January/February 2020

Yoga Practice To Kick Smoking Habit

Skincare Tips During Pregnancy

10 Foods **To Avoid Having** In Your Pantry



Simple Organic Ways To **Tackle Dandruff** In Winters

Baby Steps To Healthy Weight Resolution for 2020

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Contents



COVER STORY

Our January Cover Star spills the beans on her journey in the entertainment world, her love for dance and what the future holds for her.

12 WORKOUT

The National Institute for Health shows a growing body of research which suggests that yoga postures, yoga breathing, and meditation can help quit smoking habit.

15 PREGNANCY

Here are 5 natural skincare and beauty tips to enhance your beauty and to make the beautiful phase of pregnancy more beautiful.







18 HEALTHY EATING

Limiting certain food items from your pantry might help you stay on track with your weight loss goals and improve your overall health. Here are six food items to look out for.

21 Whether it's your kid's birthday party or a ladies night, these 5 Healthy Nachos Recipes are definitely going to be a hit!

26 FASHION & LIFESTYLE

Winters always remind us of dryness of skin and scalp. We need to keep our hair and scalp clean and moisturised. During this season extra care needed to avoid frizz and hair breakage.

29 WELLNESS

If your goal is to attain a perfect beach body, then you must set targets this new year which are achievable, and which get you to a certain level of fitness.

32 WEIGHT LOSS GUIDE

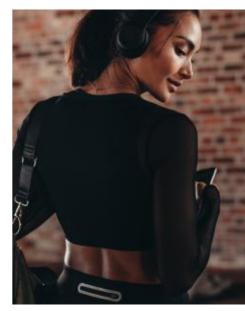
Peruse on to get some answers concerning a couple of tips that will help you in solid fasting and shedding pounds too.

34 SHOPPING

2020 is here and so it is time for you to amp up your gym beauty routine with these fantastic top 20 by Women Fitness!







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02 | WF INDIA www.womenfitness.org

Do not wait until the conditions are perfect to begin. Beginning makes the conditions perfect.

-Alan Cohen

Editor's Note

A new year marks a new beginning providing us with utmost attempts for self-betterment with all efforts likely to be abandoned by February. It's the same story every year, for many of us.

Some of us vow to lose weight while others promise to save money. A number of us might even resolve to grow professionally. If you are a part of this latter group, kudos to you! But do you have a plan? Do you have any specific goals on which to focus? What exactly will you do to ensure you are bettering your career and not falling off that New Year's resolution bandwagon come springtime?

One of the most effective, and seemingly simplest, ways to grow personally & professionally is to expand your network. And that goes beyond keeping your LinkedIn account active and up-to-date. Finally, Women Fitness is about empowering you to live your healthiest, happiest, most authentic life. That requires being honest about what it takes to embrace healthier habits and behaviours that create lasting change. So we're harking back to our original tagline: Healthy. Happy. and Fit.

Happy New Year to all our readers. Have a great year ahead.

In fitness

Namita Nayyar

Namita Nayyar Editor-In-Chief Tanya Nayyar Creative Editor <image>

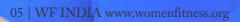
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mruta Khanvilkar has appeared in Hindi and Marathi films and established herself as one of Marathi cinema's leading actress and an accomplished dancer. Her roles in the films Katyar Kaljat Ghusli and Natrang were greatly appreciated. She then made her mark in Bollywood with Meghna Gulzar's Raazi.



She also won the seventh season of the dance reality show Nach Baliye with her husband Himmanshoo A. Malhotra.

Our January Cover Star spills the beans on her journey in the entertainment world, her love for dance and what the future holds for her.



I Consider No Work Is Small Or Big Which Has Been A Learning Through My Work.

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I Have Been A Dance Fanatic All My Life



You are considered to be one of Marathi cinema's leading actress and an accomplished dancer. Your roles in the films Katyar Kaljat Ghusli and Natrang were appreciated. Tell us more about your entry into the glamorous world of entertainment?

I started my career with a reality show. As an actress I consider no work is small or big which has been a learning through my work. My undying love for dance encourages me to participate and explore more. And alike dancing, acting comes to me naturally which I have kept polishing throughout the years. Year 2004 was a kick start to my career in the entertainment industry with the reality show Zee Cinestars ki khoj. As a person, I think any opportunity which gives me a chance to get closer to my well wishers and fans is a big opportunity.

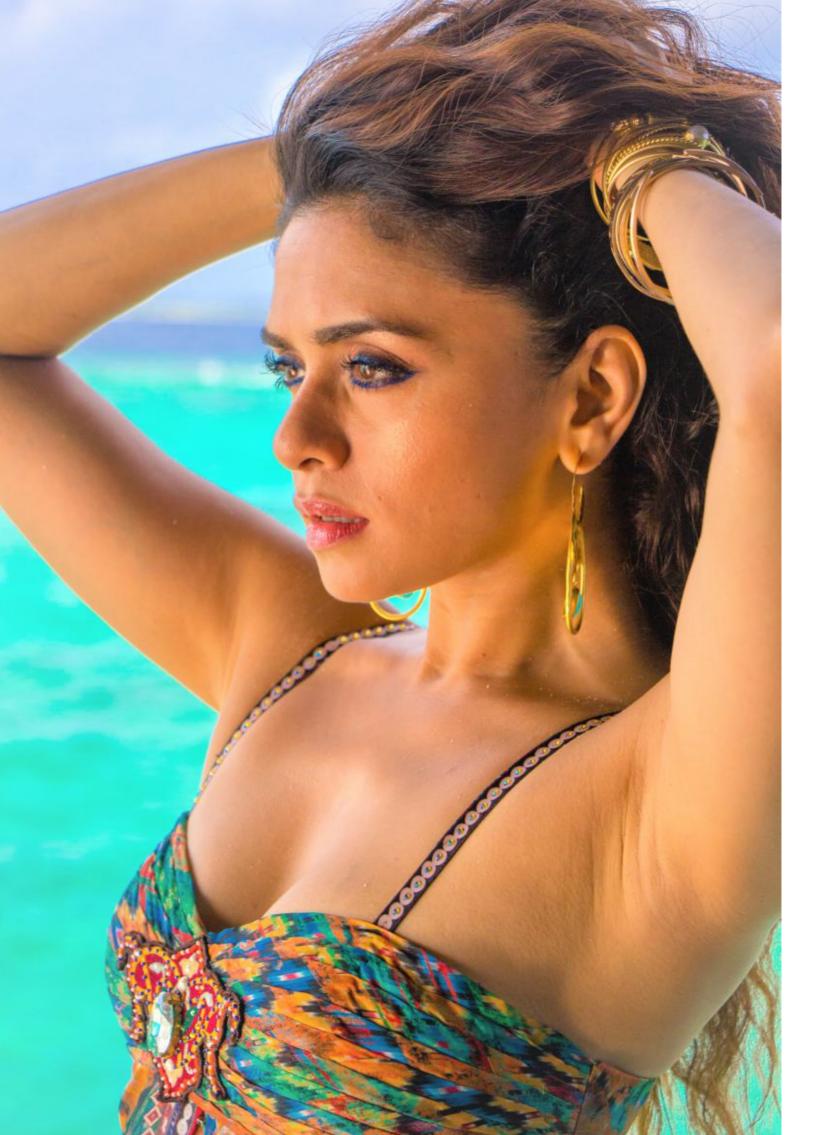


Your dancing capabilities are no secret. Share top 3 dance forms that you love?

Semi classical, cha-cha cha and hip-hop are my favourite dance styles. Though I have not really learnt cha-cha cha and hip-hop but semi classical again comes to me naturally. Back to those days, when I used to watch a lot of Jennifer Lopez and Britney Spears videos and try to absorb their dance styles.

You won the seventh season of the dance reality show Nach Baliye with your husband. What motivated you to take up this challenge? Also tell us about experience on the show.

When me and Himanshu received an opportunity to participate in the dance realty show Nach Baliye, he was the one who motivated me. He thought the only show where we can share the screen space as well as experience it together which encouraged me to take the challenge and go for it ...! I have been a dance fanatic all my life and if someone wakes me up in middle of the night to dance, I will start to groove. Nach Baliye gave us a room for manoeuvre because of which we could spend alone time together. This experience has been enthralling and has helped to build our relationship stronger as we were putup in a hotel with no phone calls allowed. All thanks to Nach Baliye for a heart-warming and amazing experience.



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Semi Classical, Cha-cha Cha And Hip-hop Are My Favourite Dance Styles.

You got your big break in Bollywood with Raazi, tell us about your other future projects?

The entire year when I shot for Raazi and Satyamev Jayate, both of these films did extremely well on the box office. The films crossed 100cr club where Raazi was a 200cr club film. Since, I was playing the characters in the secondary cast, getting every film was a huge task. In future projects, I will be seen acting in Malang directed by Mohit Suri and Luv Ranjan who are also producers of the film. So, really looking forward to working with them in this film.

Three components that are key essentials in your fitness regime? Your forever target area.

The key essentials in my fitness regime is diet. If you want to have those six-packs or a well-toned body the key to it is everything which is made in the kitchen. What you cook and eat is most important and also, how we maintain our timings for the diet is very important. The workouts that we do contributes around 30% to 40% of our entire fitness regime. My forever target area is the back. As a Maharashtrian, I have a tendency of putting on weight which many people won't agree with but I do. Being thin all these years but being thin, toned or fit is a completely different ball game altogether. Right now, I am working towards a fitter me by maintaining the diet and regime for myself.

What does your first meal of the day look like? 5 foods to kick start the day?

My first meal is ghee coffee, a very simple quick recipe to make. Pour some organic ghee, your favourite coffee, add hot water and it's all ready to drink. After an hour having steel cut oats with coconut milk and some dry fruits. Sometimes, I prefer having 3 egg whites with bread. 5 things to kick start the day is coffee, oats, egg, bread and sometimes a protein shake.

Cheat meals that you can't resist?

Oh my God! I just can't resist chocolates. I am completely an international dessert lover. Sometimes, I like Indian sweets but I am not too fond of them. On the other side, if you give me a plate full of international desserts and chocolates it's going to be empty in like minutes.

Your favourite activewear brands are?

My favourite activewear brand is Skechers, just love the shoe's collection they have. Nike and Body Engineers are also my favourite brands. Body Engineers have an awesome range of clothes with great colours.

Do you follow any skincare and hair care routine, after a sweaty workout? 5 skin care rituals.

Yes definitely! Skincare and hair care routine after a sweaty workout is must. The first thing I do is go for a shower after my workout. I don't shampoo and condition my hair on daily basis but I do it every alternate day. Couple of years back I had a major pimple problem due to PCOD, so moisturizers were a complete no no..!. I do apply moisturizer just before I go to sleep. But after every workout session, I quickly wash my face with cold water so that the pores get settled in and repeat this twice or thrice a day. The 5 skincare rituals which I generally do is to take steam once in 15 days, scrub my skin and exfoliate it, face mask at night which sometimes I just keep it on and sleep. Though I love doing facial but then again, I am not allowed by my dermatologist.

You have an incredible social media following on your account @amrutakhanvilkar. What is the best and worst part about it?

The interactions with my fans are always great and organic which is the most important part. Followers should be organic because that is how they get attached to you, love you and tell you how much they appreciate your work or like our particular picture or not. The best part about social media is you can totally use it for your benefit. On one hand, it is a great way to communicate with your fans directly through social media but on the other hand the worst thing about it is trolling...! As an actress I know we are a public figure but then I feel sometimes people forget that we are also humans and we also have a personal life.



always find in your gym bag?

1 pair of clothes maybe a dress or shorts and a tee, gyming gloves, knee caps, a waist belt, and a perfume.



Message for your 1.2 million followers on Instagram?

To all my 1.2 million followers on Instagram thank you so much for loving and appreciating me. I know there are people who sometimes want to be nasty or troll me and my dear ones. But then I feel it is a part of everyone's life. I really appreciate their love and warmth which is the only thing matters at the end of the day. Workout

Yoga Practice

Smoking Habit



he National Institute for Health shows a growing body of research which suggests that yoga postures, yoga breathing, and meditation can help quit smoking habit.

Smoking dependency can be replaced with regular yoga and meditation practice. Yoga contains a number of components that contribute to stress reduction including asanas. Various yoga postures have been shown to improve mood and well-being and pranayama, breathing exercises that involve regulation of breath.

Together, these components of yoga work to still the mind and focus the attention of the practitioner, regulating the agitated onrush of thoughts and anxieties and producing physiological and cognitive relaxation.

Below are few yoga practices along with their benefits to overcome Smoking

Kapal Bhati Pranayama (Skull shining breathing technique)

• Improves blood circulation.

• Energizes the nervous system.

• Rejuvenates the brain cells and calms the mind.

• Clears the nadis (subtle energy channels) and helps resist the urge to smoke.

Bhujangasana (Cobra pose)

• Expands the chest.

- Improves blood circulation.
- Reduces fatigue.

• Excellent for people with respiratory ailments.

• Helps relieve stress and minimizes the urge to smoke.

Sarvangasana (Shoulder stand pose)

• Helps nourish the brain with better blood flow.

• Effectively calms the mind.

• Helps relieve stress and depression, thus eliminating the smoking urge.

Shavasana (Corpse pose)

• Relieves stress.

• Rejuvenates the body.

• Reduces blood pressure and anxiety.

This pose should be practiced at the end of each session. It lets the body slip into a deep, meditative state of rest.

Nadi Shodhan Pranayama (Alternate nostril breathing technique)

• Releases accumulated stress.

• Calms the mind.

• Purifies and balances the

nadis (subtle energy channels).

• Works therapeutically to solve many respiratory problems.

• Helps counter the withdrawal symptoms of de-addiction.

Setu Bandhasana (Bridge pose)

• Opens the lungs. Improves the flow of oxygen to the body.

• Stretches various parts of the body.

• Calms the mind.

• Reduces anxiety, depression, and stress.

• Fends off smoking habit.

Shishuasana (Child pose)

• Relaxes the body

• Calms the nervous system.

• Helps relieve the mind and ody of stress.

Trikonasana (Triangle pose)

• Stretches and strengthens various parts of the body.

• Helps strike a very effective physical and mental equilibrium in the body.

• Reduces anxiety and stress.

• Helps fight the impulse for smoking.

13 | WF INDIA www.womenfitness.org



POLE DANCING as a

form of exercise focuses on the legs, abdominals, arms and shoulders. The muscles in the upper and lower legs including hip flexors, hamstrings, calves and quads move in co-ordination. This routine also builds strength and endurance in your triceps, biceps and forearms.



Skincare 1005 During Pregnancy

'Pregnancy is easy', said no one ever, but this is a beautiful phase and every woman deserves to look beautiful and feel pampered.

During pregnancy you become extra careful about what you eat. Similarly, you need to give extra attention to your skin. Experimenting new skincare or beauty products at this point of time is not a great idea. Hence, you need to be extra cautious about what you apply to your skin.

15 | WF INDIA www.womenfitness.org

Here are 5 natural skincare and beauty tips to enhance your beauty and to make this phase more beautiful.

Stay Well Hydrated

This simple yet effective tip not only benefits your gut, but also gives you a clear-looking skin. Water flushes out all the toxins from the body, which reduces the risk of acne and dull skin. It further boosts complexion and improves skin appearance.

Drink at least 8-10 glasses of water daily. Do not replace water with sugar-laden beverages like packaged fruit juices, sherbets and caffeinated drinks like tea and coffee. Plain water is the best.

Eat Right

Eat a variety of natural foods so that your skin gets the goodness of various vitamins, minerals and antioxidants. The food choices we make directly affects our skin, hence, we should be careful about what we eat. For a flawless, beautiful and glowing skin eat at least 2 fresh fruits and 3-5 servings of fresh vegetables daily.

Vitamin A and C fight wrinkles and other signs of premature ageing of the skin like dark spots and fine lines. Get your dose of these vitamins from orange, red and yellow colored fruits and vegetables and citrus fruits.

Vitamin E protects the skin proteins and cell membranes against damage caused by free radicals. Add nuts, oilseeds, avocado and dark green leafy vegetables to your diet.

Omega 3 fatty acids regulate the oil production and keep the skin soft and supple. It also prevents acne, a common problem faced by many pregnant women. Eat fatty fish like mackerel, herring, sardines, salmon and anchovies. Plant sources of omega 3 fat include flax seeds, chia seeds and walnuts.



Get Your Beauty Sleep

Pregnant women must sleep for at least 6-8 hours. Proper sleep is essential for your body, mind as well as baby's growth. Besides this, getting adequate sleep helps in the repair of the damaged skin cells, which is caused by hormonal changes during pregnancy. Sleep deprivation causes your body to produce more stress hormone 'cortisol'. Cortisol interferes with the quality of your skin and makes it look dull. Cortisol can also raise the severity of acne by increasing the action of inflammatory compounds. Hence, it is important for every pregnant woman to get a good night's rest.

Choose The Correct Cleanser

It may not be a great idea to try new skincare products during pregnancy. Use products that are gentle and mild and they should not contain any harmful chemicals. Use a gentle cleanser twice a day that will remove all the dirt, impurities and extra oil from the skin pores. Cleansing may not reverse the hormonal changes that take place during pregnancy, but it can definitely give your skin a fresh and clean look.

Know Which Beauty Products Are Safe For You

With so many beauty products being introduced in the market frequently, it becomes difficult to keep up with what is safe during pregnancy. Let's have a look at some skincare products, which are better to avoid if you are pregnant:

• Topical Retinoids

Though the amount of this drug absorbed from the skin when using this product is small, 4 case studies have reported that topical use of tretinoin, a preparation of retinoic acid used to treat acne may cause minor birth defects. But, many other scientific studies have found no adverse effects of use of topical retinoids during pregnancy. However, topical retinoids cannot be advised for use during pregnancy because their safety still remains questionable.

2. Skin-Lightening Agents

Hydroquinone is a depigmenting agent and it is also used cosmetically as a skin-whitening agent. 35% to 45% of hydroquinone is absorbed following topical use in humans, says research. Because of the high absorption rate, it is recommended to avoid this during pregnancy.

16 | WF INDIA www.womenfitness.org

FINAL VERDICT

Enjoy this special phase of your life by taking extra care of what your eat, drink and apply to your skin. Use natural ingredients from the kitchen to enhance the glow of your skin. Beauty comes from internal care as well. Hence, pay special attention to what you eat and drink.

By- Sneha Sadhwani

Healthy Eating

Foods To Avoid Having In Your Pantry

> imiting certain food items from your pantry might help you stay on track with your weight loss goals and improve your overall health. Here are six food items to look out for.

1. Added Sugar

Products with large amounts of added sugar should be avoided when trying to achieve a healthier lifestyle and weight loss.

Added sugar has low nutritional value and offers calories that you don't necessarily need. Eating too much can lead to health conditions such as diabetes, obesity, and heart disease.

Review the nutrition facts and ingredients of all your food items — it may surprise you how many of them have added sugar. Added sugar comes

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in many different forms and may be disguised through names such as granulated sugar, high fructose corn syrup, dextrose, and molasses.

As a rule of thumb, any ingredient with the ending "ose" may be a source of added sugar. Always make sure that sugar isn't the first ingredient listed when purchasing a product.



2. White Flour

White flour is flour that has been bleached and processed, reducing fiber and nutritional value. This may leave you feeling bloated and constipated.

Review all of your carbs foods, such as bread, pasta, bagels, pretzels and see if they are primarily made with white flour.

Aim to choose the whole grain versions, which are higher in fiber and nutrients, and known to reduce the risk of certain diseases. Whole grain products can help prevent you from overeating by keeping you fuller longer.

3. Factory Made Chips, Nachos Etc...

It's better to source your snacks from a home chef or a baker or to cook your own snacks. It's always convenient to open a bag of chips and eat the chips straight away, but this practice can be highly damaging to your health in the long run.

4. Processed and Prepackaged Food

Avoid eating too many processed foods altogether such as chips, cookies, and lunch meat.

Processed foods are usually high in sodium, which can cause your body to hold more water and raise blood pressure. This might make you feel bloated and mask weight-loss progress.

Choose low-sodium options, or replace these foods with fresh food that you can prepare yourself.

5. Partially Hydrogenated Vegetable Oil

You don't need partially hydrogenated vegetable oil because according to the Food and Drug Administration (FDA), the trans fat found in this oil can increase your chances of heart disease.

This type of oil is typically found in margarine and baked goods.

Choose products that contain healthier alternatives such as olive, sesame, or grape seed oil.

Health Advantages Of These Oils:

- Olive Oil contains nutrients that are anti-inflammatory and lowers the risk of a stroke.
- Sesame Oil is a great source of Vitamin E and might be able to help reduce blood pressure.
- Grape seed Oil contains Vitamin E, anti-inflammatory nutrients, and is a rich source of Omega-6 fatty acids, which promote heart health.

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6. Artificial Flavor Enhanced Foods

Choose wisely when it comes to food with artificial flavors because they might not be the best option. Why not go for the "real" thing? It will provide you with more nutrients!

For example, instead of eating processed blueberry muffins, eat a cup of blueberries. Blueberries have a lot of vitamin C and potassium that are beneficial for your body!

Eat foods in their natural state since they can provide the proper vitamins and minerals your body needs to function properly and effectively.

7. Canned Foods And Condiments Which Come With Chemicals To Enhance The Color And Taste.

It's important to keep our diet completely chemical free in order to promote mental health and a healthy heart. Taste enhancers and artificial colors have a direct correlation with a person's poor mental health.

8. Sugary Drinks And Instant Pop Corn

There is a reason why this snack is only constraint to movie watching in theaters. Don't make it a regular in your kitchen. Reason being, high in bad carbs, and full of artificial flavors and chemically enhanced taste.

<mark>9. Instant Oats</mark>

Always opt for rolled out, old fashioned oats instead of Instant Oats. They may take longer to cook, but are far more nutritious, delicious and our slow burning for our metabolic rate.

10. Margarin, Salted Butter

Best is to opt for home made butter, or Salt free butter or ghee for fat requirements?

Remember, the more natural and as nature intended ingredients and snacks. Most often, a fruit is the best type of snack and is readily available.

By- Ms. Preety Tyagi

20 | WF INDIA www.womenfitness.org





Serves 4 Ingredients

 1 2/3 cups cooked chorizo (from Chorizo and Kale-Stuffed Sweet Potatoes with Zucchini-Arugula Salad)
 1 cup drained canned unsalted pinto beans
 8 (6-inch) corn tortillas, cut into wedges

● Cooking spray ● 2 ounces reducedfat colby-Jack cheese, shredded (about 1/2 cup) ● 2 ounces queso fresco, crumbled (about 1/2 cup)

• 1/4 cup chopped green onions

● 1 cup chopped tomato ● 1/4 cup thinly sliced radishes ● 1/4 cup chopped fresh cilantro ● 1 ripe avocado, peeled and chopped

- 1 jalapeno pepper, thinly sliced
- 1/2 teaspoon kosher salt

Procedure

- Preheat broiler to high.
- Combine chorizo and beans in a small saucepan over medium heat; cook 5 minutes or until thoroughly heated, stirring occasionally.
- Arrange tortilla wedges in a single layer on a large foil-lined baking sheet coated with cooking spray. Coat tortillas with cooking spray. Broil 2 minutes on each side or until lightly browned and crisp. Sprinkle cheeses and onions evenly over chips; broil 1 minute or until colby-Jack cheese melts.

 Top nachos evenly with chorizo mixture, tomato, radishes, cilantro, avocado, and jalapeño pepper. Sprinkle kosher salt evenly over nachos. Serve immediately.

evenly over nachos. Serve immediately. 21 | WF INDIA www.womenfitness.org

Nutritional Information

- Calories 450
- Fat 19g
- Satfat 6g
- Monofat 8.3g
- Polyfat 2.2g
- Protein 28g
- Carbohydrate 42g
- Fiber 10g
- Cholesterol 53mg
- Iron 3mg
- Sodium 608mg
- Calcium 400mg
- Sugars 2g Est. added sugars 0g

Sheet Pan Kimchi Nachos

Serves 6 Ingredients

12 ounces tortilla chips 2 teaspoons sesame oil 12 ounces ground pork 2 tablespoons minced shallot 2 cloves garlic, minced 1 teaspoon freshly grated ginger 1 1/2 teaspoons fish sauce 1 cup kimchi, drained and thinly sliced 5 tablespoons plain whole-milk Greek yogurt
2 teaspoons Sriracha chili sauce 2 teaspoons water 1 teaspoon seasoned rice vinegar 1/2 teaspoon sugar 1/4 teaspoon freshly ground black pepper 1/2 cup thinly sliced green onion 1/4 cup thinly sliced watermelon radish

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*Procedure*Spread tortilla chips evenly on a half sheet pan. Set aside.

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- Heat oil in a large nonstick skillet over medium. Add pork and shallot; cook 3 to 4 minutes, breaking pork into pieces with a wooden spoon. Add garlic, ginger, and fish sauce; cook 2 to 3 minutes, until pork is browned and garlic is aromatic. Use a slotted spoon to remove pork from pan and sprinkle evenly over chips. Spread kimchi evenly over pork.
- Combine Greek yogurt, Sriracha, water, vinegar, sugar, salt, and pepper in a small bowl; mix well. Spoon yogurt mixture evenly over nachos. Top with green onion and watermelon radish.

Nutritional Information

Calories 410 • Fat 19.5g • Satfat 4.8g
Monofat 3.8g • Polyfat 6.7g • Protein
17g • Carbohydrate 44g • Fiber 4g •
Sugars 3g • Cholesterol 45mg • Iron 1mg
Sodium 700mg • Calcium 95mg

22 | WF INDIA www.womenfitness.org

Apple Nachos

Serves 4

Ingredients

• 3 medium apples, sliced

• 2 tablespoons peanut butter powder (such as PB2) • 2 tablespoons almond • 1/2 teaspoon powdered sugar (if milk desired) • 1/4 cup dark chocolate chunks (chips) ● 1/4 cup granola



- Wash and slice apples; arrange on a dish.
- To make peanut butter glaze, combine peanut butter powder, almond milk, and powdered sugar. Drizzle on apples.
- Sprinkle chocolate chunks and granola over apple slices.
- Topping Options 1. Melt chocolate chunks; drizzle on apples. 2. Drizzle honey on apples. Sprinkle with granola or toasted oats. 3. Sprinkle with roasted nuts. Top with goat cheese crumbles. Drizzle with honey.

Nutritional Information

• Calories 135; • Fat 4g (sat 1.9g, mono 1.1g, poly 0.3g); • Protein 3g; • Carb 26g; • Fiber 3g; ● Sugars 17g; ● Chol 0mg; ● Iron 1mg; ● Sodium 30mg; • Calc 11mg



Nacho Wraps

Makes: 4 servings

Ingredients

• ³/₄ cup refried beans

• 2 tablespoons diced green chiles (canned) • ½ teaspoon taco seasoning • 4 (8-inch) flour tortillas • ¹/₂ cup guacamole • 1 ¹/₂ cups shredded lettuce • 1 cup crushed tortilla chips • 1 cup diced tomatoes 1 cup shredded cheddar cheese

- 2 tablespoons minced fresh cilantro
- ¹/₂ cup pico de gallo

● ½ cup sour cream ● Nacho cheese dip for dipping



Prebaration

- In a medium bowl, combine beans, green chiles and taco seasoning.
- Place tortillas on a work surface. Spread bean mixture equally in the center of each tortilla. Spread guacamole over beans. Arrange lettuce, tortilla chips, tomatoes, cheese, cilantro, pico de gallo and sour cream in a line across the tortilla. Fold both edges over filling, roll up and refrigerate until ready to serve (in a lunchbox with an ice pack).

• Pack the dressing in a separate container to keep the salad fresh until lunchtime. 23 | WF INDIA www.womenfitness.org

5. Nourishing Nachos

Serves 2 as a main, 4 as a starter

Ingredients

1 tbsp olive oil ● 1 onion, finely chopped ● 250g/9oz beef mince ● 1 tsp hot smoked paprika ● 1 tsp ground cumin ● ½ tsp chilli powder ● ½ 400g tin black beans, drained ● 200g/7oz lightly salted corn tortilla chips ● 150g/5½oz cheddar, grated
100g/3½oz cherry tomatoes, quartered ● salt and freshly ground black pepper ● To serve ● 4 spring onions, finely chopped
● coriander (optional) ● sliced chillies (optional) ● lime wedges

• soured cream

Method

- Preheat the oven to 200C/180C Fan/Gas 6. Heat the oil in a frying pan over a medium heat, add the onion and cook for 3–5 minutes until soft and translucent.
- Increase the heat and add the beef, paprika, cumin and chilli powder. Cook for 5-10 minutes, stirring occasionally, until the beef is browned.
- Reduce the heat to medium and add the black beans, stirring gently, until the beans are heated through. Season with salt and pepper.
- Line the base of a 1.5 litre/2¾ pint ovenproof dish or baking tray with a single layer of tortilla chips, then top with half of the beef mixture, then half the cheddar and half the cherry tomatoes. Add a second layer of tortilla chips, then top with the remaining beef and cheese. Transfer to the oven and cook for 8–10 mins, until the cheese has melted.
- Remove the nachos from the oven and top with the remaining cherry tomatoes, spring onions, coriander and chilli, if using. Serve hot with the soured cream and lime wedges.



Adults should have no more than 30g (around 7 teaspoons) of free sugars – sugars added to food or drinks – per day. Children aged 7 to 10 should have no more than 24g (6 teaspoons) per day. Children aged 4 to 6 should have no more than 19g (5 teaspoons) per day

There's no guideline limit for children under the age of 4, but it's recommended they avoid sugarsweetened drinks and food with sugar added to it.



Simple Organic Ways To Tackle Dandruff In Winters

inters always remind us of dryness of skin and scalp. We need to keep our hair and scalp clean and moisturised. During this season extra care needed to avoid frizz and hair breakage.

One can improve the health of hair and scalp by choosing to opt for hair massage treatment at least once in a week. Here is a formula of an excellent aromatherapy hair oil for relieving itchy scalp and dandruff. It can be used daily or used weekly as a massage treatment.

JOJOBA OIL – 50ml
Lavender Oil – 10 drops

Rosemary Oil – 10 drops

• Lemon Oil – 10 drops

Make a blend and apply the treatment oil on the scalp atleast 30minutes before you shampoo your hair. Do remember to use a sulphate free shampoo. Initially use it every time before you shampoo and subsequently reduce to once in a fortnight.

Apple cider vinegar rinse is miraculous cure for dandruff. Add one tablespoon of vinegar to one litre of water and pour it over the scalp. This rinse should be done every time you shampoo your hair.

One can also make hair lotion at home and can apply to the hair every day. This hair lotion helps to protect hair from damaging elements that strip hair of natural ois subsequently making them dry and flaky.

Hair treatment mask- 50ml
Aqua – 30ml
Almond oil – 10ml
Jojoba oil – 10ml
Rosemary oil- 10ml
Ginger oil – 10ml
Peppermint oil- 10ml

Mix all the above ingredients and store them in a recyclable bottle. Every time take a tiny amount on the tips of fingers and spread it all over hair and scalp. Then using palm of your hair smoothen it out throughout your hair.

Lastly During winters please avoid using water based hair gels as they make scalp dry and flaky. Use hair creams instead that are enriched with organic oils and conditioners.

By- Ms. Pooja Nagdev

Beauty Tip

Always apply heat defence spray before using heated styling tools such as the hair dryer, flat or curling iron. Heat protection spray provide additional light hold. Use heat protectant mousse if you want to create bounce by applying the mousse to the root of your hair.

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<u>Well</u>ness

Baby Steps To Healthy Weight Resolution for

f your goal is to attain a perfect beach body, then you must set targets this new year which are achievable, and which get you to a certain level of fitness.

1. Eat Within A 12-hour Time Frame In A Day:

If you eat throughout the day, even if you are eating less or healthy, then you are basically shifting your body's focus away from this essential process to digesting food. Lately, research recommends a 12-hour time frame, which means that if you have breakfast at 8 in the morning, then you must not eat anything after 8 in the night, allowing your body 12 hours to hit the reset button.



2. Shoot For Seven-nine Hours Of Sleep:

Start small, like going to bed 15 or 30 minutes earlier than you normally do.





3. Make Music Is An Integral Part Of Your Workout:

Music has been proven to improve your workout performance, motivation, and focus. Make sure to listen to upbeat songs as slow songs may have the opposite impact on the quality of your workout and assist in achieving healthy weight .



It's the year 2020 and its an easier resolution to do stretches while enjoying the latest bingeable Netflix series.

5. Schedule Me-time Everyday:

Slot your me-time into your calendar as you would with any other appointment remember that's first step to healthy weight. Make it fun by calling it a play date, and use the time (even if it is just 30 minutes a week) to do something that gives you joy, be it reading, listening to music, going for a run, chatting to a friend or simply relaxing.

6. Cut Down On Sugar:

The no.1 food enemy these days, with addiction-forming affects that are often likened to those of illegal drugs such as cocaine. Research has shown sugar consumption to be a major cause of obesity and chronic disease, one of the most serious being type 2 diabetes.

7. Breathe Deeply:

Breathing deeper – and thinking about the action as you do it – has several health benefits such as increasing your energy levels, improving posture, reducing inflammation and relaxing both mind and body. So just breathe. And then breathe deeper.

Good bye to extra fat in 2019.

Yoga tip

Some yoga postures can manipulate a person's digestive tract and may help relieve constipation by encouraging the digestive tract to pass stool or gas. One example is the bow pose, it strengthens all the abdominal muscles. According to the Yoga Institute, this pose is good for those experiencing gas and digestive problems as it puts pressure on the abdomen. This is one of the more advanced poses, so exercise caution when attempting it, and do not push your body too hard. Weight Loss Guide

To To Maintain Weight Following A Vegetarian Diet

eruse on to get some answers concerning a couple of tips that will help you in solid fasting and shedding pounds too.

Green verdant vegetables are an absolute necessity. They give you vitality alongside some basic supplements like Nutrient A, B and C. Spinach, bottle watch, broccoli, peas and tomatoes are some solid green choices that can be considered for fasting.

One must have products of the soil abandons saying. Natural products cut down your cholesterol. Apple, papaya, orange, pear and guava are the perfect organic products which can help you in cutting down your cholesterol.

A glass of tepid water with juice of 1 lemon in it whenever taken on a vacant stomach can be more than powerful with regards to getting in shape.

Peruse here: Weight reduction through uncommon nourishments

During fasting go without full cream milk and don't get ready nourishment in dense milk.



Try not to eat rotisserie nourishments like puri and pakodas. Supplant these nourishments with roti and nourishment choices that are less in sugar content.

Fasting is one reason for individuals to have heaps of ghee. Eating an excess of ghee won't add to your weight reduction and rather do the inverse. Utilize olive oil or on the off chance that you truly wish to have ghee, utilize not more than one tablespoon for arrangement. Have heaps of liquids like juices, shakes, lassi, soups, home grown teas and coconut water. These fluids won't just keep you empowered however will likewise reduce your digestion. Keeping up an ideal liquid level is likewise as significant as not eating an excess of ghee.

Fluids will help in detoxification of your body.

> Decide on crisp leafy foods the once stripped and cut hours before you are having them. Have plates of mixed greens, nuts, simmered makhana and broiled dry organic products as late morning munchies.



the off chance that you have a sweet tooth, abstain from having 'meetha' from outside. You can satisfy your sweet desires by having jaggery, nectar, apple kheer and natural product curd. Sweet potato is likewise a sound alternative.

Adhere to the standard of control. Eat little suppers as opposed to eating a lot at once or starving yourself. Eat a little supper at regular intervals. These dinners keep your digestion up and keep up the blood glucose level.

By- Dt. Shikha Mahajan

Individuals love having seared potato while they are fasting. On the off chance that you need to do it in a solid manner, at that point substitute these seared potatoes with simmered, barbecued or bubbled potato talk. You can include cucumber, shake salt and tomato to upgrade the taste and nourishment as well.

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Best Gyn Beauty Products To Buy In 2020

o20 is here and so it is time for you to amp up your gym beauty routine with these fantastic top 20 by Women Fitness!



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Sun Sign Finess



LEO

When the full moon is in Cancer on January 10, look at your fitness resolutions again and see if they've changed. You can always edit them if you wish! Don't let Venus entering Pisces on the thirteenth trick you into making big purchases in the name of wellness. That "upgraded" gym membership isn't worth it. Continue to work hard when Mercury enters Aquarius on January 16.

VIRGO

Opening your mind to new experiences can be difficult. Luckily, the full moon in Cancer on January 10 sparks your interest in the latest wellness trend. Try it out! Don't be surprised if you get checked out on the way to the elliptical machine on the thirteenth. Venus enters Pisces, showing off how good you look.

LIBRA

Spice up your fitness plan by trying something completely different. Maybe a hip-hop dance class or snowshoeing? Step out of the gym and take care of your personal life. Healthy communication is also a good habit to nurture. You're looking good and feeling even better. Hard work does pay off.



SCORPIO

We know you're in a hurry to achieve your dream body, but one thing at a time, Scorpio. You don't want to overwhelm yourself or get injured. When Venus enters Pisces on January 13, slow down and take it one milestone at a time. You'll get there. Celebrate your fitness success with your friends when Mercury enters Aquarius on the sixteenth. They might share their tips with you.



AOUARIUS

Seek out the advice of a wellness coach. They'll have great pointers. You'll be amazed by the results. When the sun enters your sign on January 20, take a good look at your routine and kick things up a notch. You'll be happy you did. Get some fresh air. It's a great time to hit the slopes. You love trying new things for your health, and you'll get the opportunity to incorporate something unique into your workout.

TAURUS

Luckily, the full moon in Cancer will get you out of your slump on January 10, putting you back on track to your fitness goals. You're feeling better when Venus enters Pisces on the thirteenth. Try something new when Mercury enters Aquarius on January 16, whether it's a new machine or a new class. Be brave!



SAGITTARIUS

Do some research about a health topic that interests you when Mercury enters Aquarius on the sixteenth. You'll learn so much! Put that knowledge to good use when the sun enters Aquarius on January 20. Take a mini break from your routine on the twenty-fourth to do the things you enjoy. The new moon in Aquarius will be encouraging you to try out anything that makes you happy.



PISCES

Lovely Venus enters your sign on January 13, encouraging you to chill and relax. Wellness isn't just about lifting weights or jogging. It's also about being in a better frame of mind. If you start feeling overwhelmed when Mercury enters Aquarius on the sixteenth, it's okay to skip the gym and meditate at home. Take a mental health day to get centered again when the sun enters Aquarius on January 20. It's important for your overall health.



Work interferes with your fitness. Try to make time for your workout when you can. You can't work to the best of your abilities if you don't feel energized. Stay hydrated and drink plenty of water. Your moods might be trying to tell you something about your health. Eating healthfully doesn't have to be boring. Start researching unique recipes that taste good and are good for you. Cooking can be relaxing for you.

38 | WF INDIA www.womenfitness.org



CAPRICORN

Start with a small, manageable goal until you get your energy back. Focus on your mental health. If you're still not feeling energetic by January 16, look at your workout. Mercury enters Aquarius on that day, showing you how to tweak your routine to make it more fun. Work stress creeps into your life. Get a massage or go on a long walk to burn off some of the tension. If you're still not feeling great, reach out for help.



ARIES

You'll notice the results of your hard work when Venus enters Pisces on January 13, getting you closer to your dream body. Looking good! Stay active on the sixteenth, when Mercury enters Aquarius, and burn off that energy. Even if the weather is frightful, you can always work out at home. Make a doctor's

appointment when the sun enters Aquarius on January 20. A new year means new checkups!



CANCER

Wellness isn't just about physical fitness, so if you're too tired to hit the gym, stay in and take a bubble bath. Get a massage for some stress relief when Jupiter trines Uranus on the fifteenth. Slowly get yourself back to your regular workout routine when Venus enters Aquarius on December 20. Prepare an organic meal for your loved ones.



GEMINI

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