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# WOMENFITNESS

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**Exclusive Interview with  
Nutritionist & Inch Loss  
Expert**

**Rashi  
Chowdhary**

**Beginner Abs Workout For  
Women**

**Your Monthly Guide To A  
Healthy Pregnancy**

**Indian Dinner Recipes For  
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**Fantastic Valentine's Day  
Gifts!**



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# EDITOR'S NOTE:

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**"Everybody is unique and has a different metabolism so no one diet fits all. The key is to eat according to your Gut health, your hormones, and your personality type. This combination seems to work well..."**

Rashi Choudhary is a nutritionist and an inch loss expert. This month she enlightens Women Fitness readers on living a healthy lifestyle rising against all physical challenges, like diabetes, PCOS etc. Interview every woman should read to overcome the misconceptions surrounding diet & exercise.

A strong core can help you stand against all fitness challenges. This issue has compiled a set of exercises for a strong ab workout for women. Combined with a healthy diet and followed by a regular routine you can flaunt your abs this summer.

Motherhood is a blessing for every female but a number of working women try putting it off due to sheer nervousness or lack of time. This month WF gynecology experts bring you information on what to eat, what not to, how to stay healthy and fit, etc. during pregnancy. If you have any doubts or questions you are welcome to share with us anytime. Also one more thing that has been observed by our team is that working women are trying to put off pregnancy once they are professionally settled. Delay or not, there is a good news for career women, scientists have found that delaying pregnancy till age 35 may actually make children smarter, contradicting the conventional belief. In contrast to 40 years ago, children born to older mothers today are more likely to perform better in cognitive ability tests than those born to younger mothers. This shift is due to the changing characteristics of women who have children at an older age, said researchers from the London School of Economics and Political Science (LSE) in the UK.

If you want to enjoy party food along with unwanted weight gain. Check out this month's super-delicious recipes both at home or a party bash to make your dinner healthy without some extra cost or extra calories! Who says that healthy can't be tasty? With these healthy starters, you can enjoy the delicious flavors of roasted sweet potatoes swirling with tender black beans and corn, succulent red peppers, and juicy tomatoes wrapped in a warm whole-wheat tortilla making this one delicious and gratifying meal.

February is Valentines celebration month, so rather than buying the typical valentine gifts from the market, we've got some very useful, stylish and stunning gifts for women, this Valentines. Trust me your valentine will love them. Check out for yourself & have a heart-filling Valentine.

Hollywood peel or the Spectra carbon peel is the latest craze to rejuvenate the appearance of aging and damaged skin. No doubt, it leaves the skin looking radiant and glowing and above all is a painless treatment with no downtime. It received its name due to its popularity with the Hollywood A-listers before walking the red carpet. It can be used on any skin to improve the skin tone and texture and for a more youthful glowing skin.

Don't miss out this month's real weight loss story of Arushi Verma who out of sheer passion & determination has become fit.

**Have a Heart-healthy month,**

**Namita Nayyar.**

**President, Women Fitness**



**EXCLUSIVE INTERVIEW WITH  
NUTRITIONIST & INCH LOSS EXPERT**

**RASHI  
CHOWDHARY**



Rashi Choudhary is a nutritionist and an inch loss expert, who has done an intensive 5-year degree course in human nutrition. She is also a certified diabetic educator and has a fantastic YouTube Channel where she talks about how to reverse auto-immune diseases like diabetes and PCOD with small but effective lifestyle changes. Rashi is also the Founder of the [theproteinbakeshop.com](http://theproteinbakeshop.com) and is a young inspiring entrepreneur all set to make it big in the health and fitness world.

We recently had the lovely opportunity to catch up with her to talk about her journey into health, nutrition and fitness. Go check out her interview below!

**You are amongst the most qualified and sought after inch loss experts and nutritionists in the country and Founder of Protein Bake Shop. Walk us through your incredible journey and tell us how it all began?**

I am so grateful for how far I have come, but I know I have a long way to go and in my mind, I have barely begun. I've been working on making people's lives healthier and happier since the past 10 years now. But my real effort started only when I struggled with my own hormonal issue. I overcame endometriosis without the use of Oral contraceptive pills or any other medication and I am free from it for over 5 years now. Only after I discovered that I had it, did I start digging deep and understood, how misinformed most people are about nutrition. We were literally educated the wrong way. And we still are in so many ways. There are so many concepts that do not hold true to your current lifestyle's and circumstances and we hear the best nutrition schools and the most renowned nutritionists prescribe exactly that.

I was lucky enough to struggle with my condition so I couldn't understand what really works and then I started to apply those

concepts with my clients too. Then I saw clients like Type 1 and Type 2 diabetic clients plus clients with metabolic issue recover and heal so quickly, I realized how amazing this new found knowledge was. Based on these new principles I started Protein Bake shop so I could literally spread the word and educate people about how conventional nutritional advice does not apply to us anymore and is doing more harm than good. In 2012, when I launched the first Grain free bakery, people were not familiar with paleo and grain free food. But because I had already seen how it was working beautifully in my clinical practice I was convinced this would work.

**Introduce us to a day in your life.**

I wake up by 5 am on most days of the week. I absolutely hate exercising but in my mind it is an absolute must, so I finish that and get it out of the way by 7 am. My clinic starts at 9 am so I have an hour before where I usually push in a blow dry and check my emails or make to do lists ( I love TO DO lists) Clinic appointments are between 9 to 6 pm and I break for lunch between 1 and 1:20 pm. Post 6 Pm I usually have some protein bake shop to take care of but I usually take 3 days off post 6 pm in the week to meet friends and just chill.

**What exercises comprise your fitness regime or workout routine?**

I keep switching it between cross fit, resistance training with free weights and there is a whole lot of running. I get bored very easily so I have tried some of the best Crossfit gyms in Dubai, trained with many different trainers and running is something I do if I land up skipping gym for any reason. I'm in control of it so it makes me feel very comfortable. I use to do a lot of 5 k's and now I am for 7 or 10 k's to feel like I have had a good workout.

**Tell us about the food/meal routine that you follow to remain healthy and physically fit?**

I follow the 80 / 20 rule. My food is extremely clean! I've gone grain free since a while and only seen benefits ever since in every area of my life. I genuinely believe that food has a massive impact on how we think, feel and behave and that make us the people we are. When you eat food that heals your gut, you will be happier and are able to make better decisions. You feel calmer and more in control of your emotional state. I have my solid reasons to eat clean because only then I am able to easily say no to a lot of foods that add absolutely no value to my nutritional status. Sweet potatoes, avocados, nuts, meats, veggies, fruit and a lot of ghee. My food comprises of all the things. I use to be a sugar addict which is also the reason I started protein bake shop, but now, thanks to the Peanut butter truffles, I don't give into my cravings for sugar easily. I always keep them handy with me.

**You have written about how to drop a dress size in 30 days. Would you like to share with us some tips from this guide?**

Yes! You can actually drop a dress size in 30 days. It's possible but let me tell you, clearly, that it is not easy. You DO NOT need to starve. If you feel hungry, there is a problem with the diet I have given you, not your will power. But the meal plan that I provide needs to be followed with Precision, there needs to be consistency, you should not be checking your weight, a bit of working out needs to be included and boredom will be part of the process. I always ask people to look for excitement in other things and not food alone. We tend to EAT OUR FEELINGS because food is the only thing we have control over and we are all looking for that certainty in today's uncertain times and anxiety driven lifestyle. So it is understandable, but it won't help us reach

our body and fitness goals. The key is to eat according to your Gut health, your hormones and your personality type. This combination seems to work well with me and my clients at my clinic.



**You are also a diabetic educator. Share with us a few diet tips for someone who has diabetes.**

Diabetes is reversible. And I have seen this with over 100 clients. If their HBA1C is 12, it can come down to normal levels 5.5% in about 8 months. Once you maintain 5.5 %for 3-6 Months, your endocrinologist, will himself ask you to get off the glucophage. If you are already on insulin, this process can become tougher and will require you to do a lot of Weight training to build some active muscle tissue that improve insulin sensitivity, but it is not impossible. I recommend a high fat, moderate protein, moderate carb approach for diabetes. Adding in supplements like Omega 3 and

Chromium Picolinate are a must in most cases due to their insulin mimicking qualities.

**Introduce us to your unique bakery, Protein Bake Shop. How were you motivated to start this up?**

I struggled with a massive sweet tooth myself, Use to have a lot of diet colas to keep my calories low and have the sugar. Clearly it didn't help. I was unfit, my mind was unfit and lazy and I had hormonal issues. I worked on my diabetic clients and those having issues like PCOD too and realized that the principle I had been using needed to be put out there. So I developed all my products based on those principles as a way to educate and inform people against the old conventional ways of eating that we have been taught. Some of the major one's being, dairy is good for and your bones, whole wheat is better than rice and natural sugar in the form of fruits, dates and honey is ok to consume in any amounts you like.

**What according to you are the 5 Must-have components/foods in an Indian Meal?**

White rice, Ghee, fluts but not peanuts (Peanuts are not nuts, they are legumes), haldi are some of the most essential and must have Indian foods that heal the gut and help overall wellbeing.

**Would you like to tell us about the changing scenario of fitness in India over the years?**

A lot has been changing really fast in the health and Fitness Industry in India. Small home grown health businesses getting funding, use of smart health apps and structural changes in the way people are now running businesses is causing a disruption in the health market. As close as 2 years ago, people were unfamiliar with concepts like paleo, grain free eating, keto diets etc, and now this is all people are talking about. We have dedicated radio station channels talking just about keto diets/ low carb diets and their benefits in Chennai.



Organic food, gluten free and dairy free eating is becoming popular with so many restaurants offering these options in their menu. A lot has to do with how Bollywood celebs have taken fitness to a whole new level. Having a 6 pack is now considered so normal in the Bollywood industry. And with social media taking over in such a huge way this sort of a lifestyle is becoming more accessible and easier to do for regular people. From gym Akhadas to global gyms coming in and now more niche ways of working out like Pilates, resistance training and cross-fit are finding their ways in people's lifestyle. As recent as 15 years ago, a dietitian was someone you went to only when you were in a hospital, but now having a nutritionist on speed dial is becoming a lifestyle for a lot of people. We are now understanding that eating well and working out often keeps us happier and are willing to spend a decent amount on looking and feeling good. What was a luxury earlier is now becoming an indispensable part of our lives. The total retail market for fitness is valued at 0.76 billion USD in



India and is expected to cross 1.18 billion in this year.

### **What would be your Top 5 Nutrition Tips for college going girls?**

**#1:** Love and accept yourself for who you are and who you are becoming, and take full responsibility and ownership with how your body looks and feels. Stop blaming it on Thyroid, PCOS, hereditary. I feel a lot of young girls behave like victims to these issues when intact they have control over the situation. Your health doesn't deteriorate overnight. It is a collective product of your habits and the daily choices you make.

**#2:** Follow the principle of Fat first. Which means, waking up and having a tablespoon of Ghee, coconut oil or butter as soon as you wake up. Have this over having carbohydrates from fruit / bread/ cereal or chapati. Reason being very simple, clear, effective and scientific. When you have anything with carbs in it, Your blood sugar levels rise making you hungrier and wanting more carbs. When you replace this with good Fat, you have a better blood sugar response that helps blunt your insulin levels almost stopping the mad hormonal cascade that follows after carbs. Help you heal your gut. Burn fat and helps in reducing sugar cravings.

**#3:** Sugar is sugar is sugar. Whether it's from Chocolates, Fruit juices or Fresh fruits. If you are struggling with metabolic issues, and have some weight to lose, Be carb conscious irrespective of the source of carbs. Needless to say that the carbs from fresh fruit is obviously better than that from refined sugar forms, but it will really help if you aim to keep your total carb count between 50-100 grams a day based on your activity levels, lifestyle and health concerns.

**#4:** Going low on fats from ghee butter nut butters avocado and egg yolks is on wow the

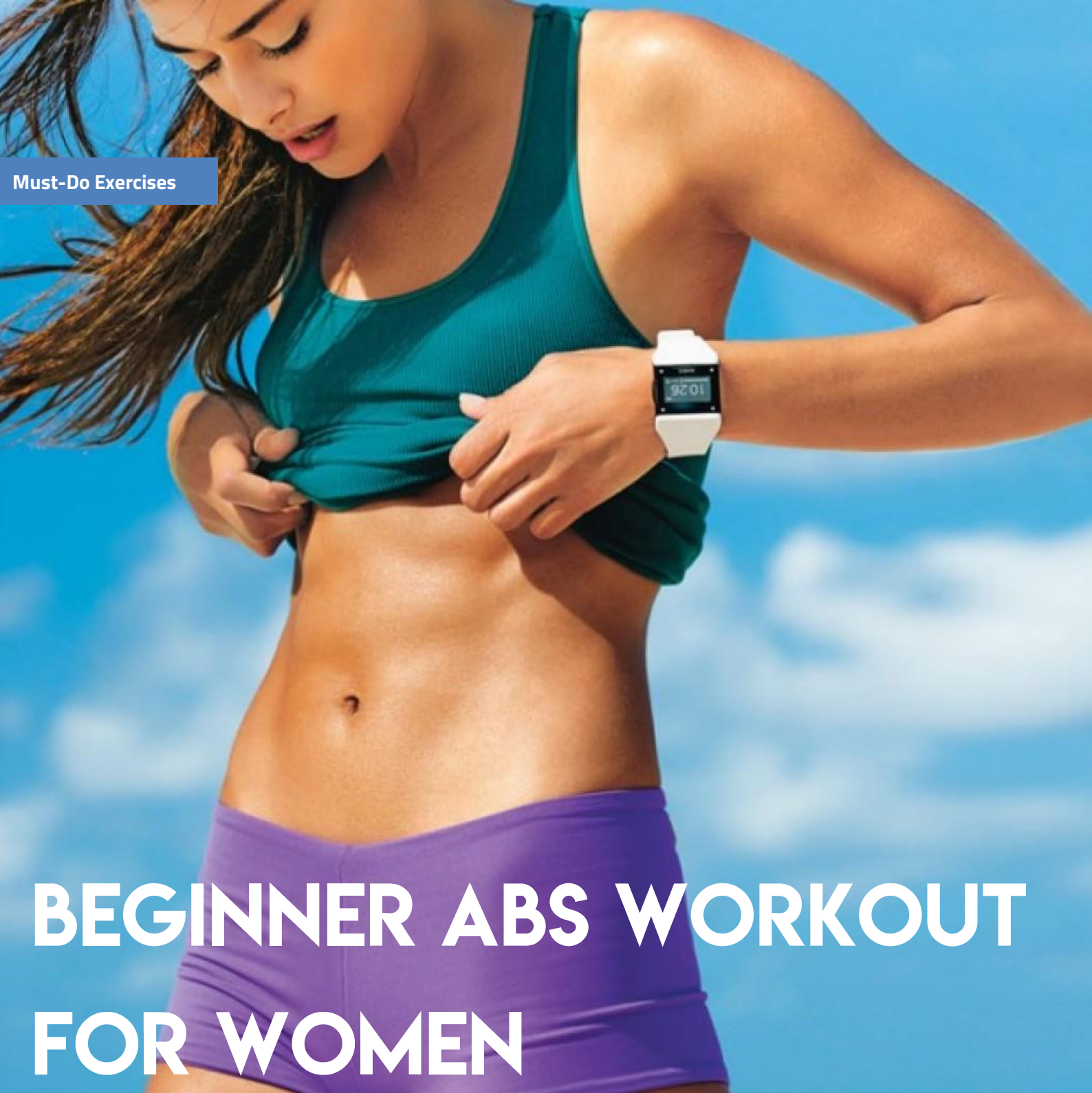
worst things you can do. Your sex hormones are made from cholesterol. If you go very low on fat, you are guaranteed to land up with hormonal issues. Going low on fat should only be acceptable when you have reached a genuine plateau as far as weight loss is concerned only after your high fat strategy has failed.

**#5:** Water is the most under rated nutrient. Hydrate often. Your body will love you back for it.

### **Advice and motivational words for the inspiring and budding nutritionists.**

"Fail fast" with your nutrition strategies with clients. If one strategy doesn't work, fail at it fast and try something else, try something different. Never waste time doing the same thing again and again with your clients. Never follow anyone else's footsteps. Your own clients and their problems will eventually shape your own nutrition method. Everybody is unique and has a different metabolism so no one diet fits all. Keep learning because so much is changing so fast in the nutritional science field. Never give up on someone who has come to you for help. The toughest cases are always the best ones cause in the end you get to learn so much. I absolutely LOVE hearing "I have tried everything to lose weight but nothing seems to work" in the first session. That instantly gives me a thrill and I start thinking of different new ways to deal with the case.

As far as owning your very own business is concerned, what really matters is the intention you started it with. Spend enough time thinking about what your end goal is and have a very clear vision of where you want to take your business. The first few people who you hire, make or break the company, be wise with who you choose to be part of your work family.



Must-Do Exercises

# BEGINNER ABS WORKOUT FOR WOMEN

Abs is your storehouse of energy and power, and if you have a strong core, you can stand against the toughest of fitness challenges. Therefore, to help you get going and started, Women Fitness has compiled a set of exercises for a strong ab workout for women.

## 1. PLANK

The most common and most effective core exercise to make it strong is the Plank. What

you have to do: Get on the floor, bring yourself up on your forearms, and flex your toes.

Your body should form a straight line. Contract your abs and glutes—tightly. Hold this for 15 seconds, then rest by lowering your knees to the ground for five seconds. That’s one rep. Do 10 reps.



## 2. SIDE PLANK

Then comes the sister of our plank, the side plank. Begin in high plank position, abs engaged, keeping a straight line from your head to your heels. Keeping abs contracted, slowly transition from plank position to a right side plank. Rotate your body slowly, lifting your left arm off of the ground and placing weight through the palm of your right hand. As you rotate your body, reach straight up or over your head with your left arm, keeping your body in a straight line (your left foot stacked on top of your right to create this line), contracting your abs and pushing through the palm of the hand that is on the ground. Hold this motion for 30 seconds, contracting obliques throughout the entire exercise. Rest and repeat on the other side.

## 3. HALF CRUNCHES



Now this one is a total killer and you will now feel the stretch in your ab muscles. Lie flat on your back with your knees bent. Now place your hands lightly on either side of your head keeping your elbows in. (Don't lock your fingers behind your head.) While pushing the small of your back down in the floor to better isolate your abdominal muscles, begin to roll your shoulders off the floor. Continue to push down as hard as you can with your lower back as you contract your abdominals and exhale. Then return to the starting position. Repeat it for 30 seconds.

## 4. BICYCLE CRUNCHES

This exercise will work specifically on your obliques. Lie flat on the floor with your lower back pressed to the ground (pull your abs down to also target your deep abs). Interlace your fingers, and put your hands behind your head. Bring your knees in toward your chest, and lift your shoulder blades off the ground. Straighten your right leg out to about a 45-degree angle to the ground while turning your upper body to the left, bringing your right elbow toward the left knee. Make sure your rib cage is moving and not just your elbows. Now switch sides and do the same motion on the other side to complete one rep (and to create the "pedaling" motion). Do this exercise with slow and controlled motion. Do 10 to 20 reps.

## 5. RUSSIAN TWIST

This one is a little advanced so don't worry if you're not able to do it. Seated on your exercise mat, gently lean back until the core is activated. Raise feet off the ground. Gently reach around from one side of the body to the other. Ensure core is engaged at all times to avoid overuse. Do 20 reps.

## 6. DOUBLE CRUNCH

The last one on our list is the double crunch to work on your lower abs. Lie on your back on the floor, raising your arms and legs to a 90-degree angle. Engage your abs to lift both your shoulders and pelvis off the ground. Touch your fingers to your toes. Keeping your core engaged the entire time, slowly lower them back to the starting position to complete one rep. Do 20 reps.

THIS TOTAL AB WORKOUT IS DEFINITELY GOING TO MAKE YOUR CORE STRONGER AND YOUR ABS MORE VISIBLE, SO LETS GET STARTED!



# YOUR MONTHLY GUIDE TO A HEALTHY PREGNANCY

If this is your first time, we know how confused you might be with what to eat, what not to, how to stay healthy and fit, etc. So Women Fitness brings to you a month-by-month guide for a healthy pregnancy.

## 1. MONTH 1,2 AND 3

Drinking more fluids during pregnancy is essential. Your body needs more water to help support your and your baby's growing blood volume. Not enough water can lead to constipation, fatigue, and even preterm labor. Practice prenatal yoga to manage your hormonal changes also.

Make time for naps whenever possible, and try to get to bed early as you and your growing baby need rest. Eat plenty of raw fruits and vegetables, whole grain breads and bran cereal to make sure your bowel movements are regular. Include calcium in your diet,

which is required for your babies' growing bones, by eating pasteurized dairy products, such as milk, cheese, yogurt and ice cream.

## 2. MONTH 4

It is during this second trimester (three to six months) that many women are at their peak both physically, mentally and emotionally. Their body has adjusted perfectly to being pregnant and the nausea which they may have been experienced in the first 12 weeks now disappears.

You need to improve your iron intake by eating lean, red meats, leafy green vegetables, whole grain breads, dried fruits and beans.

You may experience constipation during this period, for that try to cut back on foods that make gas worse, such as beans, cabbage, and dairy products.





### 3. MONTH 5

Your breasts may begin to leak a yellowish fluid called colostrum in preparation for breastfeeding. You may begin to feel the baby move during this month.

Be sure to eat food rich in Vitamin C like oranges, broccoli and tomatoes. If you “run hot,” eat cold foods like chilled fruit, frozen yogurt, and cold, cooked wild salmon. You may feel some cravings this time and you must give in to them to stay satisfied.

### 4. MONTH 6

Now as your belly grows, your balance shifts. If you’re doing step aerobics, lower the step; if you’re walking, stick to flat terrain. Even though your appetite is noticeably increasing, your

daily calorie intake should go up just a little like 300 calories.

If you’re struggling with insomnia, experiment with a few natural sleep remedies such as meditation, hot milk before bed, or with your doctor’s permission, more exercise during the day to wear yourself out by bedtime.

### 5. MONTH 7

Mood swings and increased irritability are common during the last three months of pregnancy. Be sure to discuss your feelings with your partner. Fatigue also becomes a normal part of your pregnancy now and you must listen to your body when it needs rest.

For greater comfort, start wearing loosely fitting clothes. You may now crave foods that you may otherwise never have, but since your



body and baby are evolving, your body may need some extra or new nutrients.

## **6. MONTH 8**

You may now have trouble sleeping on the bed, so try lying on your side with pillows to support your body. Also, taking a warm shower before bed can also help you relax and make you sleepy.

As your due date approaches, it's a good idea to learn the signs of early labor, just in case. If heartburn's a problem, try eating an earlier

dinner minus heartburn triggering foods like spicy, citrus, or carbonated food and drinks.

## **7. MONTH 9**

Pack your bag for the hospital, and plan how you will get there at different times of the day or night.

Best of luck for your beautiful journey of motherhood, and don't forget to consult your doctor from time to time.





# WHY TODAY'S WOMEN PREFER KIDS IN THEIR 30'S?

Looking at the present scenario no girl is really ready before at least 28, or maybe 32, or maybe 35, to settle down and have a baby. It has become common that committed couples in their late twenties, early thirties, and even mid-thirties are either terrified of parenting or putting off having a baby. The myth of "readiness" is creating a monster: Women (and men!) who would really like to give into that biological urge to have children and create a family, but are afraid of the BIG responsibility.

Delay or not, there is a good news for career women, scientists have found that delaying pregnancy till age 35 may actually make children smarter, contradicting the conventional belief. In contrast to 40 years ago, children born to older mothers today are more likely to perform better in cognitive ability tests than those born to younger mothers. This shift is due to the changing characteristics of women who

have children at an older age, said researchers from the London School of Economics and Political Science (LSE) in the UK.

## WHY WOMEN PUT OFF HAVING BABIES?

### 1. PARENTHOOD IS SEEN AS LOSS OF FREEDOM.

Independent women feel they will lose their freedom once they get pregnant or will be unable to handle the additional burden. But they need to realize that our bodies are meant to do it, and while society is not currently set up to support young parents, having a kid young also doesn't mean you're permanently derailed. Trust me: when you're that young mom wondering if you've just



blown your whole future, a little support, some high expectations, and a dash of optimism can go a long way.

## **2. PUTTING TOO MUCH EMPHASIS ON BUILDING A CAREER BEFORE HAVING BABIES.**

Young women need to realize that having children younger, rather than trying to get one's career completely buttoned-up prior to having kids, might be the wiser path. A child born when his mother is 25 will finish high school when his mother is 43, an age at which, with full-time immersion in a career, she still has plenty of time and energy for advancement.

## **3. *ARRANGING PROPER FUNDS TO RAISE A FAMILY***

It's perfectly OK to grow your family's financial stability alongside your kids. It makes you more creative, more resourceful, and can even lead to some great memories. Business recession has taught us, it's that no job, no home equity, no investment, is guaranteed anyway.

Do remember, infancy and young childhood don't last forever, and with support and high expectations, the young couple will have just as good a chance of going on to build successful careers and lives as the ones who wait.





# INDIAN DINNER RECIPES FOR A HEALTHY WEIGHT LOSS

In the Indian culture we usually have frequent parties, get-togethers and dinners. And it is often considered discourteous to refuse to have food. Therefore to make your dinner healthy for you and your guests we have some super-delicious recipes that would not cost you any extra calories!



## 1. FENUGREEK SEEDS SOUP

### INGREDIENTS

- Methi Sprouts - 1 handful
- Ripe red tomato - 1
- Salt
- Black salt, Black pepper powder, Roasted cumin powder, Lime juice - as per your taste
- Butter (optional)
- Sugar (optional)

### Garnishing

- Little pudina/coriander leaves
- Little methi sprouts
- Fried Bread cubes

### INSTRUCTIONS

- In a sauce pan add half a cup of water and add the methi sprouts. Cook for 5 minutes.

- In another sauce pan boil water, drop the tomato, cover and keep for 5 minutes.
- After 5 minutes, take out the tomato and run through cold water.
- Remove the skin, chop them and blend to a smooth puree. Also puree the boiled sprouts.
- Mix the tomato and sprouts puree. Boil it for 5 minutes.
- Add the seasoning except lime juice and boil for one minute.
- Switch off and stir in the lime juice.
- Transfer to a soup bowl, garnish with pudina/coriander/sprouts and fried bread cubes. Serve hot
- Non diabetics can use butter/sugar.

### SERVES

2 Servings





## 2. ROASTED SWEET POTATO AND BLACK BEAN BURRITO

### INGREDIENTS

- 1 pound sweet potatoes (about 3 cups or 2 sweet potatoes), diced
- 1 tablespoon olive oil
- 1/4 teaspoon salt
- 2 1/2 teaspoons ground cumin
- 3 cups chopped tomatoes (I used 1 box Pomi chopped tomatoes)
- 15-ounce can black beans, rinsed and drained
- 1 cup frozen corn
- 1 red pepper, diced
- 1/2 teaspoon cayenne pepper (more or less depending on your preference)
- Salt and pepper, to taste
- 4 whole-wheat tortilla wraps

### INSTRUCTIONS

- Preheat the oven to 400 degrees F. In a pan, toss the sweet potatoes with the olive oil, 1/4 teaspoon salt, and 1/2 teaspoon

cumin, and roast for 25 to 30 minutes, until soft and slightly browned.

- While that's roasting, add the tomatoes, black beans, corn, red pepper, cayenne, and rest of the cumin to a large pot, and cook on medium heat for 15 minutes, stirring often.
- Place a wrap on a plate, and microwave for 15 seconds so it becomes more soft and warm. Spoon out 1/4 of the tomato-bean mixture into the center of the tortilla. Add 1/4 of the roasted sweet potatoes. Fold in the sides of the wrap, then the bottom, then the top. Turn it over, place on a plate with some salsa, and enjoy! Or if you prefer a crunchier tortilla, pop the burrito in the oven for 15 minutes.
- Refrigerate or freeze any leftover filling.

### SERVES

4 servings



### 3. GRILLED CHICKEN SKEWERS

#### INGREDIENTS

- 1 cup low fat yogurt
- Couple of garlic cloves
- Extract juice of 1 lemon
- Chicken breasts cut in large square chunks
- One cup finely diced tomatoes
- One finely chopped cucumber
- One onion (finely chopped)
- 1 tablespoon olive oil
- And 2 tablespoons fresh mozzarella.

#### INSTRUCTIONS

- Prepare marinade mix with chicken breasts along with yogurt and garlic. Set it aside for an hour.

- For tangy side sauce, mix all the ingredients and after grilling marinated chicken, serve hot!
- Paneer ka chilla
- For this recipe, you need
- Water
- 1 tablespoon oil
- Chilli powder (to taste)
- Turmeric powder
- Dry coriander along with 1 cup besan and salt to taste.
- For filling, take ½ cup of grated paneer, 1 finely chopped green chilli and coriander.
- Heat oil in a pan. Mix the besan mixture in the pan until there are no lumps left in the mixture. Pour the mixture in the pan and until golden brown cook. Fill in the paneer mixture and serve hot.





#### 4. CAULIFLOWER CRUST PIZZA

##### INGREDIENTS

- Nonstick spray
- 2 1/2 cups cauliflower, grated (about 1/2 a large head)
- 1 large egg, lightly beaten
- 1 1/4 cups shredded part-skim mozzarella cheese
- 2 tablespoons grated parmesan cheese
- Kosher salt and freshly ground black pepper
- 1/4 cup tomato sauce
- 1 cup grape tomatoes, sliced in half
- 2 cloves garlic, sliced
- 1/4 teaspoon crushed red pepper flakes
- Fresh basil leaves, optional

##### INSTRUCTIONS

- Line a rimmed baking sheet with parchment paper, and preheat oven to 425°F.

- Grate the cauliflower using a box grater until you have two cups of cauliflower crumbles. Place in a large bowl and microwave for seven to eight minutes, or until soft. Remove from the microwave and let cool.
- Mix in the egg, one cup mozzarella, parmesan cheese, and salt and pepper. Once combined, pat into a 10-inch round on the prepared pizza pan. Spray lightly with nonstick spray and bake for 10 to 15 minutes, or until golden.
- Top the pizza with the sauce, 1/4 cup mozzarella, grape tomatoes, garlic, and red pepper flakes. Bake in the oven until melted and bubbly, another 10 minutes. Top with basil before serving.

##### SERVES

Makes two servings.



## 5. QUINOA RISOTTO

### INGREDIENTS

- 1 cup quinoa
- 1 Tbsp olive oil
- 1 onion, chopped
- 1 Tbsp garlic, chopped
- A handful of porcini mushrooms
- 1 cup of white wine
- 1.5 cup home-made chicken stock
- Sea salt and freshly ground pepper
- 2 Tbsp parmesan cheese

### INSTRUCTIONS

- Rinse the quinoa in water a few times.
- Soak the porcini mushrooms in warm water for half an hour.
- Take olive oil in a pan, saute the onion and the garlic together. Do this on a low flame and don't brown the garlic.
- When the onions look glossy, bung in the mushrooms, and add a cup of wine.5.Let the quinoa soak it all up.

- Add salt.
- Then take a couple of ladles of chicken stock to the quinoa. When it disappears, add some more, till you see the quinoa white and shiny, and cooked.
- While it's hot, lavish some freshly ground black pepper.
- Finally toss some grated parmesan cheese, give it a stir and serve hot.

### SERVES

4 Servings





## 6. ALMOND BUTTER COOKIES

### INGREDIENTS

- Cooking spray
- 3/4 cup all-purpose flour
- 1/2 cup whole-wheat pastry flour or regular whole-wheat flour
- 3/4 tsp salt
- 1 tsp baking soda
- 1/4 cup unsalted butter softened
- 3/4 cup smooth, unsalted almond butter
- 1/3 cup light brown sugar packed
- 1/3 cup granulated sugar
- 1/2 tsp vanilla extract
- 1 egg
- 36 raw whole almonds (a heaping 1/4 cup, 50 mL)

### INSTRUCTIONS

- Preheat the oven to 375°F (190°C). Spray two baking sheets with cooking spray.
- In a large bowl, whisk together the flours, salt and baking soda. In another large bowl, beat together the butter, almond butter and sugars until fluffy. Add the vanilla and egg, and beat until well combined. Gradually stir in the flour mixture, blending well.

- Shape the dough into 3/4 inch balls and place on the baking sheets. Place an almond in center of each cookie and press down lightly. Bake for 10-12 minutes, until lightly browned. Cool on a wire rack.

### Per serving size, 1 cookie:

- Calories: 80
- Total fat: 5 g
- Saturated fat: 1 g
- Monounsaturated fat: 3 g
- Polyunsaturated fat: 1 g
- Protein: 2 g
- Carbohydrates: 9 g
- Fibre: 1 g
- Cholesterol: 9 mg
- Sodium: 85 mg
- Calcium: 21 mg
- Magnesium: 23 mg
- Potassium: 64 mg

Vitamin E: 1.5 mg

### SERVES

36 cookies.



## FRUITY DESSERT

### Ingredients

- 1 cup frozen peaches
- 1/2 cup chilled plain yogurt
- 1 Tbsp honey
- 1 Tbsp lemon juice

### Instructions

Take the frozen peaches, blend them with chilled plain yogurt, add honey, and lemon juice to it, and it's ready!

### Per Serving:

170 Calories





# WOO HER WITH THESE FANTASTIC VALENTINE'S DAY GIFTS!

This year, let's do something different. Rather than buying the typical valentine gifts, we've got some

## 1. LONG BOOTS

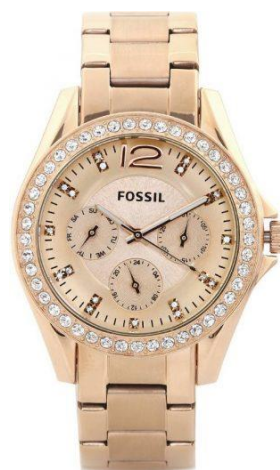


Buy this spectacular piece for Rs. 4,999 and impress your lady love. These boots are by Saint G, which is an up market leather

very useful, stylish and stunning gifts for women, this Valentines.

footwear boutique specializing in hand crafted leather. [Don't miss this one!](#)

## 2. STUDED WRIST WATCH



So if you've been saving up for this day, then what better gift to impress your woman than this studded Fossil watch. It is Riley style with a

45-stone top ring, features a rose gold-tone finish and a textured rose dial. [Buy this one here.](#)

### 3. FLORAL SWEATSHIRT



With a stylish tie-up at the neck, this one is a pretty good buy for your lady to keep her warm during the cold months. Priced at Rs. 2,499, this is an economical buy and will definitely be a hit. [Get this one here.](#)

### 4. RUFFLES DRESS



Magenta solid ruffled knee-length one shoulder dress will make her look lovely on the Valentine's Day. Impress her with this super-trendy number, available at a special discounted price for Rs. 1,656. [Buy this piece here.](#)

### 5. L'OREAL PARIS COLOUR RICHE SHADOW



If your girl is a makeup junkie and loves dressing it up, then she will surely love this eye shadow set. In shades of electric blue, which is in this season, you can [buy this piece for Rs. 1,910 here.](#)

### 6. PEARL EARRINGS



This stunning piece means luxury and elegance at its best. This pretty Earring is made in 14 karat White gold and studded with 2 gemstones. She is sure to turn heads with this luxury piece on. Make this piece yours here.





# ALL YOU NEED TO KNOW ABOUT HOLLYWOOD PEEL

## **WHAT IS A HOLLYWOOD LASER PEEL?**

The famous Hollywood peel helps to stimulate collagen, even out the skin tone and helps to reduce pigmentation. It is also called as Spectra carbon peel which helps to rejuvenate the appearance of aging and damaged skin. It leaves the skin looking radiant and glowing and is a painless treatment with no downtime. It received its name due to its popularity with the Hollywood A-listers before walking the red carpet.

## **HOW DOES HOLLYWOOD LASER WORK?**

The laser light works on the pigment cells and collagen cells.

It targets the melanin (pigmentation) in the cells, breaking it up so they can be removed naturally by the body and hence doesn't destroy the Melanocytes that reduces the chances of hypopigmentation.

- It also heats the deep dermis and causes the skin to contract and stimulates collagen which helps to improve the tone and texture.

Hence this leaves the skin free from any pigmentation giving a glow and youthful look.

## **WHAT ARE THE TARGETED PROBLEMS FOR WHICH IT CAN BE USED?**

It can be used on any skin to improve the skin tone and texture and for a more youthful glowing skin. It is also used for targeting inflamed acne lesion that don't subside with oral medicines and topical creams. It is an advanced facial which stimulates collagen and gives a lovely glow before any major event or party.

## **WHAT TO EXPECT DURING YOUR TREATMENT**

A light layer of a black colour carbon solution is applied and is allowed to dry up for 10 to 15 minutes. The first pass of laser allows the



carbon solution to set into the skin through the application of heat and in the second pass you hear snapping sounds as the laser removes the carbon solution along with a very fine layer of skin. Patients might feel slight warmth and tingling sensation. This is a completely painless, non-invasive procedure and patients can walk out without any downtime.

#### **WHAT ARE THE RESULTS?**

- Improved skin tone and texture
- Glowing youthful looking skin
- Improvement in the pores
- Reduction of fine lines
- Improvement in the dark circles
- Reduction in the photodamaged skin

#### **Advantages**

- Immediate result

- No downtime
- Comfortable procedure
- Safe for most skin type
- Improvement in texture and tone
- Can be repeated many times

#### **IS THERE ANY DOWNTIME?**

No, you can return to your regular activities directly following the treatment.

#### **IS THERE ANY PAIN?**

The majority of patients report no pain; they only experience a slight warming of their skin and a light prickly feeling. No anesthesia or topical is needed.

#### **HOW MANY TREATMENTS WILL I NEED?**

The Hollywood Laser Peel is a gentle procedure that can be performed every other week, monthly, or even just once before a special event. It depends on the results you are



trying to achieve. With regular monthly treatments you can expect ongoing collagen stimulation, even skin tone, texture and youthful skin.

#### **WHAT IS THE TIME TAKEN FOR THE**

#### **HOW PREVALENT IS THIS TREATMENT IN INDIA?**

Since this treatment is specific to the Q-switched laser machine, only very few dermatologists & advanced skin clinics in India perform this treatment.



#### **PROCEDURE?**

The time taken for this treatment is only 20 minutes.

#### **HOW DO YOU EDUCATE YOUR PATIENT ABOUT THE TREATMENT?**

Patients are given an in-depth understanding of the science behind the complete procedure. All the individual steps of the treatment are explained in detail. A demonstration video of the procedure is shown to the patient. We also show the patients the Q-switched laser machine so that they are at ease before doing the procedure.

#### **WHAT IS THE FUTURE OF HOLLYWOOD PEEL IN INDIA?**

The Hollywood peel is already very famous among the A-listed Hollywood celebrities and hence its name. In today's day and age patients prefer quick results, without any downtime and in a non-invasive manner. This is why the Hollywood peel is now becoming extremely popular in India.

**By Dr Batul Patel,**

**Medical Director and Dermatologist, The Bombay Skin Clinic**



**Before**



**After**

# FITNESS APP CO-FOUNDER ARUSHI VERMA REVEALS THE CHANGES SHE MADE TO LOSE 16 KGS!

Arushi Verma is the Co- Founder and product lead at FITPASS which connects fitness enthusiasts to the best gyms and studios in their vicinity with unlimited access to lakhs of different workouts.

With a B.A. in Economics from Delhi University, Arushi pursued her Master's in Development Economics from the School of Oriental and African Studies, University of London. She began her career as a Research Associate from ASER Centre, New Delhi and later went on to work with the World Bank as a consultant, before committing herself completely to Fitpass.

Lets read through her complete story:

## **TRANSFORMATION DURATION:**

About 6 months in which I lost 16 kgs.

## **WHO IS ARUSHI VERMA?**

I am the Co-founder, FITPASS. 27 years old. Avid traveler. Harry Potter fan. Badminton enthusiast. Dog lover. Meticulous, creative and innovative, and a people person.

## **WHY DID YOU DECIDE TO TRANSFORM YOUR BODY?**

There were a few reasons actually – firstly, I was feeling unhealthy and uncomfortable with my weight. It was leading to some hormonal imbalances as well. Secondly, I'm the co-founder of a fitness app, I should be fit! And thirdly, my brother was getting married. I think that's where all my motivation came from.



## **HOW YOUR JOURNEY BEGAN?**

Through controlling my diet and doing yoga three times a week. And needing to be strict with myself.

## **WHAT DIETARY CHANGES DID YOU MAKE? WHAT WAS YOUR TYPICAL DIET IN A DAY?**

I had started eating out a lot: 2-3 times a week. I strictly changed that to only Saturday's and stuck to roasted chicken so I wasn't really having anything fried. I also began having a light breakfast and moved up my dinner time to 7-7:30 PM.

Typical diet was waking up to Aloe Vera juice, followed by dry fruits while exercising, fruits for breakfast, green tea, followed by lunch which was one chapatti with a bowl of veggies or curd. Afternoon was a cup of green tea and tea or coffee an hour later. And then dinner at 7-7:30, which was either the same as lunch,

or a bowl of soup or a sandwich. If I ever felt hungry post dinner, I would have another cup of green tea or some healthy crackers as snacks.

## **ROLE OF FITNESS & EXERCISE IN YOUR LIFESTYLE**

I started waking up at 6:30 AM to be able to exercise. There was never any time during the day to exercise and my body needed me to do it so I could lose weight. It was that motivation and determination that helped me wake up early.

## **HOW DO YOU FEEL NOW ABOUT YOUR SELF?**

I feel great and much healthier but I still feel I have a long way to go.

IF ARUSHI'S STORY INSPIRED YOU, CHECK OUT OUR WEBSITE TO READ MORE SUCH SPECTACULAR WEIGHT LOSS STORIES!

# SHOPPING

Carat Pearl Set  
Rs. 10,000/- on  
[caratpearl.com](http://caratpearl.com)



Love Stud Earrings  
Rs. 7,103/- on [caratlane.com](http://caratlane.com)



Elixir Shop: Hair Fall Serum  
Rs. 1000/- on  
[elixirshop.com](http://elixirshop.com)



Himalaya Body Butter  
Cream

Rs. 97/-  
[himalayawellness.com](http://himalayawellness.com)



Herbalife Nutritional Shake  
Rs. 1,145/- on [flipkart.com](http://flipkart.com)



Tummy trimmer Ab  
Exerciser  
Rs. 219/- on [flipkart.com](http://flipkart.com)



Liberty Women Sandals  
Rs. 2,199/-



Monte Carlo Track Suit  
Rs. 1,580/- on [flipkart.com](http://flipkart.com)



Nidhi Munim Women's  
Swimsuit  
Rs. 2,310/- on [flipkart.com](http://flipkart.com)



Rangriti Valentine's Special  
Price on Request on  
[facebook.com](http://facebook.com)





## Aries



There's still so much to learn and try for the first time. You know that you can do so much more. Sometimes the routine is comforting and it's wise to save your energy and attention for other things, but not always. You definitely aren't a robot. Be healthier, happier, and go for it!

Be energetic on February 1 and start early, or have a measured, strong session in the evening.

Be perky and sociable on the weekend of the fourth and fifth. Join a dance class or swing and sway with your favorite partner. Every step counts.

Feel strong on February 8 and maybe lift weights. Don't push it, though.

On Saturday, February 10, run, hike, and flirt afterward.

The Moon-Mercury conjunction and solar eclipse on the fifteenth can make exercise the perfect productive escape from a crazy world.

February 16 starts the Chinese New Year of the Dog. Work hard and consider a hot tub break or spa weekend.

Your power days are the eighteenth and nineteenth, with the Moon in Aries. Do a little bit more, a few more steps. You've got this.

Be strict on February 25. Make those yoga poses perfect. Breathe deeply. Ahhhh!

## Taurus



It's a short month, so don't waste a single hour. You don't have to go gangbusters every single day, but you could. Stay motivated and connected with friends at the gym unless you're running or working out totally on your own. No matter what, feel good about every minute and every step.

Start February 1 with your head held high. Do your workout, do breakfast, and then tackle the day.

Reach a new personal best on the weekend of the fourth and fifth, but don't get reckless.

Venus enters Pisces on February 10. Visualize the new, improved you and gradually see it happen. A new swimsuit or yoga top might be appropriate, too.

The solar eclipse on the fifteenth might complicate your workday, but it will have no effect on your workout schedule. Be smart and strengthen your

core. Planks, pushups, and crunches are all good.

February 20 through February 22 are all your power days, with the Moon in Taurus. Do more steps or run or swim an extra lap.

Venus conjoins Neptune in Pisces on February 21. Visualize being a winner. You already are.

Your workout might be easier later in the day on the twenty-fifth. Eat well afterward. You need the fuel. Great progress!

## Gemini



Health and fitness could get a little high-tech this month. Is there a new gadget that you must have? Is there a newly engineered pair of shoes that could make a difference? The basics remain the same, so nothing new is just fine, too. Show up, put in the time, and you're golden.

February 1 could start out feeling hyper. You might have a smarter, steadier workout later in the day. It's your call, but don't skip.

Be energetic on the fourth and fifth, and maybe make a new friend on the track or at the pool. You're working hard.

Join a hiking or dance group on February 10 and have fun. Pamper yourself, too.

The thirteenth is Mardi Gras. Do your favorite run or a dance or yoga class and let the good times roll.

February 18 is especially good for water sports, including serious hot tub time. Indulge and soothe muscles, mind, and skin.

The twenty-third and twenty-fourth are power days with the Moon in Gemini. Do your best!

Be smart and find a way to excel when Mercury conjoins Neptune on February 25. You can do it!

Is the last day of the month a rest and recovery day? Okay. What great progress!

## Cancer



Feel lucky to be able to put in the time to be healthier and fitter. Be determined, persistent, and steady, too. You may not feel bushy-tailed every day, but you can still do something, move more, sit less. Eat, drink, sleep, move, and be good to yourself. You are so worth it!



Have a great morning run or video workout early on February 1. If energy flags, eat well and go easier tomorrow.

The third and fourth could be a sociable party weekend. Dance, but don't exhaust yourself. Fun is part of fitness, too.

If February 7 is an emotional day, take it to the gym and sweat away any stress. Much better.

Push through to a higher level on the tenth and eleventh. Sit less. Take more steps. Yes!

The solar eclipse on February 15 could add confusion to an already mixed-up day, but your workout won't suffer.

The sixteenth is the start of the Chinese New Year of the Dog. Stay dedicated to getting healthier and love yourself more.

On February 21, indulge your appetite for favorite healthful, nourishing foods and drinks. Feel fantastic about it, too.

The twenty-fifth and twenty-sixth are your power days with the Moon in Cancer. Finish the month strong!

## Leo



What is the best way to take care of yourself? Ultimately, you know best. Put your improved health and fitness at the top of your priority list and don't cheat yourself out of a single minute. You can make great progress this month. Don't let the world's minor demands become a distraction.

Settle down on February 1 and have a strong, steady workout or run.

Be persistent and have more fun on the third and fourth. Consider group sports, club hikes, or dance parties.

Shatter a personal best without even trying on February 8. Is it distance, speed, or step count? Who cares? You're doing great!

The tenth and eleventh are for serious hard work. Be determined, and then reward yourself with healthy snacks.

Work on core strength on February 15. Pushups, planks, and burpees are all great. Or stretch more and do more steps. You've got this.

The Sun-Mercury conjunction on the seventeenth encourages you to be less rigid and more

relaxed and instinctive. Put on the gloves and hit the bag.

Do your dream workout early on February 21 and have a great meal later.

The last two days of the month, with the Moon in Leo, are your power days. What a powerful month!

## Virgo



Be smart and don't feel like you're working in isolation to become fitter and healthier. Plenty of other people are fighting the good fight to improve their health and fitness. Everyone has private, important reasons, and you have yours. Do the physical work and feel good about taking good care of yourself.

February 1 and February 2, with the Moon in Virgo, are your power days. Start the month on solid ground with a good run or aerobics workout.

Feel and look great on the third and fourth. Run or hike with a fun group or go out and dance the night away. Square dance or contra dance counts.

On February 7, learn a simple, fundamental trick or movement and make great progress.

Try a new class or change your jogging route on the thirteenth.

The solar eclipse on February 15 might scramble your workday, so try to exercise early if you can. Nothing can stop you.

On the seventeenth, relax, try a bit less hard, and have a great yoga or weights class.

February 20 is for strength and stamina work. Slow and steady is good. You're building muscle and lung capacity. Excellent.

The last two days of the month are great hot tub days. Splendid!

## Libra



Feel great, look great, and keep working at it! It's a short month, but you can do a lot if you stay focused and serious. Has something new been working out well for you? Stick with it and see if it continues to help you improve your fitness and get stronger.

Get up on February 1, do meditation or chair yoga, and fuel up with a good breakfast. The world is yours.



The fourth and fifth, with the Moon in Libra, are your power days. Work out or run with friends and learn from each other.

Spend time on the treadmill or elliptical on February 7. Your legs will appreciate it tomorrow.

Work out and feel revived on the tenth. Feel great and look great, guaranteed.

The solar eclipse on February 15 wants you to go with the flow and not force a strong session. Keep moving, but be gentle with yourself.

Focus on core strength on the sixteenth. Pushups and planks will do it.

The Venus-Neptune conjunction on February 21 shows you how much potential you have. Run, walk, or swim and exceed your expectations. You go!

February 25 is for healthy food shopping and eating, and maybe hot tub time. It's a glorious month!

## Scorpio



Your motivation is high even if you aren't putting in a ton of time right now. The desire is there, and

you know that it's important to improve and stay healthy and fit. You know you're making progress.

Be full of fire and have a great early run or workout on February 1. Then tone it down for a day and make steady progress.

Be energetic on the third and pile up those steps.

February 6 and February 7, with the Moon in Scorpio, are your power days. No one will be more intent and driven than you. The eighth is also a high-energy day. You might want to pace yourself, but nothing can stop you.

Find a great new instructor on February 12, or is it time for a personal trainer?

The fifteenth has a solar eclipse and a chance to better feel how your body is moving and strengthening.

Solve a major problem when Mars squares Neptune on February 17. Make more progress and avoid future injuries.

The world could interfere with your workout plans on the twenty-first or twenty-second, but nothing will slow you down.

February 25 and February 28 might have physical challenges, but you're up for it!

## Sagittarius



It's great when you have so much energy you don't know what to do with it all. Spend a little more of it being fitter and healthier. You don't have to burn out and risk boredom or worse. You don't necessarily have to pace yourself, but respect any limits and take it from there.

Start off blazing early on February 1, or have a more measured, methodical workout later in the day.

Don't get indecisive on the third. Dress, go out, and run or walk. Maybe have a dance date in the evening. Steps are steps, right?

Have great focus and work on core strength on February 7. Pushups, crunches, and planks will be no problem. Be patient with yourself, and breathe.

The ninth and tenth may have challenges, but they're your power days with the Moon in Sagittarius. Respect your limits and reward yourself for a strong effort.

Work smart on February 15 and learn a few tricks and tips.

The twenty-first is for graceful yoga or other full-body motion.

Everything is easy with the Moon-Jupiter trine on February 26. Break through to a whole new level. Give yourself a treat while you're at it. Now that's a powerful month!

## Capricorn



You can be careful and wise and still have a phenomenal, dynamite workout. Look back and be amazed at just how hard you can work when you're fully engaged and paying attention. Make great progress this month. It's short, so do as much as you can.

February 1 might start off fast, but you can slow it down to your own pace and have a powerful workout or run.

On the third, social or carpooling plans may hit a snag, but you will get out and get going on your own if need be.

February 11 is your day to get serious with yourself. It will impress people, too. That day and the next are your power days, with the Moon in Capricorn. Go, go, go!



The fifteenth should be an easy, agreeable day, even with the solar eclipse. Look and feel fantastic.

February 18 might take more work, but you want to improve, right? Right.

The twentieth is great for stamina. Go for more reps and less weight.

If February 25 gets complicated, you'll learn ways to make your workout go more smoothly.

Stick with the basics on the twenty-seventh, and don't get confused or misled or discouraged. You're doing a great job!

## Aquarius



This is your month to push hard and achieve a lot. Simply being steady and not losing ground is already a victory. Don't let anything discourage you. Work hard and then reward yourself with extra pampering. Rest and relaxation are part of the routine, right? You're doing great just knowing how important it is to be fitter and healthier.

On February 1, do your run, aerobics, or yoga routine and have a well-deserved breakfast. Start the day in high gear.

On the fifth, rethink your new class, instructor, shoes, or shampoo.

February 10 is full of energy. Join a community fun run for a good cause or go out and dance! You're moving now.

The thirteenth is Mardi Gras and has a Sun-Uranus sextile. It's party time on the treadmill or elliptical. Go for it!

February 14 and February 15, with the Moon in Aquarius, are your power days, complete with a solar eclipse on February 15. Run or swim farther or faster. If dancing, turn up the music.

On the twentieth, take yoga more seriously. Master the headstand. Yes!

Challenge yourself on February 26, then reward your tummy in a healthy way. You're doing better than fine!

## Pisces



It's a short month, and it will be gone in the blink of an eye. Get up and get going every single day and feel great about doing it. The goal isn't to be the fastest or strongest. It's more about being the best you that you can be today. Do your best and have no regrets.

Greet February 1 with an early workout or run. Get the heart pumping and the body moving. Why wait?

Try a new class or new massage technique on the sixth. Feel great afterward.

If yesterday was a success, do it again - and more - on February 7.

Move with more grace and efficiency on the tenth. Exercise is not all brute force, after all.

The February 15 solar eclipse could complicate or slow down your plans, but you won't skip exercising, will you? No.

The sixteenth and seventeenth, with the Moon in Pisces, are your power days. Water sports and hot tub time are big priorities now. Work those muscles and then reward yourself.

Wear your dreamy new swimsuit or workout gear on February 21 and look every bit as great as you feel.

On the twenty-fifth, it's easy to do better than you ever imagined. You're fantastic!

Credits: [astrology.com](http://astrology.com)





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Namita Nayyar

President

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