theme for Women's Day is of #BalanceforBetter for driving gender balance across the world.

The question arising is how each one of us can make a difference? A tough one to answer, Women of today continue to serve as a balancing force in every aspect of life as homemakers, social workers, leaders, mothers, doctors, the list being endless. Its time women start making changes in their lifestyle and take a good care of their health. Disconnect from their phones and connect with their own-selves, with those whom they love and reflect upon what they really want out of life.

With mushrooming of gym in every locality one needs to be well informed about the common mistakes made by women in order to avoid injury and achieve desired results at the same time. Dr. Nikita Nadkarni, Exercise Science Professor provides her excellent input on 5 Common Gym Mistakes Made by Beginners. Dancing is an excellent form of workout to burn off calories while having fun with friends & companion. Ms. Shalini Bhargava, Director at JG'S Fitness Centre brings you an insight on Dance And Exercise To Get Fit For Life.

All this and lots more for you in the New Year.

Good Health,

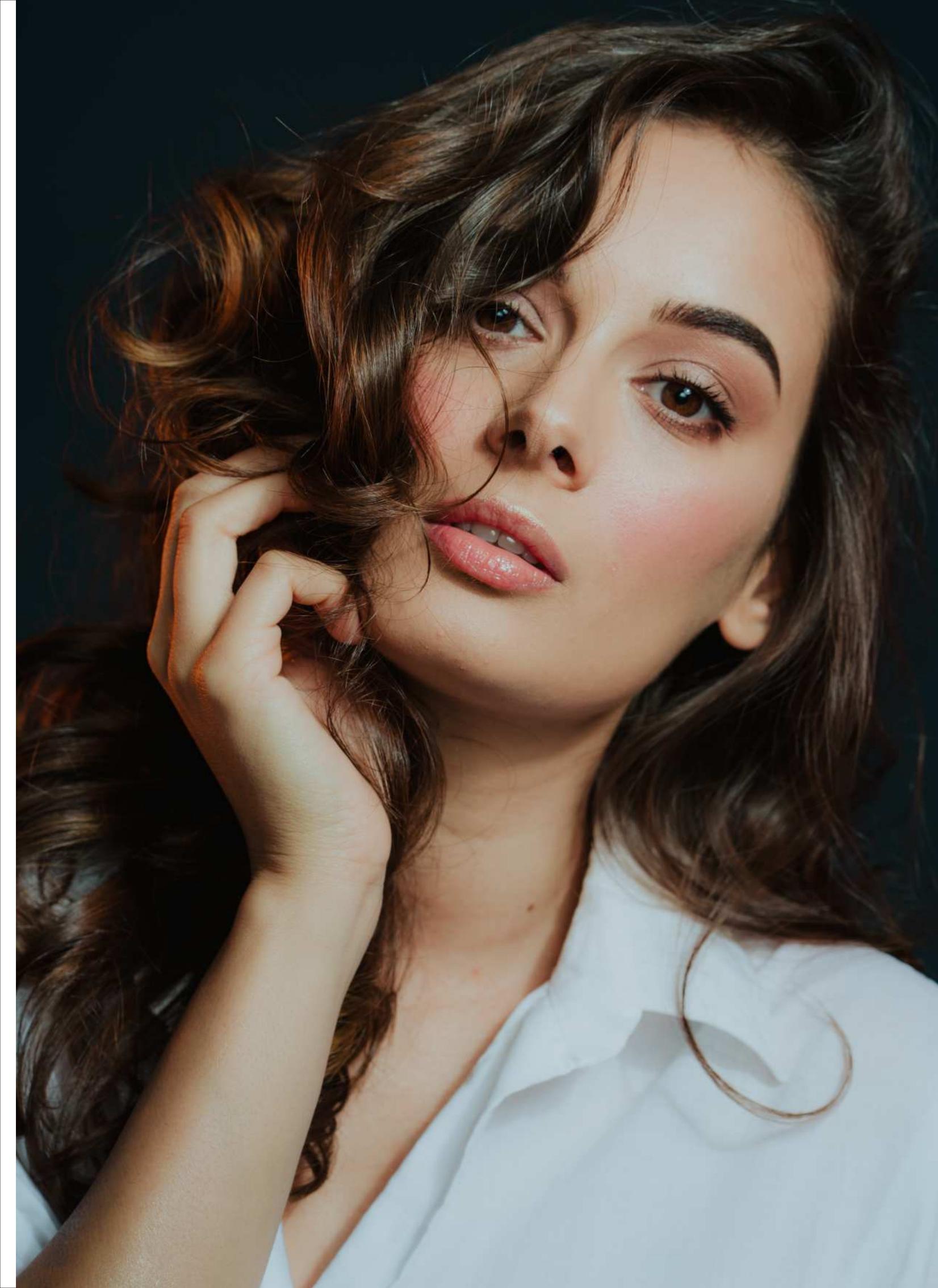
Namita Nayyar

Cover
Story

Actor &
Philanthropist

Evelyn Sharma

✿ OPENS ✿
The Year For Us







Evelyn Sharma is an Indian-German actress, philanthropist and wellness advocate. She marked her film debut at the age of 17 with the Hollywood film “Turn Left” and celebrated her breakthrough in Bollywood with Ayan Mukerji’s 2013 blockbuster “Yeh Jawaani Hai Deewani” (YJHD) opposite Ranbir Kapoor, produced by Karan Johar. YJHD soon turned into a cult film for this generation and Evelyn into a youth icon, generating millions of followers from India and around the world and rose in popularity with her following stints in films like Divya Khosla Kumar’s “Yaariyan”, David Dhawan’s “Main Tera Hero”, Imtiaz Ali’s SRK starrer “Jab Harry Met Sejal” and her first lead role in “Ishqedarriyan” portraying the role of a young girl from Himanchal set out to help the ones in need.

Discovering her Indian roots and whilst gaining more and more fame, Evelyn felt the strong urge to give back to the society thereby starting her own charity foundation Seams For Dreams (SFD) in 2015, that supplies clothing to the less privileged from Mumbai across the country.

To get to know the stunning actress more, Women Fitness India joins Evelyn Sharma on exploring her journey as an actress and philanthropist, in the digital era.

“



We should aim at being fit and healthy, internally and externally both. I love food and I am a foodie. I hardly diet but yes I follow a healthy lifestyle. I practice yoga for a healthy body and mind.



You marked your film debut with the 2006, American film Turn left and made your Bollywood debut in the 2012 Bollywood film From Sydney with Love and soon shot to success with Ayan Mukerji’s Yeh Jawaani Hai Deewani, opposite Ranbir Kapoor. What led you to become an actress?

I am half German, half Indian and I came to India to find my roots. I was already modelling and working in different countries when I came to India. In India I first started out as a model, but then I started getting a lot of offers from Bollywood and I took them up and now destiny has brought me here where I am today and there is no looking back. “Yeh Jawaani Hai Deewani” will always be special and close to my heart as it gave me instant fame and people still remember me as “Lara” more than any other character I have played till date.

You have an incredibly physique, share 3 things that are instrumental in maintaining a fit body?

Thanks for the compliment. I feel fitness is a lifestyle, one can achieve great results with crash dieting and other short term methods but then the results are short lived. We should aim at being fit and healthy, internally and externally both. I love food and I am a foodie. I hardly diet but yes I follow a healthy lifestyle. I practice yoga for a healthy body and mind. I try and eat a balanced diet which comprises of everything in good proportions. I stick to a low carb diet. I also make sure that I get my 8 hours of beauty sleep. My advice to all the girls is, that please don’t opt for crash dieting, rather eat healthy, organic, home cooked food, have lots of fresh fruits and vegetables and do get your calcium intake from milk products. Exercise at least 3 to 4 times in a week to keep your body agile and fit and meditate to keep your mind healthy. Avoid junk food, processed food, aerated drinks, and sugar. Lead a healthy life to become fit.





Pick 5 women who inspire you to be fit.

My trainer Yasmin Karachiwala inspires me to be fit, many people in the industry like Lisa Haydon, Jennifer Garner, and Deepika Padukone also inspires me to do my best. I feel Kim Kardashian's trainer Melissa Alcantara has some fabulous routines that keep me pumped.

Healthy eating is a habit. With your kind of lifestyle, which involves lot of travelling, how do you manage to eat healthy? Also, share your 5 favourite Indian dishes.

Healthy eating is a lifestyle and I try and follow it, despite my hectic work schedule and lots of travelling. Healthy eating doesn't mean that you have to give up on everything that you like. You can still eat that chocolate or your favourite Gulab Jamun, but all you have to do is, eat it in the right proportion. Too much of anything is bad. I also feel that we should not eat with guilt and stress. If we want to have our favourite sweet, either eat happily or don't eat it, but don't consume it with all the guilt and stress, I feel stress leads to weight gain.

I stay healthy, by keeping my portion size small and eating at regular intervals. I eat my dinner early and avoid late night eating. I love Indian food and being a Punjabi I love butter chicken, naan, biryani, rice and dal, aloo jeera and the list is endless.





After a hectic day of shoot, how do you relax and rejuvenate?

I relax and rejuvenate by taking a nice hot bath, a good massage or a spa, many times after a long day, and have a hot soup. I feel having a good eight hours sleep is a sure shot way to rejuvenate and get ready for the next day. My current favourite is float at movement sanctuary by my friend Puja so if I am shooting in Mumbai I make sure to book an appointment there post my shoot. I would recommend everyone to try it out.

Recently, a famous Bollywood actress penned down that actresses aren't perfect either and have a whole lot of people working on them to make them look the way that they do. Do you also believe it is about time that female celebrities must share their real selves with fans to inspire self-love and self-confidence. Also, Share a few mantras, from your own beauty regime, for healthy skin and hair?

Yes, no one is perfect and yes we are blessed to have an army of experts around us who makes us look the way we do in front of the camera. Yes, we must share our real selves and to be very honest I often share unedited, unfiltered selfies on my social media. I believe in natural, organic and sustainable living and I promote that too. For healthy skin I exfoliate my skin from time to time and I keep myself hydrated. Oiling your hair is a great way to keep it healthy. This tip was given to me by my mom and I follow it religiously and would recommend it to everyone else too. Also I have a blog named "Evelyn's Secrets" where I reveal all my beauty, fitness and other secrets for my fans.

What are you looking forward to in the new year 2019?

Early this year I launched my new venture WIP Creatives because I wanted to build a stronger team for myself and for my friends in the industry. We're a small boutique agency and want to provide a kind of service that no one else offers: career coaching, image development, and content creation – all in one. I would like it to do well in the coming year and serve the purpose I have started it for. Also I am looking forward to the release of my South Indian debut film Saaho. It is the biggest film ever made in India and I feel lucky to be a part of this movie. I have played an out and out action role which I haven't played ever before. Also looking forward to more good work and movies. And yes looking forward to good health, world peace and happiness all around in the coming year.

3 destinations that you would love to visit in 2019?

Germany of course, as I miss the food and my family, Hungary as its one of my favourite place and yes I want to explore Punjab.

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

I've been in this industry for a long time and have experienced a lot of disrespectful behavior towards women. I left the talent agency that managed me in the start of my film career because of that reason and since then hired and trained my own team. I personally wouldn't like to accuse anyone, but would like to mentor new girls by sharing my story of overcoming struggles. Also I have launched my new venture WIP Creatives because I wanted to build a stronger team for myself and for my friends in the industry. WIP Creatives which is a small boutique agency and want to provide a kind of service that no one else offers: career coaching, image development, and content creation – all in one.



You run a fashion based charity foundation ‘Seams For Dreams’. How do you wish to help the less fortunate strata of our country?

“Seams For Dreams” is a charity foundation that focuses on providing appropriate clothing to the underprivileged sections of society, by collecting pre-loved and gently-worn clothes from people, with an effort to generate a trend in India that supports ecological fashion. We have also curated an upcycled clothing line, which are sold and whose proceeds are used further for this cause. We wish to help the less fortunate by raising funds and creating awareness for this cause through various fashion events garage sales, programs, campaigns and partnerships etc. SFD wants to encourage people to donate clothes to the ones in need. We hosted our 5th Annual Garage Sale on the 15th December which was a huge success! Many people came there to shop and donate to this noble cause. Last year we collaborated with various NGOs like Habitat India, Green Soles and The Hope Collab to promote sustainable fashion.

Can you tell us more about Seams For Dreams’ very own sustainable fashion line.

I believe sustainable fashion is the future of the fashion industry, and we should all try slowly, but steadily to implement it in our lives. We release 2 collections of our upcycled fashion line every year. The theme of the upcycled line that was launched at our recent garage sale was “Throwback Roadies”. It gave off a very vintage but classy vibe that showcased a unique Roadsters charm. The stylist said that it was very challenging to curate it, as the material they had to work with was very limited so they had to cut it in a “zero waste” way.

Tell us about Shop XOE, which is a platform that features products representing your own ethos to spread a universal message of a healthy, holistic, and happy lifestyle. What is your mission behind this venture?

I keep getting asked which are some products that I would recommend for beauty and fitness, so I decided why not showcase my favourites to all my fans through “Shop XOE”. Here you can shop all the products tried and tested by me, which I would like to recommend to my fans.

You are also set to make your Tollywood Debut with the highly anticipated film, Saaho. How is your preparation for this one going?

I am really excited and looking forward to it. Yes my fans will get to see me in an all new action packed role for the very first time and it’s the biggest film ever made in India with Baahubali (Prabhas) in the lead role so anticipation around the movie is quite obvious.

With a massive following of about 2 million followers on your Instagram account @evelyn_sharma, what according to you are the best and worst things about these social media platform?

I think the Internet trolling is the worst thing about social media platforms and best thing is that you get to interact with your fans directly one on one so the gap between an actor and a fan has been reduced and its great as they can get to know me up close and personal.

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

I feel the biggest fitness tip, that I practice myself is Pilates, it is life changing and has definitely had a positive effect on my mind and my body. I would recommend everyone to try it, to welcome positivity into their lives.’

Workout



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**Common
Gym Mistakes**
Made by
Beginners

The New Year is just around the corner and it's time for resolutions to kick-in, the most common one being getting healthy and fit. The first step towards this would be to sign up for a gym membership.

Here are 5 common mistakes to avoid as you set on your fitness journey.

1.

Not Setting A Realistic Goal/target For Yourself

Numerous studies have shown that individuals who set goals have a far better chance of achieving them than those who do not. Setting a goal as short as for a period of 3 months lets you have a clear picture of what you want to achieve and how to achieve it. It is better to set small, realistic goals to begin with. The trainer will be in a better position to plan a workout chart for you if you have a clear picture of your goals.

2.

Doing A Complete Fitness Assessment

It is a good idea to do a fitness assessment which includes factors like muscle strength, muscle endurance, flexibility, body composition analysis and cardiovascular endurance before you begin. This would help you in setting an intensity for your workout and work on the areas that need more attention e.g. If you are having tight muscles, the trainer can incorporate stretching in your regime. It will also help you keep a check on your progress.



3.

Missing On Warm-up And Cool-down

Warm-up is done prior workout to prepare your body for training. It gradually increases your heart rate and respiration rate. It increases the body temperature which in turn aids flexibility. Most importantly lowers the chances of injury and sudden fluctuations in the system. Cool-down is done post workout to bring your heart rate & respirations to the pre-workout state. It also prevents venous pooling of blood in the legs which may cause dizziness, nausea or fainting.

4.

Following A Crash Diet

Every beginner at the gym is super excited about his new journey and may come across a lot of diets that claim to help in more ways than one. There would also be a lot of people in the gym who would share the success stories. It is very important to remember that this is a time your body will be undergoing a lot of changes and it's very important for you to have a balanced diet for quick recovery and keeping up the energy levels throughout the day. The best thing would be to consult a certified nutritionist to help you understand the specific needs of your body and eat healthy.

5.

Avoiding weight training

If you've never lifted, the weight training section in the gym sometimes tends to get a little intimidating. (Am I doing it correctly? What if people stare and laugh? Will I look super weak?) The trick here is to ask a certified trainer to assist you for the first few days. Instead of focusing on the weight you lift, focus on the correct form technique and posture. Once you feel confident about this, you can progress to heavier weights gradually.

Make sure you avoid these and keep a record of your progress. Good luck.

By- Dr. Nikita Nadkarni



DANCE & EXERCISE

To Get Fit For Life

If you are absolutely bored with your humdrum fitness routine, doing the same exercises day in and day out, you definitely need to incorporate some variety to jazz up your exercise routine. Many of us consider workout to be nothing but yet another form of additional work, thus condensing down your interest and motivational levels in a major way. Whether it's performing solo stretches or its running on the treadmill pointlessly, fitness can absolutely lack the fun element. If you have been contemplating on things that can help spice up your boring workout schedule, you surely seem to have landed at the right place.

Leaf through the below mentioned dance workouts that can take physical activity and turn it into an exciting game.

ZUMBA

Workouts should never feel like workouts at all and with Zumba the encouraging dance fitness technique that is based on salsa and other Latin dance moves, you will never get a feel that you are actually sweating it out. Resembling a typically dance floor of a club, Zumba exercises are nothing but a fun and social way of working out with fitness being the major bonus! By moving your body to upbeat tunes, the workout largely helps in burning down calories and fats, shapes muscles, offers a full-body workout, enhances mood and offers various aerobic and anaerobic advantages. Most importantly Zumba is a social workout enabling you to tag your friends along in on your workout routine.

POLGA

Fancy doing a pole dance, but have always been hesitant about giving it a shot? You must give Polga a try. A novel combination of pole dancing and yoga, Polga is said to boost your strength and open up your joints, apart from enhancing posture and coordination. This unusual amalgam of workout is speedily evolving as a therapeutic art form that is sure to shower your body with unceasing benefits. By integrating pole dancing with forms of yoga, the idea is to effortlessly combine cardio and resistance training, and the moves like wrap around, hook spin, inversion, and the splits will nothing but leave your enthralled. What's more is that along with lifting your entire body, these challenging movements will also alleviate your mind and soul.



MASALA BHANGRA

A High intensity and a universal Indian dance workout program with ecstasy of Bhangra and Bollywood scorching heaps of calories, sweltering to the beat of the dhol drum. This is a high vitality exercises that makes you sweat, smile and shed those unwanted kilos, that you want to get rid of Bhangra keeps your metabolic level in elevation, which leads to weight loss and also tones and conditions the entire body. Swing and turn, and then trail it up with expressive hand and wrist actions. There is also a bit of clapping, bouncing, twisting and even some screaming to balle balle. On a run-of-the-mill one can burn more than 500 calories while performing this fun workout.



STEP AEROBICS

If you've never tried step aerobics or haven't done step, you should definitely give it a try. With step you'll get a whole muscularly composed workout as you toil the entire right side of your body just as to your left. In this manner your body will be strengthened and conditioned equally — and you tend to become sturdy as a whole. Pacing up, over and around an adjustable step to the beat of high-energy music gives you an excellent total-body workout good for burning fat, building muscle and improving your fitness.

BODYJAM WORKOUTS

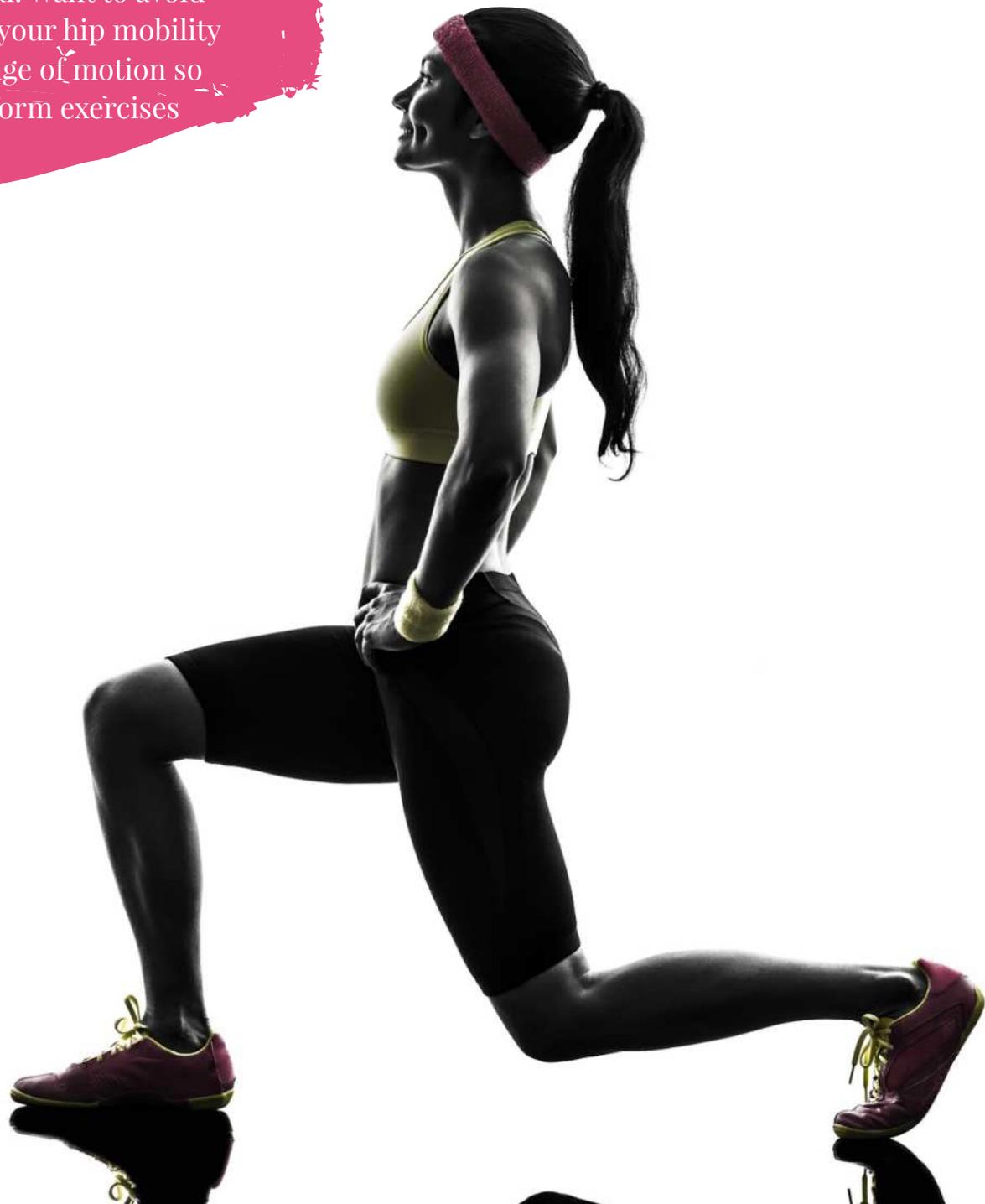
How about sweating it out through an addictive blend of the newest dance forms and hottest up-to-the-minute. Try the new Bodyjam workouts which will surely have you burning those stubborn calories without compromising on the fun aspect. The best part? This dance-based workout won't even make you feel like you're working out. The fun exercise will teach you the right movements that will undoubtedly bring back the lost spark to your gym sessions. Bodyjam plays a major role in improving your kinaesthetic cognizance, recuperate your movement quality and advance your sense of beat and rhythm.

Get set to transform your uninteresting training sessions into an interesting and stimulating affair by giving these fun dance workouts a try.

By- Ms. Shalini Bhargava,

Fitness Tip

Mobile hip joints don't just relieve pain. They're also essential for walking, hiking, running, jumping, dancing, playing sports, and pursuing virtually any fitness goal safely and effectively. Hip mobility allows you to lunge and squat more deeply so you can reach your muscles' potential. Want to avoid injury? Enhance your hip mobility by improving range of motion so that you can perform exercises more safely.





Do's & Don'ts of **IVF** Treatment

One of the most common practice that is used for assistive reproductive therapy is In Vitro

Fertilization (IVF) which includes an intricate series of processes used to assist with pregnancy. IVF comes in picture when a couple has some infertility issues or at times genetic problems.

When we talk about fertility, age definitely matters. The biological fact is that fertility, declines as we age in both men and women. The decline is rapid, in women as they cross the age of 30 and radical after crossing 35 years of age. The quantity and quality of eggs produced by the ovary are reduced thus decreasing the probabilities of getting pregnant. Fertility in men also slowly but surely declines once they cross 40 years of age, but men are at ease in the fact that most will be able to father a child even in their 50s.

Averaging, about 85 percent of couples are able to conceive within a span of a year of trying. It is advisable to keep a few thumb rules in mind if you are experiencing difficulty while planning a baby:

- If you are less than 35 years, seek expert help after a year of trying.
- If you are within 35-40 years age group, visit a specialist after six months of trying.
- If you have crossed 40 years of age, it is best to first get inspected to check the fertility potential. If not, at this stage it is advised to seek professional help after three months of trying.

To decrease the effect that age has on the achievement of IVF treatment, it is suitable to start your IVF cycle rapidly you and your doctor choose that you are a good candidate for the procedure. While the possibilities of conceiving are completely conditional as per your particular case, there are a limited things that can increase the possibility of conceiving.



Do's



1. Eat right

Whatever you eat defines a lot about your health, mental agility and fertility.

Here are a few foods that can help in the fertility of both women and men.

- **Fresh Fruits** - Fruits are a rich source of Vitamin C and antioxidants. Pomegranate abstracts can increase sperm quality and lift production of testosterone.

- **Dairy Foods and Green Vegetables** - A diet that includes protein rich food and vegetables helps enhance the sperm and egg quality. By consuming more of paneer, tofu, leafy vegetables to improve protein consumption thereby increasing the probabilities of conception.

- **Ingesting Of Vitamin C And Zinc Supplements, and Multivitamins Of High** - quality is also essential. This should idyllically be enhanced at least 3 months prior to starting fertility treatments.

- **A Diet With Vital Fatty Acids** - It's a myth that all fats are bad. Our body needs vital fats such as Omega 6 and Omega 3 oils found in oily fish such as herrings, mackerel, salmons and sardines, So, comprise them as a part of your diet. Vegetarians use medications to get these necessary nutrition.

2. Sustain A Healthy Weight

Obesity can distress women by snooping with ovulation. Women who are underweight are also at augmented risk of ovulation difficulties which consequently tip to infertility. One should intent at sustaining the right BMI (Body Mass Index) so as to sidestep infertility. Obesity in men can upset the sperm mobility and sperm count. Additional weight can cause hormonal deviations which in turn causes infertility.



3. Keep Stress At The Bay

Balance the strain of IVF with undertakings that encourage wellness and relaxation. As there is extreme stress convoluted, you have to make sure that you keep other life stressors to a minimum.



4. Opt For Skillful And Knowledgeable Fertility Experts

Be certain that the doctors are specialists in reproductive medicine. The doctors must have the expertise and understanding required to help you.



5. Shadow The Experts Advice

This includes taking sufficient rest, eating correctly, and consuming medicines as recommended.

Don'ts



1. Shun A Certain Kind Of Fish

Elude consuming certain fishes like mackerel and shark through the complete treatment as they are rich in mercury and can be injurious.



2. No Smoking

It implies to both men and women as smoking can decrease fertility probabilities. In women, smoking ages the ovaries and decreases supply of eggs. It also upsurges the risk of miscarriages. Talking about men, smoking tips to decrease the sperm count and poorer sperm quality as it rises sperm DNA fragmentation.



3. Keep Your Testicles Cool

To increase the sperm count a man's testicles must be one or two degrees cooler than the remaining body. Very hot baths, Tight underwear and working with the laptop directly keeping it on your lap, can increase the temperature of the testicles and slow sperm making and hence should be sidestepped.



4. Keep Away From Negativity

Every couple's case and situation varies. A couple may have not had attainment, but their conditions may be distinct yours.



You may not be able to impact the consequence, but you can certainly benefit the IVF process by following these do's and don'ts to make your treatment a achievement.

By- Dr. Anagha Karkhanis.

Feed Your Toddler Right:

Know the Simple Process of Toddler Nutrition

Feeding your toddler is not an easy job. This is one of the most crucial times of a child's life when he develops his likes, dislikes and food preferences. This often leads to inadequate intake making feeding him one of the most difficult tasks of parenting. Toddler nutrition is extremely important. Inadequate intake results in poor growth and development which can really affect a child. Reading books or taking ideas from fellow parents is not always helpful as each kid has his own preference and interest. So here My22BMI presents a complete guide which will help you to feed your toddler easily with some super easy hacks. Let's have a look at it!



Before we talk about how to provide proper nutrition to your toddler, we need to know what all foods are essential at this phase of life. My22BMI has created a list of those extremely important foods which play an important role in growth and development of your child. The list includes –

Whole Milk:

Milk is rich in good quality protein and calcium, both of which are extremely important to support the growth and development of the child during this stage of life. Milk is rich in protein that helps to build up muscle tissue, whereas calcium helps in bone development thus it should be kept at the top of the list while talking about toddler nutrition.



Whole Grain Cereals:

During this phase of life the energy requirement remains very high and to support that, whole grain cereals must be included in diet. Whole grains are not only good source of energy, but also the outer layer of grains contain good amount of fiber along with multiple beneficial vitamins and minerals which makes it one of the major components of toddler nutrition. My22BMI suggests to avoid polished and processed grains and incorporate all natural and unprocessed cereal grains like whole wheat, rice, quinoa, maize, oats, millet in a toddler's diet. You can cook them as porridge or prepare fruit smoothie out of that to make it more appealing or interesting to your toddler.



Fruits:

Fruits due to their high content of vitamins, minerals, water and antioxidant are extremely important component of toddler nutrition. Soft fruits like, melon, papaya, banana, mango etc can be given at the first year of life. Fruits like apple, pear, and guava can be introduced in boiled and mashed form followed by raw pieces during this time. Chewing them can help in faster teeth eruption.

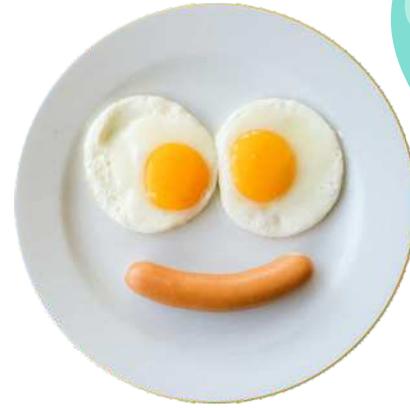


Veggies:

While talking about toddler nutrition we must talk about those colorful healthy veggies which play an important role in building their immunity. This is the best time when you can build your kid's habit of eating vegetables. You can soft cook colorful veggies like spinach, carrot, broccoli, red cabbage and serve them together. This will look more appealing and your child will grow the habit of eating veggies without any issues.

Eggs:

While we speak about toddler nutrition we cannot simply overlook this power house of protein and fat soluble vitamins. Eggs are not only rich in protein and good fats but also they are an excellent source of vitamin A which is highly needed for the eye health of the toddler.



Yogurt:

Yogurt is a probiotic that helps in better digestion. Also protein present in yogurt helps in growth and development. Thus yogurt plays a crucial role in toddler nutrition.

Iron Fortified Food:

Iron plays a significant role in toddler nutrition. During this phase of life along with holistic growth and development, blood volume also increases. The increase in blood volume and hemoglobin needs a good amount of iron supply. Apart from dark green leafy veggies, iron fortified cereals, dates etc should be included in the daily meal of a toddler. At times, feeding toddler could be very difficult because of some common malpractices and that can leave a deep impact on toddler nutrition. So My22BMI has come up with a solution which can help you to achieve optimum toddler nutrition.

• Never force feed your toddler. This can grow a strong disliking on the food that you try to force feed and the kid might never feel like eating that. This can lead to poor toddler nutrition.

• Don't feed the same food everyday. They can get bored easily as might never feel like eating that food again. This can result in improper toddler nutrition status.

• Involve your toddler in cooking practices like picking the food or getting the spices etc. This will enhance their interest in eating of that particular food and you will be able to provide optimum toddler nutrition.

• While talking about toddler nutrition, you must make sure that the food you are serving, is appealing



both look and tastewise. Toddlers are having more tastebuds compared to the adults so they may react to any food differently than that of an adult. Also the look of the food plays a very important role in toddler nutrition. They are more likely to accept the foods which look more colorful and creative to them.

• Fix a particular time for feeding. This will help to set the metabolism in the right path from the very beginning which is an effective component of toddler nutrition.

Follow these simple rules to feed your toddler right and keep him healthy and happy!

By- Ms. Preety Tyagi



Methods to Keep Away from **Vaginal Fungal Disease** Amid Pregnancy

A big sparkle on your face when you are expecting in nothing but your changing hormones. Alongside, delivering these advantageous changes in your body, realize that hormones are additionally the greatest guilty parties behind causing a bothersome yeast disease amid your pregnancy. This is a direct result of the hormonal vacillations, there is a propensity for more sugar to be created in the vaginal releases and yeast develops and flourishes well under such conditions.

The amplified levels of estrogen and progesterone in your pregnant body can throw off the usual and standard yeast and bacterial balance in your vagina. This may permit the yeast to overgrow. Though yeast infections have no major undesirable consequence on pregnancy and can be easily treated with timely medical aid. Although these infections aren't pleasant, they won't harm you or your baby in any way. And the good news is that they can be treated safely.

Yeast infections are the most common episode experienced by women, especially by expecting mothers.

When do yeast infections arise and what causes them to occur?

Yeast infection typically occurs when the usual acidic and yeast levels in the vagina are disproportionate and out of balance, making a favourable atmosphere for the yeast to overgrow producing an itchy, but not grave, a condition called a yeast infection. This kind of vaginal contamination is generally caused due to the hormonal alterations, antibiotics, steroids or any kind of birth control pills, if you are a diabetic mom-to-be, during vaginal intercourse during pregnancy, douching, blood or through semen. The symptoms of yeast infection can be, vaginal secretion, a rapid increase in the discharge, irritation on the vaginal lips or burning sensation while urinating or during intercourse.

How Can One Prevent A Vaginal Yeast Infection?

1. Practice good personal hygiene

This is the foremost and the primary thing to do in order to combat any infections. Along with your daily bathing, it is very important to do simple things like wearing a clean and properly washed underwear which can lessen the danger of catching an infection. After attending the nature's call or motions ensure you are cleaning yourself properly. A most important tip is to keep your vaginal area dry to avoid the scope of catching an infection.

2. Follow a well-balanced diet and regular exercise

A healthy food consumption and staying fit through regular workouts will help to enhance your immunity level that will nothing but functional combat the risk of developing any infections.

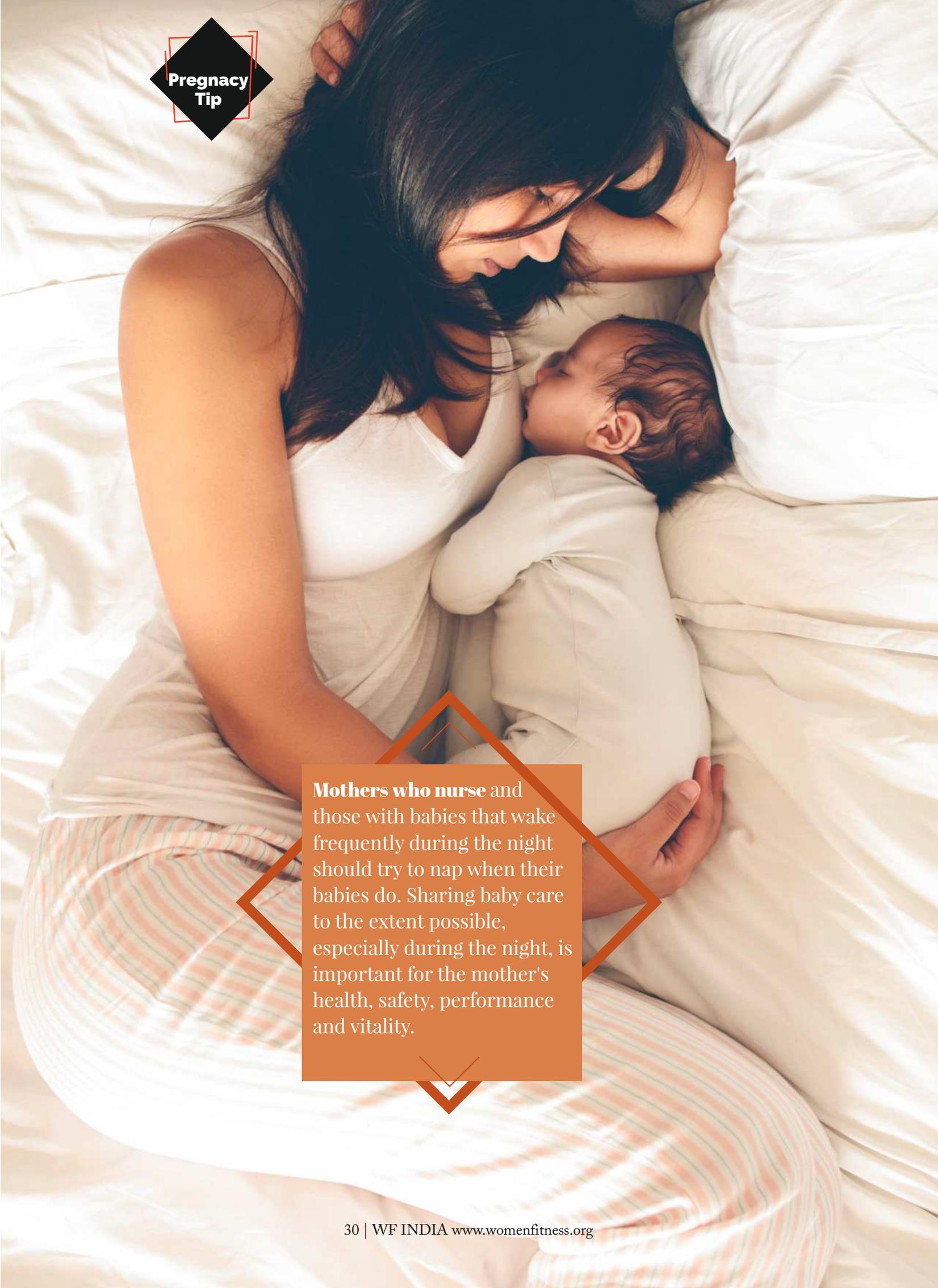
3. Load up on probiotics

Intake of probiotics which is present in yogurt and buttermilk can aid you to keep a yeast infection at bay as yogurts can be beneficial in improving resistance in the vaginal canal.

4. Get Enough Of Sleep

Quality sleep will upsurge your resistance to contracting contagions. In any case, a good night's rest is important to the healthy growth of your foetus. In case you have contracted an infection, is it also advisable to sleep without underwear, in order to air the area. If you are worried that you possibly have contracted a yeast infection in your vagina, never resort to self-medication. It is dangerous to do so as it can contribute to misdiagnosis and can make the situation get worse. Timely medical treatment is the best cure.

By: Dr. Anagha Karkhanis



**Pregnancy
Tip**

Mothers who nurse and those with babies that wake frequently during the night should try to nap when their babies do. Sharing baby care to the extent possible, especially during the night, is important for the mother's health, safety, performance and vitality.

Healthy
Eating

DON'T LET THE MENU SCARE YOU

7 Tips To Eating Healthy At Any Restaurant!

The common dieters often get scared of going out to eat because they think it might throw them off the wagon and all food at a restaurant is unhealthy. But the good news is, you can still eat out without the guilt of cheating on your diet plan. You don't have to be perfect – you just have to know your nutrition basics and have a good game plan, which you'll find below.

1

Check The Menu Before Hand...

Almost every restaurant has posted their menu online, and it's always better to go prepared. Why? You can see if they offer healthy options and if not, you can pre-plan your meal to avoid temptation. Maybe eat a little something before you go? Or better yet, change the venue.



Stay Away From Bread Baskets

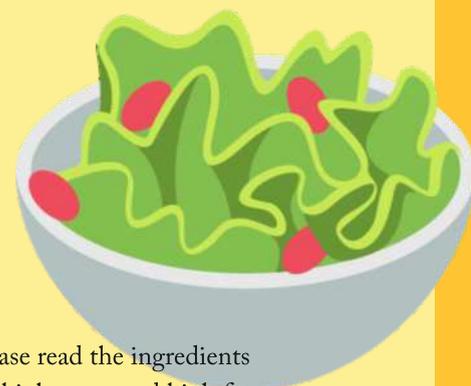
Raise your hands if you consume more bread than food when you have the basket in front of you. What else does one do while waiting for their food to arrive, right? WRONG! Send back the basket because before you know you'll be asking for seconds and thirds before your appetiser even arrives. Or take a few pieces and send the rest away.

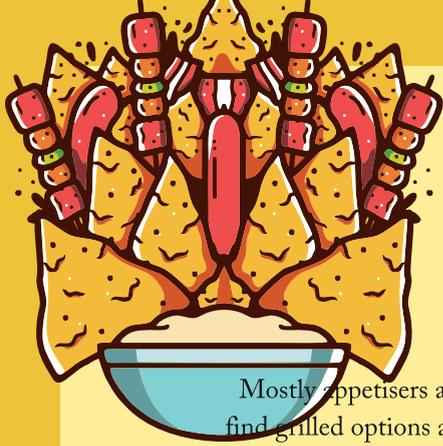
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3

Know Your Ingredients...

Just because it's labelled a salad or a soup doesn't make it healthy. Please read the ingredients below the description or ask the waiter. Often times salads have very high sugar and high fat dressings that are better avoided. And most soups are loaded with cornflour. My advice? Ask for sugar-free dressings and if you have your doubts opt for the dressing on the side so you can add as much as you wish. As for soups, ALWAYS mention "No cornflour/starch" to be added in your soup.





Opt For Grilled Appetizers

4

Mostly appetisers are fried to make them more delicious but if you look closer, you will always find grilled options as well. Always opt for these, and you can even double them up if the mains don't look too healthy. In Indian starters, our tandoor tikkas are the safest and healthiest in almost any place. Vegetarians have options of tandoor/chargrilled broccoli, cauliflower, mushrooms and paneer whereas non-vegetarians can find their chicken and fish.

5 Stay Away From Empty Calories...

Sodas and alcohol are terrible for your waistline. Especially cocktails are loaded with sugar. Ask for dry wine instead or if you absolutely must have a cocktail – skip the sugar and add a dash of lime instead. For non-alcoholic beverages, unsweetened iced tea is my top pick!



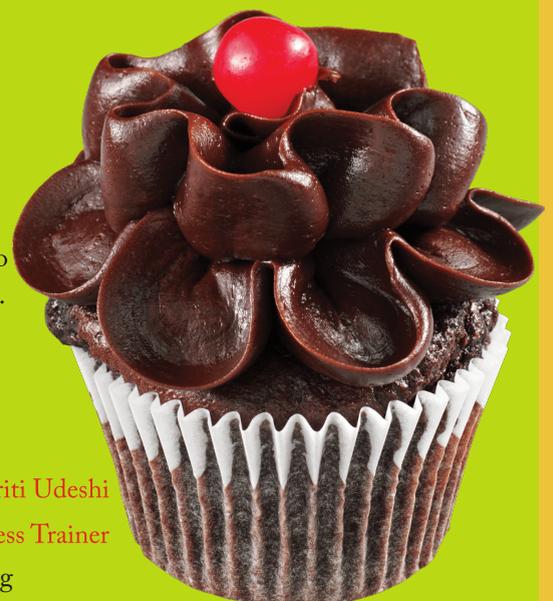
Swap Ingredients

Continental mains often come loaded with fries/mash potato on the side. Ask for potatoes to be swapped with fresh grilled veggies/mushrooms/sauteed spinach and see how light and guilt free you feel post your meal!

6

7 Indulge Smartly...

Try to avoid the dessert – especially if you're full. Don't give in to temptation just because the dessert on the next table looks good. But if you're ordering one, make sure you SHARE it with the table and look for desserts with fresh ingredients like cream and berries. Or stop by a frozen yogurt place on the way home to take care of your sweet-tooth.



By Dhriti Udeshi

Nutrition Consultant & Fitness Trainer



Benefits & Myths Related To **Whey Protein** Supplements

The basics of Biology and Anatomy teach us “Protein is the building block of our body”. Along with carbohydrates and fats, protein is the most important macro-nutrient. While our body needs carbs and fats

**“Protein
is the building
block of
our body”**

for energy, protein is needed for tissue growth & repair. Many of us have experienced that after following a hardcore exercise and dieting routine we can hear ice cream and pasta calling our names out loud and our diet goes for a toss.

According to a study published women tend to crave sugar loaded items like candies, chocolates, donuts etc. This is due to a variance in the sugar levels in the body. Whey protein helps check this sugar level intact. Many women think that Whey Protein will bulk them up. However it is not true, women do not have the hormones that facilitate huge muscles like men. Whey will aid women in getting an overall toned look rather than looking bulky.

The consumption of whey is current restricted to physically active fitness enthusiasts and hardcore bodybuilders. The misconception prevalent is that whey is not suitable for an average individual with sedentary lifestyle which includes women. Well let's find out what all false allegations our beloved Whey has been accused for:

1 Women think that consuming whey protein will make them bulky. They will develop features like the men and will look like them. Whey will help in fat reduction, promotes lean muscle growth and help maintain weight by speeding up weight loss process.

2 Women need very little amounts of whey protein in comparison to men. According to the Centers for Disease Control and Prevention, USA the standard food guide recommendation for the average individual is around 46 grams per day for women. This is the recommendation for the average, semi-sedentary individual. If you're exercising, you should aim to consume somewhere around 0.8-1 grams of protein per pound of bodyweight daily. May be 1-2 scoop of whey will be sufficient.

3 Whey Causes Bloating & Gas. The possible root cause of bloated or gassy stomach could be that you are lactose intolerant. In that case one should consume Whey Isolate – the purest form of protein.

4 High protein intake will increase testosterone levels. Women testosterone levels are much lower as compared to men. Testosterone levels are mostly increased due to high carb and fat diet. Consumption of whey doesn't boost testosterone levels unless consumed in high amounts.

5 Whey protein is hard on kidneys. There is no research to prove this point. However A high protein diet is not recommended for those who are suffering from kidney issues. Consumption of 2 grams per pound of bodyweight has not shown adverse effects on the kidneys when combined with balanced diet.

6 Women need different whey protein than men. Men and women can consume the same whey protein and it is safe to consume. There are brands in the market that sell different kinds of whey protein made just for women. They add female-specific vitamins and minerals like Folic acid and Vitamin B6, which are required for growth in females. If you think that you need additional multi-vitamins along with your whey protein, then you can use them separately.

7 Protein Diets Compromise Bone Health. There's no definitive proof that's linked to bone loss and poor health. In fact, according to the "American Journal of Clinical Nutrition," studies found that high-protein diets had a small but significant benefit to the lumbar spine.

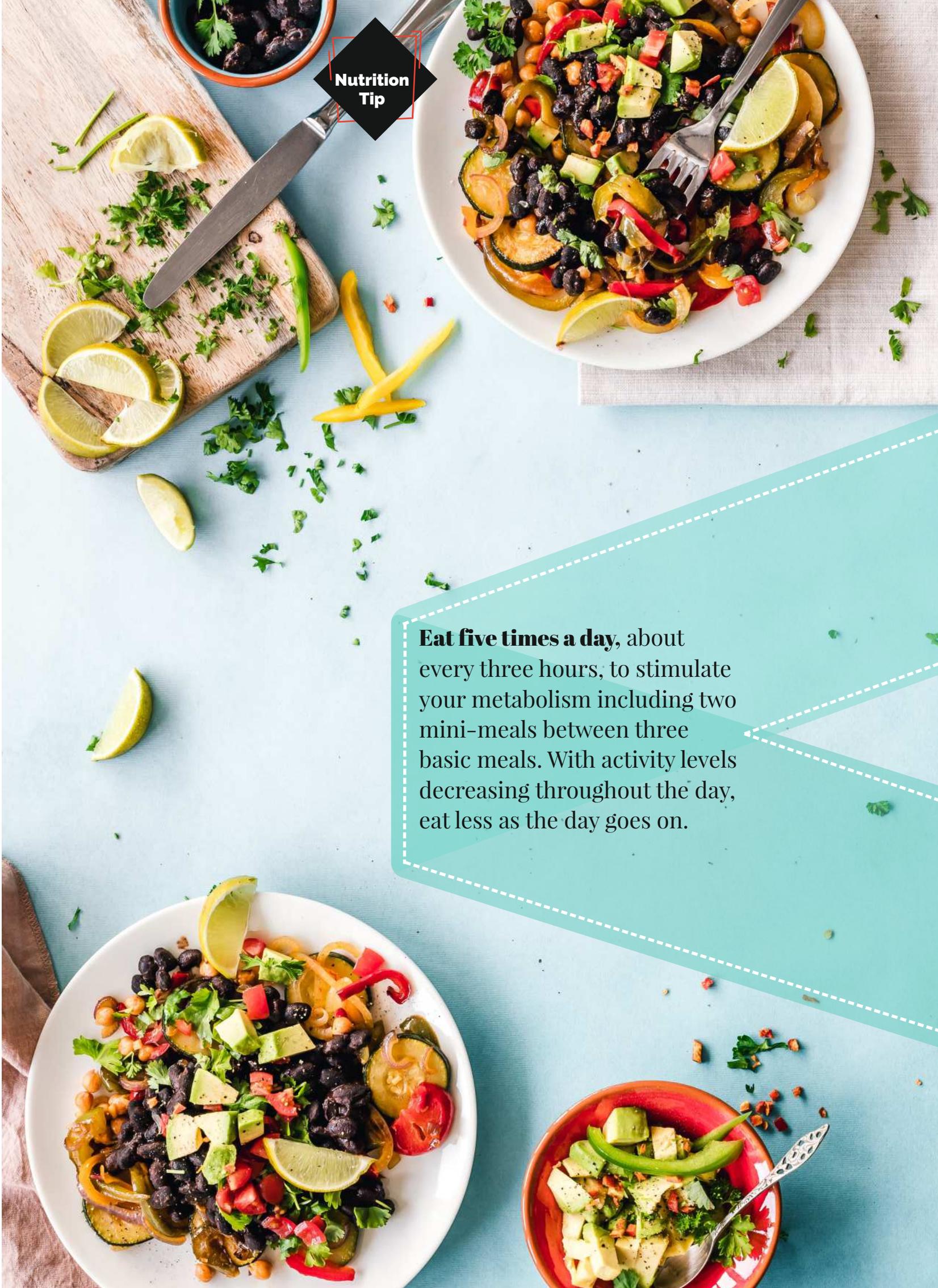


The benefits of whey protein in women are immense:

- 📦 Increases muscle content in the body
- 📦 Helps in weight loss
- 📦 Improves hair condition
- 📦 Keeps your immunity strong
- 📦 Keeps the skin and nails in good condition
- 📦 Improves metabolism, maintains high energy levels and reduces fatigue
- 📦 Helps to focus and negates mood swings
- 📦 No PMS-ing
- 📦 Reduces Bone and joint pain
- 📦 Keeps Blood sugar in check
- 📦 Helps in beauty sleep well

By- Samit Mehta





**Nutrition
Tip**

Eat five times a day, about every three hours, to stimulate your metabolism including two mini-meals between three basic meals. With activity levels decreasing throughout the day, eat less as the day goes on.





5
RECIPES THAT
ARE
EXCELLENT
STRESS
Busters!

Chef Reetu Uday Kugaji
Chef, Culinary Expert & Food Blogger

1 Lavender And Quinoa Pudding

Try this absolutely delectable Lavender flavored quinoa pudding with the goodness of coconut milk, sweetened with Jaggery.

Preparation Time: 5 minutes

Cooking Time: 30 to 35 minutes

Serves: 4

Ingredients and Quantity:

- ✦ Quinoa- 1/4th cup
- ✦ Lavender, organic, dried and edible- 1/2 tbsp
- ✦ Coconut Milk, unsweetened- 4 1/4th cups
- ✦ Cinnamon Powder- 1/2 tsp
- ✦ Jaggery, organic, grated- 4 tsp / as required
- ✦ Salt –a pinch

For the Garnish:

- ✦ Lavender, dried and edible- 1 tsp
- ✦ Almonds, lightly toasted- 01 tsp

Method:

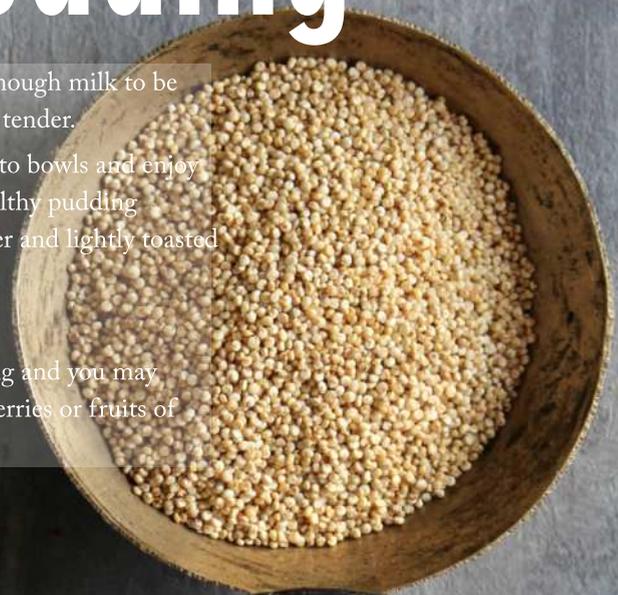
1. Wash and drain quinoa thoroughly in a fine mesh.
2. In a deep heavy bottomed non-stick pan pour the coconut milk add the drained quinoa and cinnamon powder, bring to a boil and simmer.
3. Simmer for 25 minutes. Stir occasionally.
4. Now add the lavender. Add a pinch of salt. Mix. Let it simmer for another 5 minutes.
5. Add Jaggery and mix well. Switch off the flame.
6. Ensure that the pudding is thick and the

quinoa has absorbed enough milk to be cooked through and is tender.

7. Pour the pudding into bowls and enjoy this delectable and healthy pudding garnished with lavender and lightly toasted almonds.

Chef Tips:

Cool down the pudding and you may garnish it with fresh berries or fruits of your choice.



2 Roasted Garlicky Fox Nuts

This is not only an instant snack but also a powerhouse of nutrition. Can be prepared in no time and is very filling. I would say Munch on this tongue tantalizing snack and stay Stress Free.

Preparation Time: 5 minutes

Cooking / Roasting Time: 08 to 10 minutes

Serves: 2

Ingredients and Quantity:

- ❖ Fox Nuts- 02 cups
- ❖ Extra Virgin Olive Oil- 02 tsp
- ❖ Garlic cloves, crushed- 06 nos / or more as desired
- ❖ Black peppercorn, coarsely ground- 3/4th tsp
- ❖ Turmeric- 1/4th tsp
- ❖ Salt -To taste

Method:

1. In a heavy bottomed pan, add oil. Add crushed garlic sauté for half a minute.
2. Add Fox nuts. Sauté on a medium flame till it becomes a little reddish in color i.e. for 07 to 08 minutes. Add turmeric powder and coarsely ground black peppercorn.
3. Sauté for few seconds.
4. Add salt to taste and mix well.
5. Remove from the flame.
6. Cool and transfer in an airtight container, if not consumed immediately.

Chef Tips:

1. To further enhance its flavor, you may add Curry leaves, if desired.
2. If you are fasting replace the salt with

sendha namak.

3. You may sprinkle a little Chat masala.

4. You may use clarified butter in the same quantity instead of extra virgin olive oil.

5. You may also make Roasted Garlicky Fox Nuts Bhel, by adding chopped onion, deseeded and chopped firm red tomatoes, chopped green chillies, chopped raw mango, chopped coriander leaves sprinkled with chaat masala to the prepared makhana (Fox Nuts). Just before serve sprinkle a little lemon juice.

6. This is done so that the bhel does not become soggy and remains crisp. Mix well.



3 Beetroot Falafel With Cilantro

Ultra-crispy on the outside, moist and fluffy on the inside.... this vibrant coloured beauty will steal the thunder out of your meal!!!!

Prepared with drained chickpeas, onion, parsley, cilantro, garlic and Bengal gram flour with a twist of beetroot added to it, deep fried and served hot with Cilantro Tahini Sauce.

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Makes: 10 Beetroot Falafel

Ingredients and Quantity:

- ✦ Hickpeas, drained and Canned- 3/4th cup
- ✦ Beetroot, cooked and roughly chopped- 01 no. large sized
- ✦ Onion roughly chopped- 1/2 cup
- ✦ Parsley, finely chopped- 01 tbsp
- ✦ Cilantro, finely chopped- 02 sprigs
- ✦ Garlic cloves- 03 nos
- ✦ Cumin, lightly roasted- 1/2 tsp
- ✦ Salt- to taste
- ✦ Bengal gram flour- 02 tbsp
- ✦ Canola oil- as required for deep frying

Cilantro Tahini Sauce:

- ✦ Tahini- 1/4th cup
- ✦ Garlic cloves-02 nos
- ✦ Cilantro, chopped- 1/4th cup
- ✦ Lemon juice- 01 tsp
- ✦ Salt- to taste
- ✦ Pepper- to taste
- ✦ Ground cumin- 1/4th tsp

Method:

1. Place the drained and uncooked chickpeas in a food processor. Blend it

along with beetroot, onion, parsley, cilantro, garlic, cumin and salt to taste.

2. Add 02 tbsp. of Bengal gram flour and pulse. Ensure that it blends properly but not pureed.

3. Place the mixture in a glass bowl, which is covered, in the refrigerator for 10 minutes.

4. Form the mixture into 10 equal sized balls and deep fry in hot oil on each side so that it is evenly cooked and coloured.

For preparing the Cilantro Tahini Sauce:

1. Pulse garlic, cilantro, cumin, salt and pepper in a food processor until smooth.
2. Add tahini and lemon juice; process only for 30 seconds. Add water to adjust consistency and whisk well.
3. Serve the beetroot falafel hot with Cilantro Tahini Sauce.

Chef Tips

1. You may add herbs and freshly ground black peppercorns in the Chickpea mixture before it is refrigerated.
2. You may add more Bengal gram flour to the chickpea mixture, if required.

4 Rose Petal and Indian Spice

Roses are incorporated in various cuisines especially the Middle Eastern Cuisine, for their decadent flavor and aroma.

These edible flowers not only enhances the appearance but imparts flavor and increases nutritive value to the dish.

Rose Petals aids in Weight loss, relieves stress and depression and acts as a natural aphrodisiac.

Adding a handful of rose petals to your food helps fight heart disease and diabetes.

A Levantine dip / spread prepared with mashed and creamy chickpeas blended with edible dried rose petals, rose powder, tahini, olive oil, lemon juice, salt and garlic with a flavor and mesmerizing fragrance of edible rose petals.

Preparation Time: 15 minutes

Soaking Time for Chickpeas: 08 hours

Chilling Time: 01 hour

Serves: 4

Ingredients and Quantity:

🍴 Garbanzo Beans (Chickpeas), soaked overnight and cooked-325 gm

🍴 Dried Rose petals, edible, cooked along with chickpeas- ½ tbsp

🍴 Rose powder, edible- 01 tsp

🍴 Garlic, crushed- 04 cloves

🍴 Punjabi Garam masala powder- 1/4th tsp

🍴 Red chilli powder- 1/4th tsp

🍴 Lemon juice- 01 tsp Extra virgin olive oil- 02 tbsp / or more as desired

🍴 Tahini- 1/4th cup

🍴 Water, reserved – 1/4th cup

🍴 Salt- to taste

For the sprinkling:

🍴 Punjabi Garam masala powder- a pinch

🍴 Red chilli powder- a pinch

For the garnish:

🍴 Rose Petals, edible: ¼ th tbsp

🍴 Green Pumpkin seeds (Pepitas), lightly toasted- 02 tsp

For the drizzling:

🍴 Extra Virgin olive oil for drizzling: 01 tbsp

Method:

1. Add all ingredients to a food processor and blend until smooth except the ingredients mentioned for the sprinkling, garnish and drizzling.
2. Chill in the refrigerator , covered with a cling wrap for an hour before serving.
3. Garnish with edible rose petals and Pepitas sprinkled with Indian spice powders, drizzled with olive oil.
4. You may serve this delectable dip with Lavash / Carrot crudités.

Chef Tips:

1. Reserve the water in which the chickpeas were boiled, it can be used for blending the ingredients for Hummus.
2. I personally suggest using Garbanzo beans which are soaked overnight and then cooked till well done, as some may opt for using canned ones.



5 Muskmelon Breakfast Bowl

Beat the stress with this breakfast bowl loaded with the goodness of Muskmelon, Greek yogurt, honey, muesli, nuts and berries.

Preparation Time: 10 minutes

Serves: 02

Ingredients and Quantity:

- 🍴 Musk Melon, medium sized- 01
- 🍴 Greek Yogurt- 3/4th cup
- 🍴 Organic Honey- 02 tsp
- 🍴 Musk melon, cubed- 01 tbsp
- 🍴 Muesli- 01 tbsp
- 🍴 Almonds slivered- 1/2 tsp
- 🍴 Raisins- 01 tsp

For the Topping:

- 🍴 Muesli- 1/4th tbsp
- 🍴 Blueberries- 08 to 10 nos
- 🍴 Cape gooseberry, sliced- 06 nos
- 🍴 Strawberry - 04 nos
- 🍴 Almonds slivered- 1/2 tsp
- 🍴 Raisins- 1/2 tsp

Method:

1. Cut the Musk Melon into halves.
2. Scoop out the seeds and set aside.
3. Scoop out a little flesh of the musk melon and puree.
4. Mix yogurt, melon puree, cubed muskmelon, honey, slivered almonds, raisins and Muesli.
5. Transfer into the halves of melon.
6. Top it with Muesli, slivered almonds, raisins and fresh berries.
7. Serve.
8. Beat the stress with this refreshing and healthy breakfast bowl.

Chef Tips:

Melon seeds can be washed, dried, peeled and used in various food preparations.

5
DIY

Hair Masks

For
Healthy
Hair

Hair masks are not something new. According to ancient text women used to apply a paste of herbs, tea leaves, jasmine flower petals, amla paste, coconut and olive oil to deeply condition and nourish their hair. Now we have a host of options to choose from, but the basics of good hair care have not changed for hundreds of years. One hair mask cannot be suitable for all types of hair. It is essential that we find a hair mask according to our hair type and need.



Here are some of our recommended hair mask that can be made from your kitchen ingredients. These masks are restorative, nourishing treatment, repair damaged hair and boost growth.

Here are a few suggestions for multiple hair types.



Coloured hair

Deep moisturizing is needed to preserve colour and maintain a healthy glow. Concentrate on the ends of the hair, which dry out most quickly. If you do not have a mask specifically for colour-treated hair, a dry hair mask will also work well.

Coconut milk and avocado are very beneficial for coloured hair. Since its oil free it wont strip off the colour while you are trying to shampoo it out.

In a blender, combine a whole avocado, one cup of coconut milk, a tablespoon of honey, and lemon oil.



Fine hair

Thin or fine hair can easily be weighed down and end up limp which is why they need ingredients that strengthen them, give volume and shine. Whip up one ripe banana, 2 table spoon olive oil and 1 teaspoon honey to get hair back on track. You may add few drops of lavender oil or rosemary oil.

Banana has just enough protein to improve elasticity while the combo of honey and oil moisturizes strands and hydrates the scalp.



Dry and Damaged hair

For dry and damaged hair, we essentially need to hydrate. Honey is great ingredient. You may try any of the following treatments one with egg and other without egg.

1. Egg yolk, honey, and coconut oil to restore moisture, protein, and shine. Leave the mask on for at least twenty minutes for ideal penetration.

2. Mix one tablespoon of honey with two tablespoons of olive oil and let it set for about 20 minutes.



Curly hair

Curly hair has a reputation as one of the most difficult hair types to manage. Masks with avocado, coconut, or argan oil can help to tame and smooth wild curls.

1 egg, two tablespoons of mayonnaise, one tablespoon of olive oil, and one tablespoon of honey.

You can also add essential oils to the mixture to further nourish your locks.



Oily hair

Clay's absorbent properties make it the best choice to keep greasy or oily hair voluminous and shiny.

½ cup French clay, 2 table spoon avocado oil, and 10 drops lavender essential oil mask will leave your hair smooth, shiny, and stronger than ever.

By- Ms. Pooja Nagdev

Fashion Trends

To
Lookout For
In **2019**

The close of 2018 leaves us thinking about what's going to shine out in our 2019 wardrobe.

WF team brings you an insight into what we'll all will be wearing in 2019...





Over Sized Hats

If you recently glanced at your Instagram feed this summer, you no doubt spotted a Jacquemus La Bomba hat. It seems brands are vying for similar cult status next season by producing their own delicious incarnations.

Sensible Shorts

Cycling shorts may have stolen the show in 2018, but next season things are looking a little looser. Tailored, micro, knee-length... skirts may be given a few months off as we all look to the more boyish alternative for our new summer go-to.



Tight Pleats

Pleats are back for SS19 but this time they're more intricate. Tighter than before, the micro pleat provides maximum impact as it generates not only more movement but also a more fluctuating silhouette as it expands and contracts.

Tie-dye

Tie-dye is truly is back in fashion. Admittedly, 2019's take on the trend is a hell of a lot chicer. Make like Stella with a no-holds-barred approach and opt for a bold matching two-piece, or – if you're anything like us – you'll likely favour a subtler beach maxi.



Fancy Flats

While models were teetering precariously atop stiletto heels, things are a whole lot more down to earth in the new year. We are looking forward to spending next season in comfy, fancy flats for the sake of #fashun.





Summer Waterproofs

Summer's unpredictable weather has taught us to be prepared. So, carry a bikini, sunglasses and knee-high wellington boots with you always, these fair-weather waterproofs will serve you well.

Fringing

With fringes shining as an autumn obsession, it was almost inevitable that there would be another Western-inspired trend infiltrating our wardrobes next season. Adorning everything from jackets to skirts via handbags and everything in-between, who knows... maybe we'll be cutting our hair to fit too.



Neon

Vibrant zesty hues are back with a bang in the new year after endless seasons of the fashion pack drooling over all things pastel. If you're brave opt for a neon coats & jacket.

Puffed Shoulders

Bold shoulders are no new thing, but rather than padded, boxy numbers, next season's take is a whole lot puffier. Often gathered at the shoulder with pleats of elastic, they work particularly well with square necklines on feminine dresses. Here's hoping the weather allows us to forgo a jacket, or that volume could provide a stumbling block.



Sequins

Offered up in endless incarnations, opt for a more gently beaded style for a friend's birthday dinner or blindingly glitzy number for your own.

Note: the Pantone Color of the year 2019 is Living Coral. Living Coral welcomes and encourages light-hearted activity. Symbolizing our innate need for optimism and joyful pursuits, PANTONE 16-1546 Living Coral embodies our desire for playful expression.

To
practice Ujjayi
breathing, Seal your lips
closed and place the tip of your
tongue on the roof of your mouth.
When you do this, you should feel a
slight constriction in the back of your
throat. Begin to breathe slowly in and
out of the nose. Your breathing
should feel textured and your
exhales should be audible.





The Most
POWERFUL WOMAN
On The **Block**

Swara
Bhasker



Picture credits : Vaishnav & Apeksha, House Of Pixels

Swara Bhasker is a spectacular actress, who has changed the way we look at Bollywood films. After giving back to back thrilling performances, she has totally blown us over with her incredible transformation for her role in Veere Di Wedding.

Women Fitness had the wonderful opportunity to speak with the stunning actor, Swara Bhasker, and get to know more about her life, dreams and transformation!

Starting out as a debutante with a supporting role in the 2010 drama Madholal Keep Walking, you have come a long way giving ground-breaking performances in Tanu Weds Manu, Listen Amaya, Raanjhanaa, Prem Ratan Dhan Paayo, Nil Battey Sannata, Anaarkali of Aarah and now Veere Di Wedding. Share with us your incredible journey in Bollywood so far? If you had to define it in one word, what would that be?

I think the one word to describe my journey would be wholesome. I was a freshly graduated student from DU and JNU when I came to Bombay. As an outsider to the industry, I had to make my own way and pick my own path. I never had a Godfather figure staking an interest or their credibility in my career. That said, I think I've been very blessed. I met good people, landed good parts, those films turned out well and many of them became blockbusters and people came out of the theatre remembering my character with fondness and affection. And slowly I've made my own niche and my own identity. I've worked with the most iconic names of Bollywood Shyam Benegal (directed me in the mini series: Samvidhaan – the Making of the Indian Constitution), Farooque Sheikh (Listen Amaya), Sooraj Barjatya, Salman Khan, Aanand Rai and I've done critically acclaimed roles like Listen Amaya, Anaarkali of Aarah and with Nil Battey Sannata and Veerey Di Wedding. I've tasted commercial success in my protagonist based work as well. So all in all, I feel good!

Being a versatile actor, trained dancer and activist, provide us an insight on a day in your life.

My days are erratic and hectic but basically depend on whether I'm shooting or prepping for a shoot. If I'm shooting its pretty simple. I wake depending on my shift, so between 5-7am and reach set; shoot all day- normally 14 hour days; come home spend a good half hour removing my make up and showering and moisturising and then I CRASH! On the days I shoot- I cannot do anything else, it's all consuming.

On off days – I wake up AS LATE as I can. I usually have either my pilates class, my gym workout to schedule in. I have meetings to do and there's always one of my three cats that needs some care or a bath! So non shoot days are generally a chaotic mix of a whole lot of to-do's and errands. The month always has lots of travel; and non-Bombay based events – so that needs to be looked after.

So yes,
its a
hectic
but fun
life!

Well, you have toned up your body and look fitter than ever! Define your workout routine like in a week?

(To the trainer: How do you innovate Swara's workout routine so that it stays interesting and never gets boring? Also, what works best for her body?)

I'm the laziest and most indisciplined person in the world and basically only workout when I HAVE TO because there is a role sitting on my head; or because I'm terrorised (in the case of Veere Di Wedding of Rhea Kapoor). For prep for Veere – I did a mix of Yoga and high intensity interval training with Rohan Sawant at Body Sculptor. Basically I just started showing up to workout. (laughs).

The best thing about working out with Rohan is that he doesn't leave me alone if I stop showing up. He haunts me on social media also- if I stop working out That's basically what I need! Once I'm in the gym its easy.

Rohan Sawant: The big challenge with Swara is to make her workout regularly! I've known her for almost 6 years and she is most dedicated when she has a goal- rather a role that she has to work towards! With Veere she had a clear goal and it was easy for me to make sure she was regular. We did a mix of strength and high intensity interval training. She was also on a diet and so the days that she was tired or fatigued we balanced out with lighter workouts. We make our workouts interesting with chit chat and gossiping about the film industry. Swara actually has a body and metabolism that responds well and quickly to regular training – the regular part is the challenge.

Swara: It's true I cannot deny it. I'm his worst client (laughs)

Picture credits : Vaishnav & Apeksha, House Of Pixels



In a recent interview, you said “Around two months before I began shooting for Veere Di Wedding, I went on a Ketogenic diet.” How was your experience following a the keto diet? Why did you choose it? (To the nutritionist: What was Swara’s diet in a day?)

Yes, so actually I met one of Rohan’s friends at the gym and she looked like literally she had shrunk! So I went to her nutritionist Jaydeep Bhuta and I told him that I had a limited amount of time and I needed a goal oriented diet- just for the period of my Veere Di Wedding shooting. Jay understood my requirements, he explained the whole method of Ketosis to me very scientifically and put me on a Ketogenic diet and modified it every 10 days depending on my requirements and responses. He also gave me a maintenance diet, when I had achieved my goal.

Jaydeep Bhuta: Swara came to me 8 weeks before the shoot of Veere Di Wedding. Her intake was like that of any normal person. She was never on any diet so consumed whatever she wished to eat. Getting her rearrange her macros wasn’t very hard. She was very motivated and stuck to the diet I gave her from the start.

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



You have been known to keep it natural when it comes to beauty. Share with us some tips for natural and organic skincare and haircare.

I think one has to understand that the kind of beauty we are sold on magazine covers is a constructed and cosmetic kind of beauty. To feel beautiful, you have to start by feeling fit and healthy and mentally feeling positive. I think a balanced diet, enough sleep, a loving family and good friends to have fun with are the real beauty secret – I’m literally not joking!!!! Other than that, I love natural face masks made from whatever is available in the fridge – dahi, fruits, honey, oats, besan.. My simple mantra for skincare is cleanse (I take off ALL my make up, wash, tone and moisturise- no matter how late I get home from shoot or party) and moisturise! I moisturise like mad!!! And for hair- I try and oil before wash and do regular hair-packs and deep conditioning when I can.



Being an actress, you have to sometimes work for long hours in difficult conditions and temperatures, how are you then able to maintain your health and fitness level? Name the top 5 essentials that we can always find in your bag?

Eat enough and well. Sleep enough and well. And exercise regularly are really the only way to go. I recently injured my back because I strayed from this path and now I’m trying to get back on it.

In my bag:

- Moisturiser
- Kaajal and mascara
- Lip balm
- A bottle of water
- Perfume
- Apart from wallet, phone and cellphone charger of course.

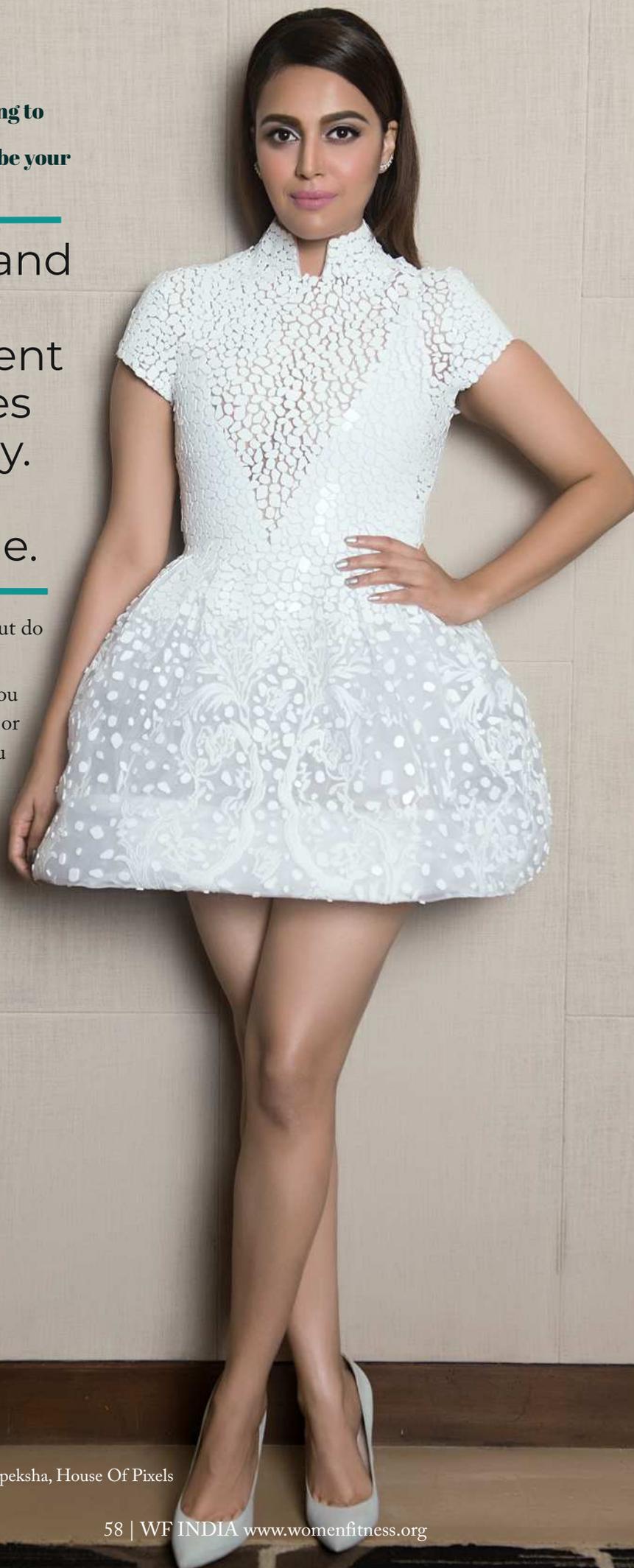
For a newcomer trying to enter the Indian Film Industry, what would be your piece of advice be?

“ Invest in and hone your talent. Talent always sees light of day. Talent is undeniable.”

Be ready for rejection but do not be defined by it.

NEVER do anything you do not want to, for a role or because someone told you that there is a price to your dreams!

The only price for your dreams.. literally is your struggle and your efforts.



If a role demands you to lose 10 kilos, in a healthy way, what would be your list of do's and don'ts?

Go see Jaydeep Bhuta is my only do and as Rohan Sawant says- don't miss the workout, come what may!

I would seek professional help, and I would give my body time to do that.

Talking about social media, it can sometimes be too invasive and overwhelming, how do you create a balance while using it? Also, how are you able to avoid all the negativity that circulates online?

I avoid the negativity by ignoring it and by understanding that it comes from a malicious low life who has no life of their own. I barely ever read my mentions!

Trolling and abusing on social media is basically a form of bullying and must be resisted.



Picture credits : Vaishnav & Apeksha, House Of Pixels

2018 has been an exciting year for you, with huge successes coming your way, what's up on your list now? Tell us more about the other projects that you're currently working on or are looking forward to.

I've recently finished two digital series: Its Not That Simple Season 02, for Voot and Rasbhari for Applause Entertainment.

I start another one soon where I play a cop and there is a very exciting film project which will soon be officially announced.

Women Fitness has been there for more than last 19 years working with a goal to help women with the best in health & fitness. Share a word about the website and a message for our followers?

I think Women Fitness is a very special platform- it has been popularising the cause of fitness and women's health long before fitness became cool. Thank you for all the work you do, and to the readers of Women Fitness, keep reading and remember fitness is not an overnight magic spell; its a relationship with your body that you must give time and attention to.



10

Weight-loss Facts

To Help You Waltz
Through Winter





Gaining weight is easy but it is especially so in winter when the days are shorter and one is more prone to being inactive. So, be more careful of what you eat, how much you eat and what time do you eat besides ensuring that you get sufficient exercise to keep you healthy and stress-free.

Here are ten surprising weight loss facts:

2 Stress is a major contributing factor to weight gain. Stress can make it difficult to lose weight. Stress can trigger cravings for carb-rich snack foods which tend to calm stress hormones. Stress hormones can also increase fat storage. In addition to physical exercise, relaxation techniques can help control weight. There are a lot of people who feel anxious, stressed, overwhelmed, lonely or sad during winters even when they are in company. When they are unable to cope with these uncomfortable feelings, they binge on food hoping it will bring that elusive joy. It doesn't work that way. Reduce stress as far as it is possible for foods high in sugar and fat are consumed more when you are under stress. If you are uncomfortable in any situation, try and get out of it rather than mindless eating and subsequent gaining weight. There are a lot of people who feel anxious, stressed, overwhelmed, lonely or sad during winters even when they are in company. When they are unable to cope with these uncomfortable feelings, they binge on food hoping it will bring that elusive joy. It doesn't work that way. If you are uncomfortable in any situation, try and get out of it rather than mindless eating and subsequent gaining weight.



1 Weight loss is gradual in most people and that is what one needs to beware of. The season of joy should be done without piling on pounds. The emphasis should be less on weight loss and more on maintaining your weight and that is possible only if you regularly consume a healthy, nourishing diet and follow an exercise routine.



3 Skipping breakfast is the worst idea if you are planning to lose weight. Breakfast is the most important meal of the day. Make sure it is high in protein by including eggs for it helps in improving control over appetite and body composition.



4 Elvis Presley was famously a fan of the "Sleeping Beauty Diet," or a diet where a person is sedated for days at a time. The reasoning behind the diet was that a sleeping person wouldn't eat. Sleep helps prevent putting on weight. It is important to have adequate sleep if one wants a healthy life. Sleep deprivation leads to craving for sweet and high calorie foods. No matter how busy a schedule you have during winters or the holiday season, it is necessary to plan your routine around sufficient sleep, regular exercise and eating healthy meals while occasionally having a cheat meal too. Sleep deprivation can make it harder to lose weight. Inadequate sleep upsets a person's hormone balance, which decreases leptin (a hormone that makes a person feel full) and increases ghrelin (which triggers hunger). Scientists argue that getting enough sleep is the cheapest and easiest obesity medicine there is.

5 Listen to your body when it comes to eating. Eat only what you are able to. Decide what time and quantity of food you are going to eat yourself for no one understands your system better than you. Don't go with the flow and just eat because all others are eating it too. There is absolutely nothing wrong in refusing to eat what you know is unhealthy or if it is the wrong time to eat it.

7 While weight loss pills may help a person lose weight temporarily, they can cause other negative side effects, such as severe mood swings and depression.

8 Sedentary lifestyle is the worst thing for weight-loss. Experts note that the body starts to shut down after sitting for long periods of time. Importantly, key fat-burning enzymes simply start switching off. Even after just one day of sitting, fat-burning enzymes plummet by 50%, among other determinant health effects. Even 30 minutes at the gym is not enough to offset the detrimental effects of 8 hours of sitting. A recent study found that those who took more breaks from sitting throughout the day had slimmer waists, lower BMIs, and healthier blood fat and blood sugar levels than those who sat the most. In short, the longer a person sits, the more likely they are to die an early death. People who are leaner move an average of 150 minutes more per day than overweight people. Simply getting off of a chair and moving helps turn on fat burning enzymes and increase blood flow. Sitting at desk burns 83 calories per hour. Standing at desk burns 115 calories per hour. Riding an elevator burns 128 calories an hour. Taking the stairs burns 509.

6 Amid the many hundreds of diet books are really only four basic rules for weight loss:

- 1) eat carbs in the form of whole grains or fiber,
- 2) avoid trans and saturated fats,
- 3) eat lean protein, and
- 4) eat lots of fruits and veggies.

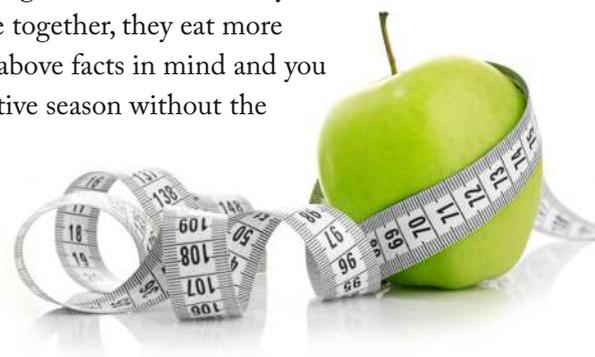
9 Alcohol is not good for those trying to lose weight. This is no surprise. But if you like to have a drink, do so in moderation. Alcohol contains empty calories and no nutrition. It also stimulates appetite and makes the fried, fatty and salty foods look more attractive. So plan the number of drinks you are going to have and never start drinking on an empty stomach. Some people consume more alcohol than usual and more often than not skip their regular workout as a result of hangover.

10 If you truly, want to lose weight, enjoy your food. Relax and savour your food every time you sit down for a meal and never try to eat more than your stomach can take. Concentrate on eating nutritious, unprocessed, freshly cooked food rather than only on calories it contains for a long term weight management. Have manageable goals so that you may consistently try and manage your weight and intake of food.



Most people eat more during winters and thus gain a lot of extra weight mainly because it's a season with a lot of festivals across all religions. It is also holiday season when people socialise more and when they are together, they eat more savouries than regular nutritious food. But keep the above facts in mind and you will be able to enjoy the bounties of the winter or festive season without the scales tilting in a way you don't want them to!

By- Avni Kaul



SHIVANI PATEL'S

INCREDIBLE TRANSFORMATION STORY WILL INSPIRE YOU THIS YEAR



Shivani Patel, is a founder of Sculptasse Studio, and has been a personal fitness instructor for 7 years now. She trains around 600 fitness enthusiasts every month.

However, she was not always like this. It took a lot of hard work, determination, and perseverance.

This was her not too long ago, weighing a hefty 286 pounds.

Back when she had embraced the corporate world and all the lifestyle changes that came along with it. Her job as a PR agent involved coordinating with two time zones on either side of the hemisphere – U.S & Indian. She worked for Motion Picture American Association (aka Hollywood) and her responsibility included getting press releases ready in time for the Indian media. The consequence of that resulted in sleeping at odd hours, and undue stress, which she coped by eating processed junk food which ultimately added to her heavier-than-normal frame – the end result being this whopping size you see.

Despite the outer shell of “I don’t care attitude”, it hurt when the people made snide remarks and body shaming comments started to pour in subconsciously. When Auto drivers would ask her to step out of autos when driving up the hill. Once a guy at a club made a remark that “everything below my neck was ugly.” Although she loved shopping, I hated it when the dresses she loved would never fit – she was 5XL which was an extremely uncommon size to find in India. Words such as “fatty, jaadi and moti” by friends and colleagues became too familiar which tanked my low self-confidence even further. The struggle was real!

Not knowing any better she coped with the struggle by further indulging in comfort food and emotional eating. Her solution for depression back then was food, although she did try antidepressants for a while – which didn’t help much at all. The body shaming in subtle and open ways continued, which she felt addicted to food in order to cope – it was a vicious cycle.

Her life changed one day when she was at a movie theatre and got stuck in the seat. It was so embarrassing that the entire seat had to be taken apart just so she could get out. That was when she decided she had enough and had to do something dramatic. Here is her story:

The first step in a fitness journey is **WHEN YOU** yourself decide that you want to lose those pounds. What is your “**WHY**”, your motivation? **SETTING YOUR GOALS.**

I decided to get a personal trainer. I was lucky that I found someone highly knowledgeable and persistent. Despite my late night lifestyle, he made it a point that I showed up for a workout at 6 a.m.



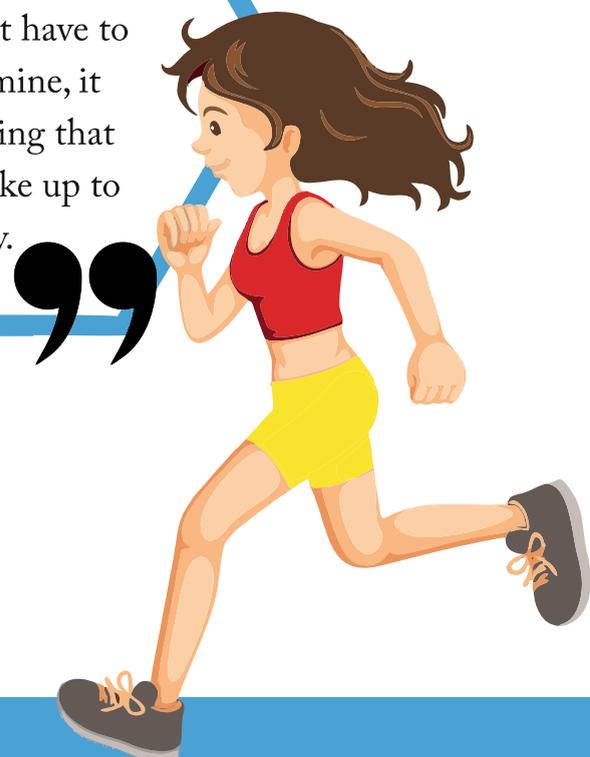
every morning. During routines, he told me the names of exercise and also which muscle groups I was working on. He did not just make me exercise but educated me on what I was doing in that one hour I was with him.

Which brings us to the second step in fitness journey – **FOCUS, DISCIPLINE**

& SELF-BELIEF.

Both of these are interconnected. You have to stay focused on your goal and to attain that stick to a regime. Your journey does not have to be similar to mine, it could be anything that you want to wake up to each day. For me, it involved completely reorganising my schedule.

“Stay focused on your goal and to attain that stick to a regime. Your journey does not have to be similar to mine, it could be anything that you want to wake up to each day.”



I woke up at 6 a.m., went to bed earlier, set definite timelines for activities and ate healthy. Trust me it did not happen overnight, I failed a lot more before I succeeded but I had my eye on the goal, so surrounded myself with mentors that would help me reach my goal.

This lifestyle change resulted in how I see fitness today but self-discipline is the key to fat loss.

Phase 1 : The Student

Getting over one's first love is hard. We all resort to something to get over a bad phase. In my case, I resorted to food. The emotional eating had the twin effects of deflating my self-esteem and degrading my health. I was called names by friends and colleagues like fatty, moti which further affected my self-esteem. I ended up in more comfort eating thus spiralling into a vicious circle.

I tried antidepressants but they did not help much. Although what did help was my sister's support through this rough phase. She kept encouraging me, and helped me stay positive. That was when I realized the importance of staying positive.

Now my favourite mantra is Train your mind along with the body. Physical and mental health go hand in hand. It is essential that they complement each other.

This was also the reason I wanted a well-informed and knowledgeable coach. He pushed me beyond my limits. During the session while working out, he helped increase my knowledge on which muscle group I was targeting while exercising and why we needed to train them.

Phase 2 : The Master

It took me about six months to enjoy my workout routine. Up until then I saw it as something I just had to do. The positive comments elicited about my figure from the very people who called me moti, fatty, jhadi was a great boost to my self-confidence. This motivated me to challenge myself further during my workouts. I also started to take a keen interest in the muscle groups.

When I began losing weight further, I realized I would love to do this every day. That was when an idea struck me – I want to stay healthy for good, and motivate others to do the same. Why not get paid for it? By now, I had an idea of the different muscle groups and which workout routines would best hone them.

Phase 3 : The Trainer

I decided to quit my corporate job and focused completely on being a trainer. I didn't want to bite more than I could chew, so I started small. Around the same time, I came across a book by Zumba Fitness. Reading that book in itself was a life changing experience. I underwent the training and currently offer Zumba classes, and various fitness variations such as Strong by Zumba, Aqua Zumba, Poundfit & High Intensity Interval Training.

When everything seemed to be going on a good roll, life threw a couple of unpleasant surprises which tested my grit.

I was diagnosed with hypothyroidism – a deficiency of the thyroid hormone. Symptoms include fatigue, weakness, weight gain or difficulty losing weight. This presented a challenge in further achieving my goal of losing weight and achieving my target. I found that I would keep working out, eat healthy but my weight had plateaued and would not budge. It caused a lot of frustration, and was thus advised to refer to a physician to rule out medical issues. This is when I was learned more on hypothyroidism. So I did what I usually do when presented with a challenge: research more about it, treat it if I can and move forward.

Not too long after I thought I had tackled the issue of hypothyroidism,



sometime and started seeing results towards my goal I met with an accident and had to undergo ACL reconstruction surgery. Anterior cruciate ligament (ACL) is important for maintaining stability of the knee joint, particularly in activities involving weaving, pivoting or kicking. The knee becomes unstable with a ruptured ACL and the joint became more damaged over time. Moreover, my job involved a lot of knee activity. So I needed an additional surgery. The recovery and rehabilitation post the surgeries took almost a year, and I was asked by my doctor to take a year off that knee. It was heart breaking to me since my life revolved around my mobility and my legs.

I wondered whether I could still continue my workouts. That was a depressing phase. The thought of going through all this effort only now to be constrained to bed was not a

happy thought. But when life gives you lemons, make lemonade out of it. Since I was asked to stay off the physical activity, I used that time to work my mental health since I believe they go hand in hand. So I coped by picking up a lot of reading, surrounded myself with people who were a positive influence in my life. Decided to use that time to travel, by going places that rejuvenated my soul. I watched motivational videos to stay positive. I also worked out how to grow my business while staying at home. Once recovered, I began offering fitness classes to people. Zumba is extremely popular. In fact, I ended up opening classes at 10 locations with 600 clients in a span of one year. To solidify my background in the fitness industry, I am also pursuing further education from American College of Sports Medicine and ACE.

TIPS TO STAY MOTIVATED

In Your Fitness Journey

1

Keep Regular Reminders

Every day is a new day with a new start. Hence, every day I reminded myself on where I wanted to see myself. I stuck pictures of women whose figures I admired on the mirror – the first thing I saw as I brushed my teeth in the morning. It served as a daily reminder of where I wanted to be. I created a scrapbook and vision board of interesting articles with respect to healthy food, exercise routines, fitness competitions, gym workout and anything else which struck my fancy and I thought would help me reach my goal.

Smaller, Healthier Portions

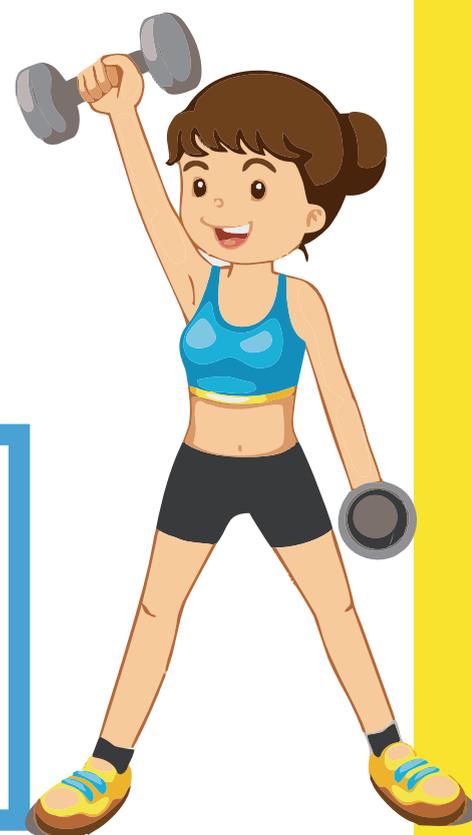
I cut down on the amount of food I ate. I picked out a bowl and limited my portions to the size of that bowl – be it rice, pasta, or sabzi. I stuck to fruits for my in-between-meals cravings. During the occasions my friends and I decided to meet up at a buffet restaurant or street food, I took my entire meal in the soup bowl, as opposed to a plate. This ensured I did not fast and feast.

2

3

Work Around Your Hobbies

As mentioned in an earlier post, I loved shopping. Every time the dress I loved did not fit me, it was terribly depressing. After I began my regime, I started getting dresses one size smaller which motivated me to keep losing weight till I fit in. If you love socialising, be conscious of the amount of calories you consume. Similarly, if travelling is a hobby, ensure you keep working out during your travel/ stay at a hotel.



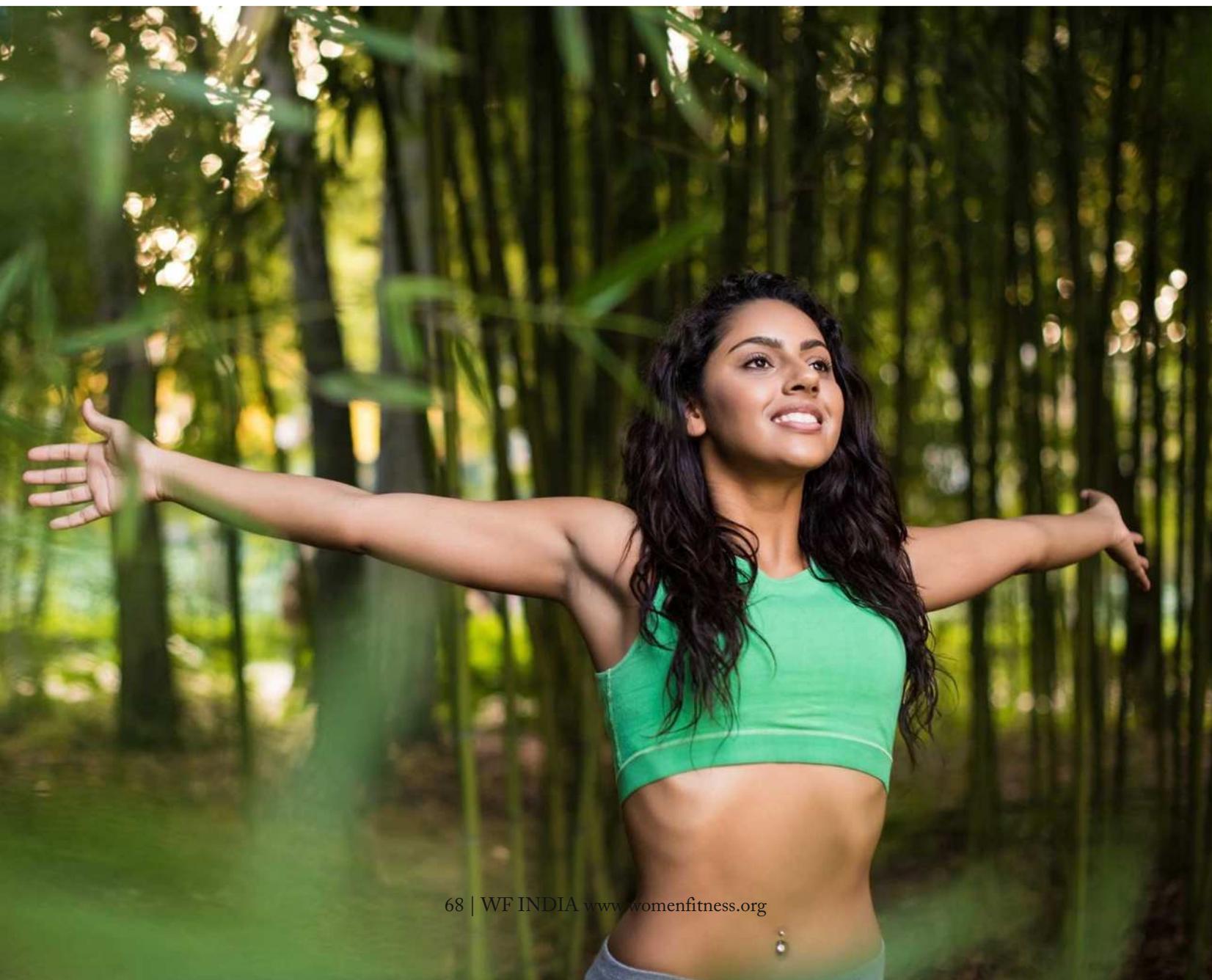
Small Steps

That Lead
To A
Healthier
You



We all want to feel ourselves happier, thinner and healthy. To achieve this goal we all need to do a little adjustment in our lifestyle. From our eating habit to our daily routine, all needs a little tweak for a better life. People though start with a great intentions and zeal but fall short in the middle and abandon their goal of being fit, happy and healthy. Abandoning the resolution in the middle doesn't get any result but makes people have sheer frustration.

Like many crash courses, people think shifting to a healthy living won't take much time. Everyone wants a quick result. When people fail to see an instant effect they leave it in the middle because we already struggle to make time for ourselves between family and work. Hence, people subside the first and foremost important thing that is our health. Staying fit doesn't only keeps us healthy but also help us to be a better person.





Let's start taking tiny steps to lead a healthy living. To start with, we should keep a full-stop to unhealthy snacking. This is unarguable that exercise plays a vital role in keeping us fit and thus healthy but you would be surprised to know that workouts only plays 30 percent part in keeping a person healthy. The rest 70 percent is dependent on the kind of food we consume. Before anything else we throw away all the junk-foods and deep-fried snacks and staple ourselves with healthy food. When it comes to choosing the right kind of food, we do not need to stick to only protein and replace carbohydrate from your food. Each nutrient in a way is important for our body.



We should also introduce yoga in our daily routine. Yoga doesn't ask us to hit a gym or going to any place. You can just wake up a little early and give 20-30 minutes daily for a healthy physical and mental life. Doing yoga doesn't only burns out the bad fat from the body but also provides body the mental peace and sound mind.



Walking or brisk walking is also a very good aerobic exercise. Going for a walk outside in the sunshine will leave you feeling extremely revitalized and help you meet your daily intake of the crucial anti-inflammatory, vitamin D. If you don't have time for a walk, simply find a nice grassy spot where you can sit in the sun with your shoes off. Having your shoes off means that you are earthed, and earthing is extremely beneficial for detoxing.



To keep ourselves healthy, we also need to keep a check on the daily consumption of liquor and smoking of cigarettes. Unhealthy food and consumption of liquor makes our liver toxic which results into poor digestion. To keep our liver healthy, we must detoxify our body on daily basis. Detoxification doesn't need to be making fresh green juices every morning. It can be something as simple as fresh lemon juice in some warm water placed in a mason jar. Lemon juice literally flushes out your liver of nasty toxins which have built up while you were sleeping.

By- Ravi Tiwari



15

**BEST ORGANIC
BEAUTY PRODUCTS**

*To Try
Out*

The world is making quite a shift and so are our beauty routines. Women are nowadays more aware of the ingredients and chemicals that are being used in their regular beauty products and we are therefore, seeing a shift towards the more use of organic beauty options. Women Fitness India brings to you the best organic beauty products to try out in 2019:

1 Regrowth Hair

Oil*



Regrowth Hair Oil is a revitalizing oil that repairs the hair shaft, provides essential nourishment for fresh follicular growth and reduces hair fall.

It makes hair strong, long and healthy. It prevents premature hair loss, breakage and split ends.
Price: Rs. 420

Inveda BB Cream

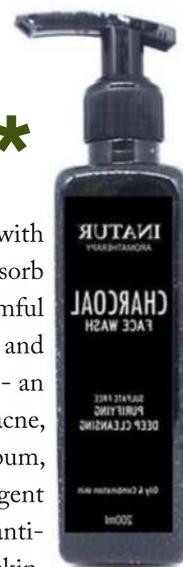
This has the word 'PURE' written all over it! Enriched with the goodness of Almond Oil and Magnolia, its benefit list doesn't end. For starters, it conceals blemishes and fine lines. Plus, the fact that this herbal cream has SPF 20 is enough for us to brand it as a vanity kit first-pick. Swapping your foundation, already?

Price: Rs. 150

3 Charcoal Face Wash*

Charcoal Face Cleanser is infused with Charcoal powder- that is proven to absorb multiple times its own mass in harmful substances like toxins, impurities, bacteria and dirt and helps fight acne, Basil extracts- an excellent skin rejuvenator, that prevents acne, pimples, skin infections and controls sebum, Lemon Oil- that has antiseptic and astringent qualities, neem extracts- that has anti-bacterial properties for clearer skin.

Price: Rs. 420



4 Lotus Herbals Ecostay Lip

Available in a mind-boggling number of 43 shades, not finding your match is next to impossible. Vegetarian, preservative-free, and made from organic ingredients, this herbal lip color delivers way more than just its name! One swipe of color is all you need for luscious, hydrated lips that don't lose their shine all-day long. Pucker up but organically!

Price: Rs. 645





Oil Control Face Pack*

5

Oil Control Face Pack is a formulation of natural ingredients that help in maintaining acne and blemish-free skin and a glowing complexion by removing impurities.

It contains Tea Tree oil- that has anti-bacterial properties and hence, treats burns, reduces acne and moisturizes dry skin, Clove oil- prevents breakouts, has antiseptic properties and soothing effect, Basil- detoxifies the skin, improves the skin tone & prevents blackheads.



Price: Rs. 350

VLCC De-Pigmentation Face Mask

Succumb to the all natural goodness of this VLCC face pack. Plus, keeping in mind the number of Indian women who complain of pigmentation, we're not second-guessing this Ayurvedic beauty buy for sure! Enriched with Saffron extracts and Sunflower Oil, this improves complexion and renews skin cells for a brighter complexion. Result: smooth, soft and supple skin.

Price: Rs. 126



Kama Ayurveda Kumkumadi Beauty Fluid

The word 'miraculous' is quite well-deserved here. This herbal night serum is the culmination of rare Ayurvedic ingredients like Saffron, extracts of the Banyan tree, and Sandalwood. A hundred percent natural hydrating serum with excellent anti-ageing properties, Kama Ayurveda raises the beauty bar once again.

Price: Rs. 2395



Sandal & Turmeric Bathing Bar*

Succumb to the all natural goodness of this VLCC face pack. Plus, keeping in mind the number of Indian women who complain of pigmentation, we're not second-guessing this Ayurvedic beauty buy for sure! Enriched with Saffron extracts and Sunflower Oil, this improves complexion and renews skin cells for a brighter complexion. Result: smooth, soft and supple skin.

Price: Rs. 180



9 Shahnaz Husain Shaeyes -Herbal

Coming from the pioneer of Ayurvedic beauty, this makeup product doesn't really need a rate-card. Enriched with the unique combination of precious herbs, flower extracts, and Almond Oil, this kajal from the House of Shahnaz soothes the eyes and promotes the growth of enviable eyelashes. When was the last time your kohl stick did that?

Price: Rs. 290

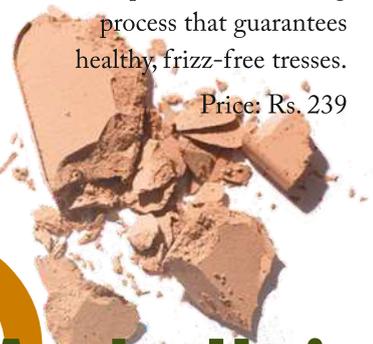


10 Richfeel Sulphate Free



Imagine subjecting your hair to an ingredient so harsh, you could very well use it to wash dishes! Here's your cue to rethink your haircare choices and opt for this revolutionary hair care shampoo. Cheers to a sulphate-free cleansing process that guarantees healthy, frizz-free tresses.

Price: Rs. 239



12 Amla Hair Repair Hair Oil Treatment*

Amla hair repair treatment mask is an intensive repair treatment for dry, dull, unmanageable, frizzy and brittle hair. It contains natural oils like coconut oil, olive oil, lavender oil, which penetrate into the hair shaft and repair damage, remove split ends and arrest hair fall.

Price: Rs. 900



Vaadi Herbals Whitening Saffron Face Wash



An innovative herbal formulation that's all about skin whitening, this facewash reverses UV skin damage, leaving it cool and refreshed. So, while Saffron soothes sunburn, Sandalwood fades away tanning and skin pigmentation. This herbal face wash can sure give its non-organic competitors a run for their money!

Price: Rs. 60



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Nyassa Body Oil For The Night



Your companion for the night, this herbal oil packs in the goodness of Shea Butter, Vitamin E and Wheat Germ Oil. Before you turn in for the night swap your night cream with this highly nutritious body oil for skin repair while you sleep. The lingering fragrance of Sandalwood is an added bonus!

Price: Rs. 900



Soulflower Tea Tree Pure Glycerin 100%

For an organic bathing experience, trust only Soulflower. The hero of this product, Tea Tree Essential Oil, is considered the strongest weapon of mankind against the likes of bacteria, fungi and viruses. Though a medicinal soap at heart, you'll hardly think it's one thanks to the minty aroma.

Price: Rs. 250

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Natural Or Nothing Raw Unrefined

Use alone or combine with your favorite essential oil to create personalized massage oils or homemade sugar scrubs. Enjoy the unique anti-inflammatory, immune-strengthening properties of vitamin E as a skin treatment, beauty aid, makeup remover, and gentle cleanser.

Price: Rs. 499



*Also available at retail outlets:

DELHI: 134 DLF Place, Saket

56, Middle Lane, Khan Market

G.F., Pacific Mall, Tagore Garden

Shop N0 - G9, Ambience Mall, Vasant Kunj

NOIDA: 2nd Floor, Mall of India.

18 C, Ground floor, Logix Mall

GURGAON: G.F., MGF Metropolitan Mall, MG Road

MUMBAI: L.G- 66, Phoenix Marketcity Mall, Kurla

BENGALURU: F-66, 1st Floor, Mantri Mall Unit No.227, 2nd Floor, Garuda Mall

PUNE : Higher GF, Westend Mall, Parihar Chowk, Aundh

Sun Sign

Sun Sign Fitness

www.Astrology.com



Sagittarius

Watch out for flu season! Drink lots of orange juice, get plenty of rest, and always carry hand sanitizer with you. You could be more likely to sleep in your yoga pants than work out in them. Go for a swim or take a long walk by yourself to keep those endorphins up. Remember to be kind to yourself during this time. You're doing the best you can. It will get better soon.



Capricorn

As loving Venus enters your sign at the start of the month, everything seems to be coming up roses. Now is the perfect time to take that emotional boost and use it at the gym! It's time to tackle those fitness goals you've been putting off. Get your social and fitness fix by bringing your loved ones together for a fun physical activity. Whether it's a friendly game of touch football, snowboarding, or tearing it up on the dance floor, it's sure to be a good time. And if you have a Valentine this year, don't forget that sex is also a great way to get a workout!



Aquarius

You are committed to the personal goals that you've been working hard to reach. Your positive attitude is so great that you'll be smiling through the most brutal workout class. You're a beast! Are you really enjoying that kickboxing class? Do you feel like your personal trainer is helping you reach your goals? Can you make time in your schedule to try dancing? Change is scary, but face your fears to kick out what's not helping you. Sometimes you've got to trim a few branches in order to grow.



Pisces

Once you start exercising more, you'll feel stronger and years younger. Stay on track and you'll be healthier in no time. End the month right by enjoying some self-care with your friends. Host a spa night and just chill and bask in the love. You're normally up for a quiet night in, but the sun in your house will make you very popular. Enjoy it because you deserve it!





February is going to be defined by one word: flexibility. And no, I don't mean trying out that new yoga place or doing some intense gymnastics. You're famous for your stubbornness and lack of patience. Your body will be extra sensitive during this time and more prone to injury. Use this time to heal. Go to a spa, get a deep-tissue massage, or do a few laps in the pool.

Aries

Taurus

If you've been intending to change your diet or start a new workout plan, Taurus, now is the time to do it. If you've been trying to think of new ways to quit sugar or add more healthful recipes to your weekly meals, unique Aquarius will inspire you to find outside-the-box solutions. Soon you'll be staying longer on the exercise machine or more open to training with heavier weights. This change won't happen overnight, but in the coming weeks you'll notice a much stronger, healthier you.



Now is the time to commit to some personal goals. Start every morning with some light yoga or take a dance class with your friends. Own your sparkle, darling! This month is the perfect time to quit any bad habits like smoking or sugary sodas. It takes 30 days to create a new habit, but you're so motivated to break out of your negative routine that you'll only need the 28 days this month offers.

Gemini



Cancer

Ask a friend to be your workout buddy or pledge to drink a glass of water with every meal. Small steps will lead to big rewards in your future, but you've got to take the first step. This is the time to rest and regain your strength. Practice some deep breathing exercises or head over to the sauna to clear out all those negative vibes. Take a moment to sit outside in the sun. Spring will be here before you know it.





No amount of energy drinks or kale smoothies with a caffeine boost can wake you up, Leo. Your energy has just been zapped. Take a look at your diet. A simple food swap could do wonders for you. Yours is the sign of excess, but remember to balance out your diet. Stop staying out all night. Think of your complexion! Do yourself a favor and invest in a sleep mask. Winter is almost over, but you need to hibernate a little longer.

Leo

Virgo

It's time to get physical, Virgo! You're a lean, mean fitness machine, and this is the month to complete anything you set your mind to. Hard work has never scared you. You know every step added to your fitness tracking app is one step closer to your goal. Is there a goal you've had your eye on? Now is the time to start making plans to get there. You are the planner of the zodiac, so get your well-defined routines in order for some well-toned arms.



You've been hyper-focused on the physical aspect of your life, but mental health is just as important. Healing is a messy process, but it's always worth it. Take any opportunity you can find to help someone in need. It will do wonders for your self-esteem. A new hairstyle, fitness routine, or gym clothes can make an unbelievable difference in your mood and outlook.

Libra

Scorpio

Use your talents to generate a killer playlist, find interesting ways to add veggies to your diet, and discover unique ways to exercise throughout the day. Is there something you've always wanted to try? Weight training? Hip-hop dancing? Maybe rock climbing? Now is your chance! You'll be more willing to try new things like the latest superfood or that workout craze your friends have been talking about. Bring it on!



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