

# Women's Fitness

July 2018

TV Actress

*Ankita  
Bhargava*

Talks About Her Journey,  
Fitness Routines & Favourite Meals

Your NEXT  
Vacation's  
*Travel  
Checklist!*

**5** *Vegetarian  
Low Calorie Dinners*  
To Get You Started

Are you  
planning  
*a baby?*  
Read this!





I think WomenFitness.Org is a very good initiative. Even the sentiment and the emotion behind the magazine is great to support women facing challenges in their career and giving them advice regarding fitness, nutrition, etc. It is very important to stay fit, it's very important to stay healthy especially in today's world with changing time where we have pollution and adulteration in the food. It's very important to get the correct advice. So if Women Fitness is doing that then I think I'm very proud of it and helping women achieve their dream that's another area that society needs to work on and I'm sure Women Fitness is providing all sorts of right advice to the women.

Heena Sidhu, Pistol Shooter

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### Cover Story

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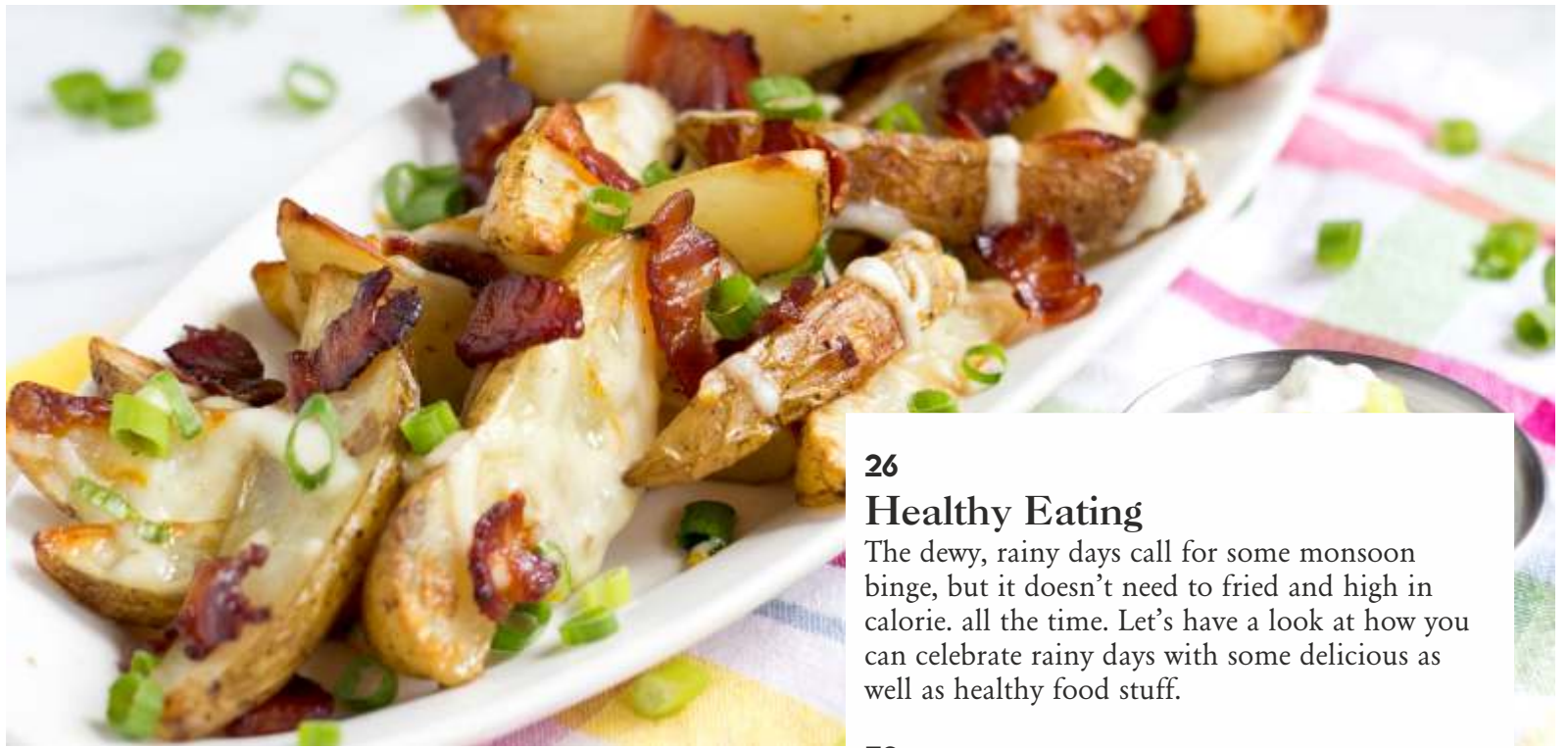
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### Your NEXT Vacation's Travel

Often when we are busy in our daily schedules, packing for a holiday is usually last-minute. Therefore, to make things easier for you and keep all the essentials in check, we have the travel accessories all at one-place for you. Your very own Travel Checklist!







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Sun-signs play a major role in your health and fitness. For those of you who believe in that, jump onto this section and explore what your sun-sign has to say about your fitness levels this month.

## Follow



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# WOMEN FITNESS

womenfitness.org

## Editor's Note

People don't take opportunities because the timing is bad, the financial side unsecure. Too many people are overanalysing. Sometimes you just have to go for it.

- Michelle Zatlyn, Co-founder of CloudFlare

According to LinkedIn data, Women entrepreneurs account for almost one-fifth of all leadership profiles. Today, there are about 8 million women who have started or are running their businesses. The top 10 roles globally, which saw an increase of women leadership include test-development engineers, automotive salespersons, mariners, technical sales professionals, physicists, military officers and surveyors and so on. A proud achievement to serve as an inspiration for upcoming generation. Here let us not forget the contribution of housewives who continue to serve & run families at large. According to LinkedIn, business development, which requires an entrepreneurial mindset, also witnessed a significant increase of about 35 per cent women leaders since 2009.

One thing which leaves one disturbed is the rising incidents of crime against women over the last few years. The latest National Crime Records Bureau data reflect how incidents of rapes have gone up by 12-15%, while other crimes have risen by 3-5%.

No matter how many difficulties you have faced so far in your life, stop focusing on how worse things can get. You have to believe that you can always find a way to turn things around and give yourself that much-needed second chance.

Be proud of your achievements.

Bye for now,

Namita Nayyar

President, Women Fitness

[www.womenfitness.org](http://www.womenfitness.org)



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Cover Story

TV Actress

# Ankita Bhargava

Talks About Her Journey, Fitness  
Routines & Favourite Meals





Health & fitness comprises of the body, mind and soul. We need to keep a balance between everything in life. It's great to have a companion like [womenfitness.org](https://www.womenfitness.org) to keep women from all walks of life motivated in all spheres of life.



**A**nkita Bhargava is a well-known face from the Indian Television Industry. You've seen her, you've loved her, but do you know her too? Women Fitness recently had the wonderful chance to speak to her about her life as an actor and her passion for leading a healthy life.

**You first appeared on our small screen in 2002 with Sanjeevani and since then, there has been no looking back. Share with our viewers your incredible journey of becoming an actor?**

Sanjeevani was just like a summer job for me! I was still in junior college and the opportunity came my way from nowhere during Summer vacations. I was way too young. I hadn't even started my journey in theatre as yet.

For me it was good pocket money and an opportunity to explore what all I'm capable of and I realised that emoting came quite naturally to me and I just had to put myself in the characters shoes and I would smile, laugh or cry on cue!

Also, the journey wasn't easy at all. I was still deciding whether to become a doctor or an actor at that point of time. It was only when I started doing Theatre in college is when I got serious about the profession.

After Sanjeevani I started auditioning for TV commercials, I must have gone to Famous studios everyday after college to test for various commercials, more than 300 auditions I'm sure and nothing worked out.

It was tough. But theatre was my constant. I even got a scholarship for the best new talent in Xaviers. That kept my emotionally afloat. Being in St Xaviers College Mumbai made a lot of difference in my life as a creative person.

**Your come from the same professional background as your parents. Did that help you in becoming a part of and accepting how the Indian Television Industry works? Also introduce us to your day-routine.**

Yes, I was anyway accustomed to the routine of an actor because of my parents. Also the ups and downs of this industry were not alien to me at all. It had been a part of my growing up years and I think that's exactly what keeps me humble and grounded. My day to day routine varies if I'm on a project or not. I travel lots when I'm free and when I'm working I'm super focused on work.

**Your passion towards fitness is quite obvious from your social media posts. Unfold the exercises that comprise your fitness regime on a daily basis?**

I keep shuffling my workouts.

But I'm in love with Pilates. I have been into fitness since college, since I was always a healthy child I had to and have to push myself harder. I also enjoy functional training twice or thrice a week.

**Eating healthy is an integral part of staying fit. What type of diet do you follow to stay healthy and physically fit? Also, share with us your top 5 health foods that you absolutely love.**

Yes, I believe in eating everything in balanced proportions. One should not deprive their body of any food group in particular. My top five would be:

- Coconut water
- Orange juice
- Beet root
- Green veggies
- Ragi chapatis

**You have glowing skin and long, flowing hair – what skin and hair care tips would you like to share with our visitors?**

Well honestly, as a teenager I have battled bad skin for years. But as I got serious about my fitness and eating habits, everything fell into place. My break outs reduced and eventually vanished. Eating healthy and working out is one stop solution to all health related issues in life. As far as hair is concerned, I'm genetically blessed with good hair... both my parents, my aunts have long and lovely hair. However I have always focussed on oiling my hair ever since childhood thanks to my Mom. She always took pains to give me head oil massages and coconut milk massages. I do that even today.

Try staying away from styling products as much as possible. Blow drying and heating irons suck out all the moisture and leave ur hair dry. If u treat ur hair delicately and with respect they will be ur companion all life long.

**You have given some fabulous performances with your shows Dekha Ek Khwaab, Sajda Tere Pyaar Mein, Ekk Nayi Pehchaan, etc. If you had to pick up one role out of these that is extremely close to you heart, which would it be and why?**

Unnati from Dekha Ek Khwaab is the closest to my heart. I used to have mothers from all over the country and abroad telling me how they want their daughters to be like Unnati.... Balanced and mature. Unnati was the purest soul I have personally seen. I felt I got better as a person playing Unnati on screen.

**You have a massive social media following of**





I believe in eating everything in balanced proportions. One should not deprive their body of any food group in particular.



over 595K followers on your Instagram account @ankzbhargava, of fans who love, admire and respect you. How does it feel that you are able to inspire and motivate so many of these individuals?

Its a responsibility I take very seriously. Specially with all the conditional love and support I get from my followers I make efforts to reciprocate as much as I possibly can. I can feel what they feel for me. In a lot of ways my followers inspire me. It's a give and take relationship I feel.

**You have also steeped in to the film industry with performances in Action Jackson and Akira. Are you planning to focus more on films? What type of scripts attract you as an actor?**

Yes I love doing films. The creative freedom is very very different, and to see yourself on a 70mm screen is mind blowing. I wish to do more work in films now. Strong roles with strong backbones. Roles which have their own story, own path. Scripts which get your grey cells working, which force you to dwell deeper into human understanding is what I'm looking out for.

**You have been married to an actor husband Karan Patel since 2015. Balancing work with a marital status is challenging & calls for a lot of understanding between the couple. How has marriage changed you and helped you evolve in life?**

I think in our case it's a blessing that we belong to the same industry.

**You were recently a part of a Digital ShortFilm "SUNSET YEARS". Share with us your experience of moving on to a new platform like YouTube. Also, we would like to know about some other future projects that you're working on. What motivated you to do the same?**

The medium is hardly a criteria, the content is. I have also done the title role of a TV Show for Doordarshan, because I believed in the concept so much. If my show VIDYA had a better channel to support it. It would have been my lifetime role and something the word would have remembered. Same goes with SUNSET YEARS, the concept was all heart and performance oriented.

As an actor I'm all heart. Even my theatre projects are stories that I believe in and learn from personally.

**Cut-throat competition dominates in every areas of our life. Extend your experience & the**

**role of hard work to survive in the entertainment industry. What would be your best tips for a newcomer entering the Television industry?**

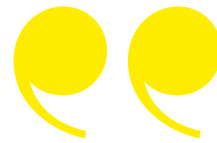
Everyone works hard, stays in shape, polishes their craft, learns various things, etc. But what most of us often forget in this competitive world is kindness, we become materialistic, selfish and self centered.

For a new comer I would say one thing, stay as real as possible. Never put on a mask and fool the world and yourself for that matter.

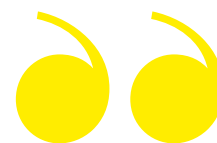
**Women Fitness works with a goal to reach out to women all over the world providing them with best in health & fitness. What do you wish to say about the website (Womenfitness.org) and a motivational message for our readers?**

Health & fitness comprises of the body, mind and soul. We need to keep a balance between everything in life. It's great to have a companion like womenfitness.org to keep women from all walks of life motivated in all spheres of life. Constant push is always needed.

I feel Live, Let Live and Follow Your Own Dreams is my own motivational message that I want to share with all the readers.



**As an actor I'm all heart. Even my theatre projects are stories that I believe in and learn from personally.**



# Celebrities

## Starring This July



**Karishma Kotak,**  
Model



**Karishma Tanna,**  
Actress



**Dipa Karmakar,**  
Olympian & Gymnast



**Shakti Mohan,**  
Dancer &  
Choreographer

Check out more celebrities on: [www.womenfitness.org](http://www.womenfitness.org)



# Fitness tip

Regardless of your goal, increasing training volume is essential. Basically, in order to constantly progress, you need to do more than you had previously. Rather than spending hours at the gym increasing training volume, your best bet is to keep workouts short, focused and concise, while ensuring progress.



Workout

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Karachiwala





# Celebrity Fitness Trainer Yasmin Karachiwala Decodes Fitness

Celebrity fitness trainer Yasmin Karachiwala, who has trained the likes of Deepika Padukone, Alia Bhatt, Kareena Kapoor and Katrina Kaif, joins Women Fitness India in a talk about the most common fitness myths and how she maintains herself to train the most well-known actresses of our country.

Follow the excerpts below to go through her conversation with Women Fitness India's President Namita Nayyar.

**Your journey as India's most sought after fitness trainer started with your own journey. Walk us through your interest in fitness and choosing it as a full time career, was it accidental or the subject in itself?**

My fitness journey started by a complete fluke. Many years ago a friend coaxed me into joining a gym with her. I happened to go for their aerobic class and realised that I was a complete clutz. I took it upon myself to go back and learn all the routines and soon I was ahead of the class. Once my instructor was sick and asked me to fill in for her. I really enjoyed it and thought that this would be a good career path for me. I then got certified as a group aerobic instructor and soon started teaching step classes. I then got into weight training and still was looking for something that would stretch and strengthen at the same time and I found pilates. I went to America and got certified.

**Being a fitness trainer to top Indian actresses and celebrities is a great achievement. Running a chain of fitness studios and a number of fitness campaigns calls for skill management, introduce us to a day in your life.**

I wake up and I'm at work by 10 am. Depending on my clients I either am training or making new

workouts or training my trainers. Then I myself workout and look into the administrative part of the gym. At around 7 I go for a walk that's my cardio on most days.

**Women begin to lose muscle after 35 and need to maintain their muscle strength to stay fit & strong. Sharing glimpses from your fitness training regime, tell us how one can maintain a strong core at 40?**

Pilates is great for all ages and it helps maintain muscle and strengthens the core. Its gentle on the joints as it uses spring resistance and prevents injuries.

**Eating a wholesome meal plays a significant role when it comes to building a lean physique. Vegetarians often face an issue with optimum protein intake. Your 5 tips to supplement protein in a vegetarian meal.**

There are a lot of great vegetarian options like Paneer, Dal, Sprouts, Nuts, Tofu, Broccoli, Seeds, Dairy products like dahi, even protein shakes can be a supplement to meet your protein requirements.

**Being the first BASI certified Pilates instructor in India and established the first Pilates studio, how would you explain Pilates as an exercise form that can help to transform a body?**

Pilates is amazing as it can be done anywhere even on a mat at home. It strengthens the core and body from the inside out. It helps in balanced muscle development and prevents injuries. It really stretches and strengthens the body and is a whole body workout.

**Share 5 most popular fitness myths that need to be busted. Your input on them.**

1. Women get bulky with weight training is a complete myth. Women don't have enough testosterone to build muscle like men.

2. If you workout you can eat what you like. This is not true 70% is diet and 30% gym, you need to watch what you eat even if you workout

3. Doing only a certain body part is good for spot reduction. There is no such thing as spot reduction to loose fat you need to workout all body parts and do cardio.

4. Vegetarians don't get enough protein. You can manage your protein intake with all the above protein sources that I mentioned.

5. The more you workout the more you will burn fat. Your body needs to rest as well to burn fat so a good nights sleep and rest is also important.

Your recently said in an interview, “Celebrities don’t just want to be skinny but be fit, strong and live a healthy life.”

How would you describe that? Also, do you think the scenario of fitness in our country is changing for good?

Everyone is more aware of their health and fitness. It is not about being skinny but leading a healthy life working out and eating right which makes you look and feel good.

Every individual is unique with a specific body-type. Also, women complain that they are hard pressed against time. You helped the stunning Indian actress, Alia Bhatt tone up her body, what kind of workout worked best for her body-type? And, how do you design their workout during their outdoor shootings?

Alia’s body tones up well with Pilates and cardio. All women who complain about time need to find the time you can workout even at home even doing a few exercises for 10 minutes thrice a day is not too much time to ask for.

For women who are not able to make it to a gym or fitness centre, what would be your best exercise tips to adopt for a high-intensity, home workout?

There are lots of at home exercises you can do at home like Jumping jacks, squat and jump, Split lunges, Spot jogging, skipping.

Women Fitness has been there for more than last 18 years working with a goal to help women with the best in health & fitness. Share a word about the website (Womenfitness.org) and a message for our followers?

Women Fitness is a great website it has been inspiring women and has great articles on health and fitness. Be fit because you deserve it.





# Workout Tip

A good bodybuilding workout should majorly target towards compound, heavy weight lifting exercises, like, squats, bench press, rows, shoulder press, and pull-ups in the lower rep range. This will result in a permanent growth of the muscle fibers while also helping you see great strength gains. In addition to that, a smaller component of your program should be directed towards isolation exercises, using lighter weights and taken into the higher rep range. This will help to shuttle blood into the muscle tissue, resulting in a strong pump and great sarcoplasmic hypertrophy

# 5

## Ways

### How Obesity Is Lowering Your Chances Of Conception

#### 1. The first and foremost effect of obesity is that it affects ovulation by disrupting the reproductive hormones.

Obesity is associated with elevated levels of insulin, which leads to a reduction in the synthesis of sex hormone-binding globulins (SHBG). Low levels of SHBG cause a surge in the level of free sex steroids such as testosterone.

The hormone oestrogen is produced mostly by the ovaries and in less important amounts by the adrenal glands and fat cells. Hence, if a woman has excessive body fat, there will be an oversupply of oestrogen. This signals the brain to stop stimulating the development of follicles – sac like structures needed for the eggs to mature and develop – and, thus, ovulation does not occur.

#### 2. It leads to insulin resistance.

This is a major risk factor on the road to diabetes – but it also affects your fertility and can create abnormal menstrual cycles. Insulin resistance

can lead to anovulation, in which your body does not produce eggs properly.

#### 3. It affects getting pregnant.

Obesity makes it more challenging to become pregnant, no matter whether you're using natural means or by reproductive technologies such as in vitro fertilization (IVF). It also increases your risk for a miscarriage. This issue may be caused by the hormonal issues or because of your body producing poor quality eggs.

#### 4. Increase chances of having PCOS.

This endocrine condition is characterized by insulin resistance, which causes the ovaries to produce an excessive amount of testosterone. This has started to become a common issue in females these days, especially the younger generation due to their eating habits and sedentary lifestyle. And as explained earlier excessive testosterone inhibits ovulation, making it harder for the women to conceive.

#### 5. It can cause other pregnancy-related problems.

Risks associated with obesity in pregnancy include miscarriage, hypertension, pre-eclampsia, gestational diabetes, infection, blood clotting, need for induction of labor, Caesarean birth and stillbirth.

Women who are overweight or obese have less chance of getting pregnant overall. They are also more likely than women of healthy weight to take more than a year to get pregnant.

The risk of pre-eclampsia doubles in overweight women and triples in obese women. Overweight women have twice the risk of gestational (pregnancy-related) diabetes and obese women eight times the risk, compared with women of healthy weight.

The best way to find out whether you are healthy or not is to find out your BMI.

For women the Optimal weight range is when BMI is between 18.5 and 24.9kg/m<sup>2</sup>, Overweight if BMI is above 24.9kg/m<sup>2</sup> and Obese if BMI is above 30kg/m<sup>2</sup>. Check your BMI today and decide to live a healthy lifestyle. The only roadblock on your way is you, yourself.

Obesity is becoming a common issue in India with a recent study published in the Lancet saying that India is just behind US and China in this global hazard list of top 10 countries with the highest number of obese people. And with obesity and being overweight comes the other devils like diabetes, heart disease and infertility.

According to ICMR bulletin, it is estimated that globally between 60-80 million couples suffer from infertility every year, of which probably between 15-20 million are in India alone. So what are the reasons behind the growing cases of infertility, let's take a close look.



# 5 THINGS

TO DISCUSS WITH YOUR PARTNER  
WHEN PLANNING A BABY

**W**hether you are planning for your first baby or the second one, a proper planning is always good to initiate conception. These important things can help you take many other decisions with respect to your pregnancy and childbirth. Therefore, in this blog, we have summarised important 5 things to discuss with your Partner when planning a baby.

## **Willing to become a Parent**

The planning should start when you both are ready mentally to become a parent. Raising a new-born can be tiring and difficult for you. However, every couple wants to have a baby, but it is very important that this willingness should arise at the same time. The discussion should include the mental acceptance for having a baby. Hence, this discussion is very important when you are planning how to get pregnant.

## **Financial Situation**

Planning for a baby not only involves mental acceptance but also of financial condition. A child takes birth with numerous financial responsibility for parents. If you are planning for a baby, then it is also important that you should be financially stable to manage your expenses with an arrival of a new little member.



### **The age gap between kids, if planning for a second baby**

If this is going to be your second pregnancy then it is good to discuss the same with your partner. A proper age gap of minimum three years is always considered to be good. However, there are many parents who support the statement where the less age gap between siblings have been mentioned. Although, there is both bad and good side of having two kids with less age gap, hence, it totally depends upon you and your partner that what you both prefer.

### **Sharing of Responsibility**

Planning for a pregnancy not only involves the planning of childbirth, in fact, it also the sharing of responsibility while raising and upbringing a child. Raising and upbringing become easier when both of you shares a responsibility. It is not correct to handle this major responsibility single-handed by any of the parents. Therefore, it is appreciable if you are planning to discuss this important thing with your partner when planning a baby.

### **Health & Lifestyle**

Once you are planning for a baby, it is vital to consider your physical health and lifestyle. Here, the health and lifestyle of both the parents affect the conception; hence, it is good to start discussing your health and lifestyle and do the necessary changes if you feel it is important.

A decision to expand the family is quite natural and good, however, we all accept, parenting is not a walk in a park, it is one of the toughest things to do. Hence, discuss the above important things with your partner when planning for a baby. Remember, parenting should involve a proper thought-process and planning before you welcome a new little member into your family.


This blog was totally dedicated to all those parents who are in the decision-making process and planning for their baby. I hope this blog was a useful guide for all of you.



By Akansha Bansal,  
Founder [www.budingstar.com](http://www.budingstar.com)



# Pregnancy tip



During labor, squatting may help to open the pelvis, so it may be a good idea to practice during pregnancy. Stand with the feet flat on the floor, shoulder-width apart, and the back straight. Lower yourself slowly, keeping your feet flat and your knees no further forward than your feet. Hold for 10 to 30 seconds, then slowly push up.



# 5

Vegetarian  
Low Calorie  
DINNER RECIPES

Looking fit and smart is desired by everyone today. But the big question is HOW??? Apart from exercising one must check the diet that they are following to see positive results. Eating healthy is often misunderstood as eating less. So here I am ready to block out the noise of the fad diets, so you can focus and figure what works the best for you.

If you're trying to cut back, get in shape or simply eat healthy, you're in the right place. Let's get this straight first,

limiting your calories isn't giving up but making more sensible choices. Low calorie doesn't have to be low on flavor or taste, you can always make them in your own style at home with delicious taste.

While typically a low calorie meal should provide you 800kcal - 1500 kcal per day. The actual amount of calories you need in a day depends on your age, gender and level of physical activity. You can always contact a health coach or a dietician for more customization of the meals.

For a low calorie meal the right kind of vitamins, nutrients and minerals are required. So here I present you my top 6 favorite recipes that will help you lose weight faster and smoothly.





# Khakhra Canape :

Interesting yet yummy recipes that will make you feel you are not even dieting!! Good bye to boring boiled salads for dinner. A low calorie recipe with a twist in flavors.

## **Ingredients: (serves One)**

- 1 No/low oil ready-made khakhra (plain)

- cup chopped cucumber
- cup chopped onions
- chopped tomatoes
- chopped bell peppers
- ½ tsp. chaat masala
- ½ tsp. cumin powder
- 1 tsp. lime juice
- 1 tbsp. coriander mint chutney
- 1 tbsp. dates chutney
- ½ tsp. black salt (optional)

- Salt to taste
- Chopped coriander- to garnish
- Chopped raw mango- to garnish

## **Method:**

- To prepare the sauce, in a small bowl mix the two chutneys.
- To make the topping, in a big bowl put all the remaining ingredients (except khakhra) and mix well.
- Lastly, take khakhra, break into small pieces/squares, add the toppings and put the sauce on top.





# Khatta Meetha Kaddu:

This is a time saver recipe. The pumpkin/ kaddu subzi is easy and quick to cook and at the same time it is delicious and nutritious.

## Ingredients: (serves Two)

- 400g pumpkin
- 1 inch ginger peeled
- ½ cumin seeds
- ½ tsp. methi/fenugreek seeds
- 2 medium size green chillies slit
- ½ tsp. turmeric powder
- A pinch of Hing/ asafetida
- 1 tsp. coriander powder
- 1 /tsp. red chilli powder
- Salt to tast
- 1 tsp. jaggery

- 1 tbsp. lemon juice
- 1 tbsp. chopped coriander - to garnish

## Method:

- Wash and Peel the pumpkin. Chop into ½ inch pieces and keep aside.
- Now in a big pan/kadhai, heat oil, asafetida and jeera until jeera sputters.
- Now add fenugreek seeds and crushed ginger. Then add green chillies.
- Add the turmeric, red chilli and coriander powder. Then add little water to prevent the masalas from burning.
- Immediately add pumpkin

pieces and salt. Add ½ cup water, cover and cook on medium flame till pumpkin can be mashed.

- It should take 15-20 mins to cook the subzi depending upon the quantity of pumpkin.
- Keep adding water if required. Lastly, add jaggery and let it dissolve.
- Add lemon juice and chopped coriander.
- Switch off the flame and enjoy with wheat roti/ nachani/jowar bhakri.



# Tomato Basil Zucchini Pasta:

**S**imple ingredients with a modern twist. Nutritious, healthy and packed with flavors. Easy to make and best option when you want to indulge in some yummy food.

## Ingredients: (serves Two)

- 5 zucchinis
- 2 tbsp. olive oil
- 1 clove, garlic
- 1 finely chopped, long red chilli
- 5-6 cherry tomatoes
- 2 cup tomato puree
- 1 cup basil leaves, finely chopped
- Salt to taste
- 2 tbsp. pesto ready-made sauce
- 3 tbsp. ricotta cheese (optional)

## Method:

- Using a vegetable peeler, shave zucchini into thin, noodle-like strips.
- Heat oil in a large pan over medium heat. Cook the garlic and chilli until fragrant.
- Add the cherry tomatoes and cook for 2-3 minutes until softened. Add pureed tomato and reduce it.
- Add the zucchini noodle to the pan and cook for 5 mins. Add basil leaves and salt.
- Serve the zucchini pasta with fresh basil leaves and ricotta (optional)

# Zesty Quinoa Salad

Quinoa is naturally gluten-free and contains iron, B-vitamins, magnesium, phosphorus, potassium, calcium, vitamin E and fiber. It is one of a few plant foods that are considered a complete protein and comprised of all essential amino acids and hence aiding in weight loss.

## Ingredients: (serves One)

- Quinoa (white, red, black) (uncooked) - 1 tablespoon (15g)
- Tomatoes/ cherry tomatoes - 20g
- Black beans (drained) - ½ tablespoon (7-8g)
- Green onions (chopped) - 10g
- Cumin (grounded) - ½ teaspoon
- Black pepper (grounded) - ½ teaspoon
- Lemon juice- 1 teaspoon (4g)
- Cilantro/coriander (chopped) - 1 tablespoon (15g)
- Oil - ½ teaspoon (2g)
- Salt - to taste
- 

## Method-

- Take a saucepan, add quinoa and bring it to a boil. Reduce heat to medium-low cover, simmer for 10-15 minutes until quinoa is tender and water has been absorbed. Set aside to cool.
- Whisk oil, lime juice, cumin, salt, quinoa, tomatoes, black beans and green onions in a bowl.
- Add cilantro/coriander and black pepper. Serve immediately or chill in refrigerator.





# Vegetable Toastie:

**A** quick fix for someone who doesn't want to cook a tedious recipe. On the go recipe for people who are always on the move. Nutrient dense and low calorie recipe with loads of flavor and yumminess.

## Ingredients: (serves One)

- 2 slices whole wheat / multigrain bread
- 1 boiled potato
- 25g chopped French beans
- 20g boiled peas
- 20g grated carrot
- 20g shredded cabbage
- tsp. lime/ lemon juice
- tsp. mango powder
- tsp. olive oil
- Salt and pepper to taste

## Method:

- Mix all the ingredients (except bread) in a bowl. Add salt, pepper, mango powder.
- Heat a non-stick pan, grease with oil and place the bread slices on it.
- Add the vegetables on it and cover until the bread is toasted.
- Serve hot with tomato sauce or any chutney.





# Almond Dream

## Smoothie:

**N**ew trend in town- Smoothie bowl for dinner!  
Low calorie and high protein recipe for  
smoothie lovers and all those who want to  
eat light but feel full at dinner.

### Ingredients: (serves One)

- Handful raw almonds (around 5)
- 1 cup milk
- 1 fresh date seedless and chopped.
- 1/2 banana
- 1 tsp cinnamon
- 1/2 scoop protein powder
- 1 tsp chia seeds
- 3-4 ice cubes

### Method:

- Blend
- Finish off with some toppings...homemade granola, nuts, seed and berries
- Happy cooking!!!

*By Dt. Manoli Doshi,*

Founder of Tattvum  
& Diabetes Educator



# Healthy Snacks

## For Monsoons

After the hot summer days, we eagerly wait for the monsoons to arrive. People are often tempted by some mouth-watering snacks during this awesome season. A hot cup of tea and some lip-smacking crunchies is what your taste buds crave for during rainy days. It is really difficult to resist these deep-fried food preparations, but healthy food preparations can be relishing too!

Let's have a look at how you can celebrate rainy days with some delicious as well as healthy food stuffs! But, before that let's learn about what happens to our gut during the monsoon:

During the moist days, human gut becomes weak and sluggish. If you consume deep-fried or high fat foods, during this phase, it becomes difficult for the gut to digest such heavy foods. This results in stomach ache, abdominal pain, diarrhea and nausea. Therefore, it is advised that one should eat light foods that do not contain high amount of fat and spices in it.

Let's proceed to some scrumptious snack recipes:







# Roasted Paneer

## • Ingredients:

- Paneer cubes: 10-12
- Black pepper powder: 1 teaspoon
- Cumin powder: 1/2 teaspoon
- Salt: to taste
- Oil: 1 tablespoon

## Method Of Preparation:

- In a mixing bowl, add paneer cubes, black pepper powder, cumin powder and salt. Mix them well till the paneer cubes are coated with the pepper-cumin mixture
- Heat a tawa and spread 1 tablespoon oil on it
- Place the paneer cubes on the tawa and cook till the bottom side turns golden brown in color
- Flip all the sides till they turn golden brown
- Enjoy roasted paneer with coriander-mint chutney

Healthy alternative to: Deep-fried paneer pakoda, paneer chilly





# BAKED POTATO WEDGES

## Ingredients:

- Potatoes: 2 large, unpeeled
- Garlic: 1 teaspoon, minced
- Black pepper powder: 1/2 teaspoon
- Mixed herbs: 1/2 teaspoon
- Salt: to taste
- Oil: 2 tablespoons

## Method Of Preparation:

- Preheat the oven to 200 degree Celsius
- Wash the potatoes properly and cut them into long wedges
- Toss all the ingredients together, till the potato wedges are coated with herbs and oil
- Spread the potato wedges on the baking tray and bake them for 15 minutes
- After 15 minutes, turn the potatoes to other side and bake them for another 15 minutes or bake until they are light brown in color and crisp
- Serve them hot

Healthy Alternative To: Chips, French Fries, Potato Pakoda



# Makhana Or Fox

## Nut Chaat

### Ingredients:

- Makhana: 1 bowl
- Onion: 1/2, finely chopped
- Tomatoes: 1 small, finely chopped
- Cucumber: 1/2, finely chopped
- Green chili: 1-2, finely chopped
- Lemon juice: 1 teaspoon
- Coriander: 2 tablespoons, chopped
- Oil: 1 teaspoon
- Salt: to taste
- Chaat masala: 1/4 teaspoon

### Method Of Preparation:

- Heat 1 teaspoon oil in a pan and roast makhana for 5-10 minutes or till they turn golden brown in color
- In a bowl, toss all the ingredients together
- Mix well and enjoy the makhana chaat
- Healthy Alternative To: Deep-Fried Puri And Papdi Chaat





# Green Kebabs

## Ingredients:

- Spinach: 1 cup, finely chopped
- Potato: 1, boiled
- Paneer: 100 grams, grated
- Ginger-garlic paste: 1 teaspoon
- Green chili: 3-4, finely chopped
- Salt: to taste
- Oil: 2 tablespoons

## Method Of Preparation:

- Blanch the spinach and other place it in cold water for 2-3 minutes. Strain it and chop it finely
- In a mixing bowl add finely chopped spinach, mashed potato, grated paneer, ginger-garlic paste, green chilies and salt. Mix all the ingredients properly, until it forms a uniform mixture
- Divide this mixture into equal balls and give them a shape of kebabs
- In a pan heat oil, place the kebabs and roast them on both sides till they turn golden brown
- Your delicious greens kebabs are ready

Healthy Alternative To: Deep-Fried Cutlets And Patties

*By Sneha Sadhwani,  
Clinical Nutritionist*





# Nutrition tip

Replacing potatoes or rice with pulses can lower your blood glucose levels by more than 20 per cent. They contain components that inhibit enzymes involved in absorption of glucose, and fibre contained in these foods can encourage the production of short-chain fatty acids, which can also help to reduce blood glucose levels. Eat more of dry beans, dry broad beans, dry peas, chickpeas, cow peas, pigeon peas, lentils, Bambara beans, vetches, lupins and pulses nes.



# Overweight & Beautiful:

Is a positive body image dangerous when you are overweight?

It takes all kinds of people to make the world as beautiful as it is. And happy, confident, outgoing overweight people are also a part of it. It is great to have a positive self-image and accept our body weight but one should never give up trying to be fit. Your health is in constant danger from various chronic conditions and diseases if you have a higher BMI (Body Mass Index) than is recommended. The quality of life gets affected if one is not healthy. So the love you have for yourself should be translated into making yourself fitter and stronger through regular exercise and nutritious food.

## Healthy Body Image

Body image comprises of your beliefs, thoughts, perceptions, feelings and how you treat your body and appearance. The image that we have of ourselves influences our mental, physical and social health. Persons with eating disorders like anorexia nervosa or bulimia place a high value on their body shape and weight thereby demeaning their self-

worth. However, not everybody with negative body image has eating disorders. It can also develop due to obesity, muscularity, sexual functioning, scars, visible facial or body differences, disability and changes in body due to medical procedures or disease.

A person with a healthy body image accepts himself / herself as he/she is while going about his daily business whether social or professional. They don't compare themselves with the unrealistic standards of models and actors. Though having a positive body image does not ensure good mental or physical health, it does protect against poor self-

esteem and irregular eating patterns. Mental health conditions like depression, anxiety, and body dysmorphic disorder can also be prevented if one has a positive outlook towards oneself.

## Body Image And The Media

The media, which comprises of television, movies, the internet, video games, magazines etc., constantly feeds us the ideal body size, shape, and weight through its models, actors etc.

It is up to us to appreciate them and their hard work in



maintaining the perfect figure but not get too influenced by them as this perfection is not required in all fields. Good health is more important than having a perfect body. Negative body image may bring about discontentment, low esteem, depression anxiety. A person may be hit with a serious mental health condition like body dysmorphic disorder in which he / she gets preoccupied with their appearance and its flaws.

Eating disorders like anorexia nervosa or bulimia are complex, serious mental health illnesses which are caused by biological and psychological reasons and also by negative body image.

### Body Image, Obesity And The “the Health” At “every Size “ Movement

The standard size presented in the media is making a lot more people feel obese with their BMI being on the higher side. Weight related stigma is leading them towards depression because even in social settings, they are being discriminated against. This is leading to following extreme diets and vigorous exercising and sometimes even bariatric surgery. It is difficult to maintain the weight loss specially if it has happened due to some tough plans as a result of which the weight returns leading to self-loathing.

emphasize the acceptance of all body shapes, sizes and weights without shaming any individual. There maybe number of reasons for a person to be overweight or obese and secondly not all of those overweight or obese people maybe unhealthy. On the other hand, not all people with perfect weight or body size maybe healthy. So whatever the weight or size of an individual maybe, they should not be discriminated against. This emphasis should be on :

### Weight Inclusivity And Acceptance

Health enhancement through equal opportunity everywhere  
Weight stigma and bias should be acknowledged

Flexible . individualized , intuitive eating should be promoted without focusing on weight control

Enjoyable physical activity should be supported , promoted and available to all according to their age , abilities and interests

By changing the focus from weight loss to overall health may bring a positive effect on body image. Hence , an individual's self-worth will not be dependent on his weight only.

### Developing Healthy Body Image

The awareness that media promotes unrealistic standard of size and beauty is the first step towards developing a healthier body image.

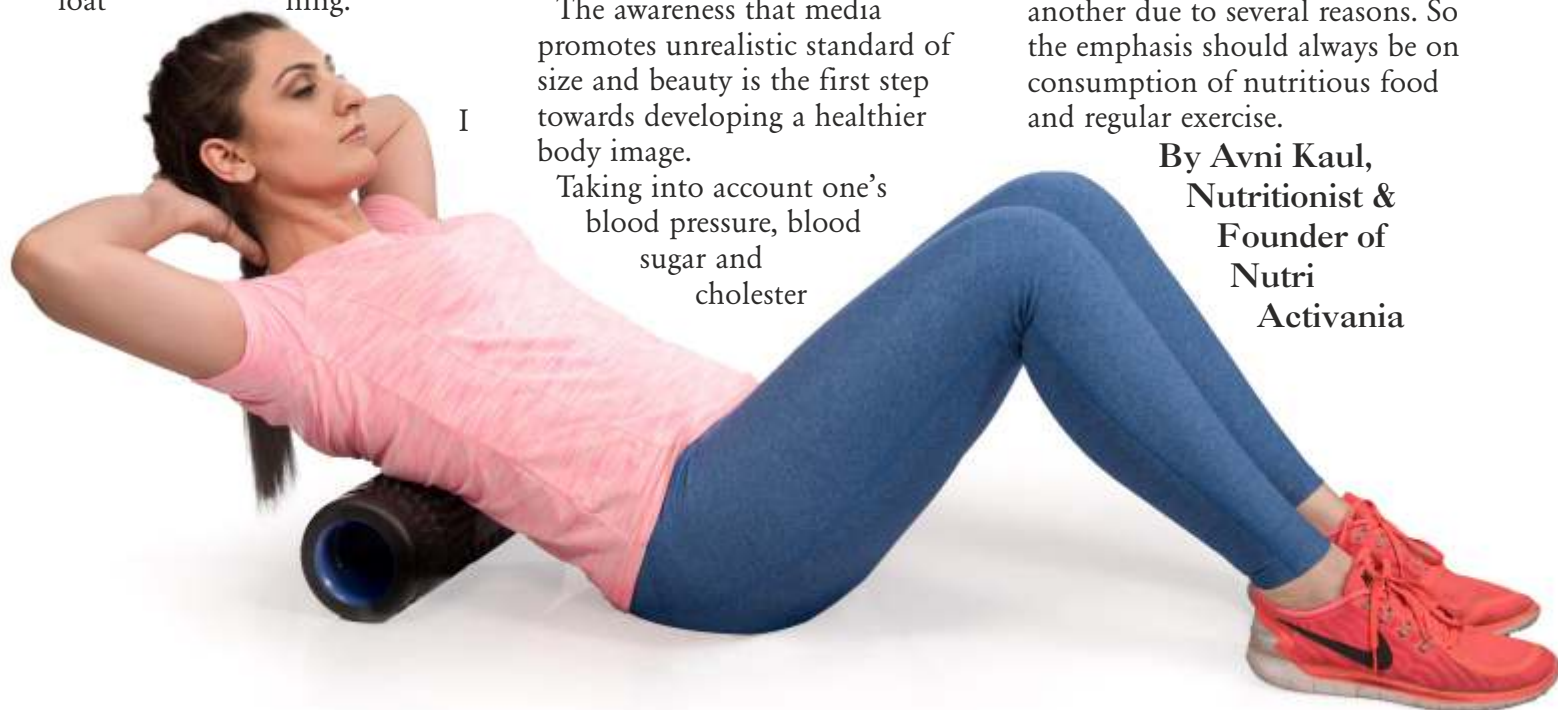
Taking into account one's blood pressure, blood sugar and cholesterol

ol and enjoying a physical activity regularly improves one's mood thereby improves one's mood thereby promoting a positive self-image. Parents should encourage self-acceptance by not criticizing food habits, body weight or shape at all times. Poor body esteem followed by frequent dieting and self-deprecating talk should be frowned upon. Instead acknowledge your positive traits and the healthy parts of your body without comparing yourself with anyone.

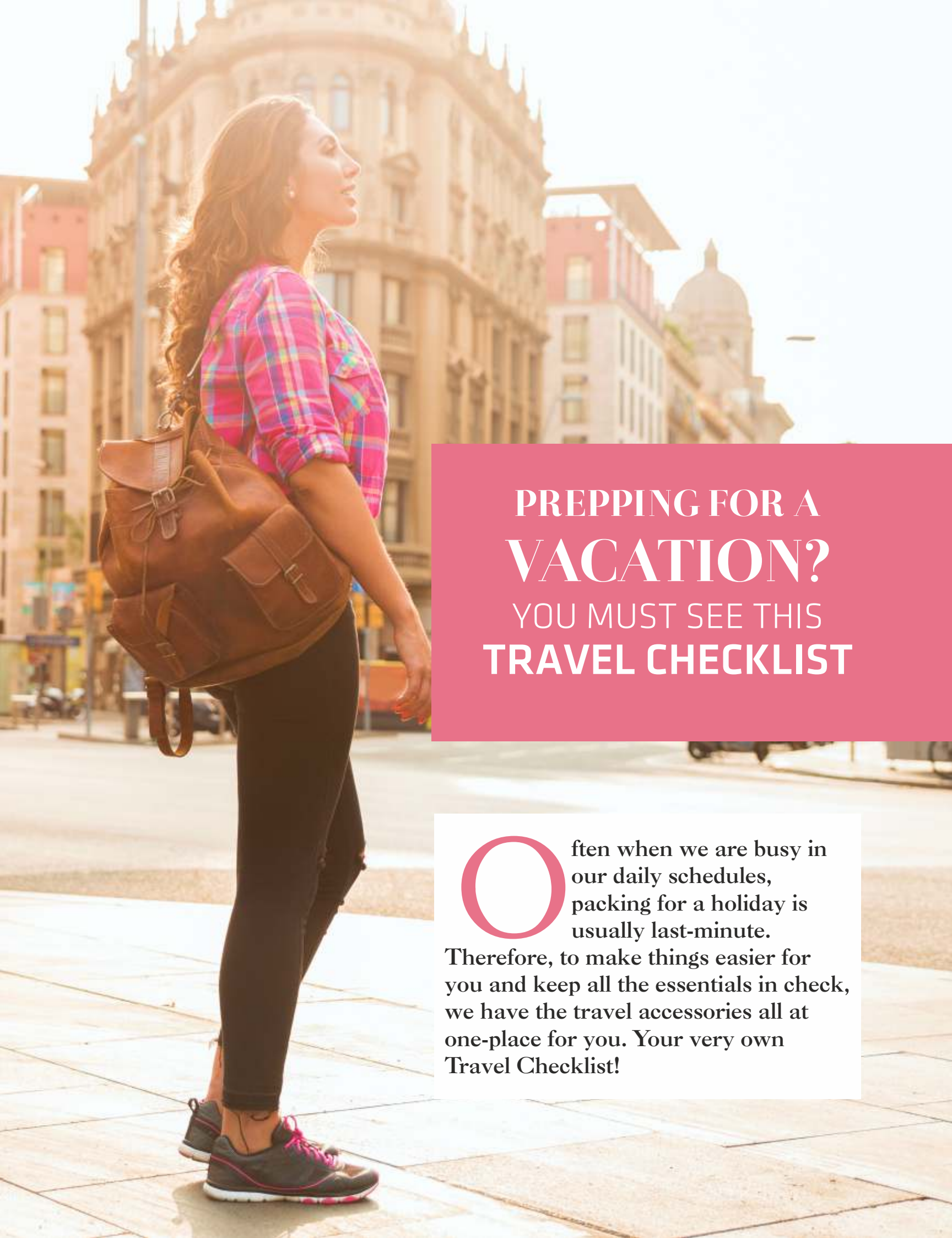
These changes are sometimes be difficult to follow. So take help , whenever required from a family member or a professional who will help you cope with a negative body image. However, qualified help should be sought immediately if serious mental health disorder needs to be treated. If a person is suffering from depression , anxiety or eating disorder , professional advice should be followed so that the problem can be nipped in the bud.

Love “thyself “ is a motto that we should all follow but it should not be at the cost of endangering one's health. So while it is important to have a positive body image of oneself , it is equally important to have a fit healthy body no matter what shape or size we may have, which in any case may vary from one individual to another due to several reasons. So the emphasis should always be on consumption of nutritious food and regular exercise.

By Avni Kaul,  
Nutritionist &  
Founder of  
Nutri  
Activania

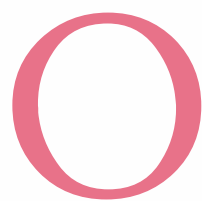






# PREPPING FOR A VACATION?

YOU MUST SEE THIS  
TRAVEL CHECKLIST



ften when we are busy in our daily schedules, packing for a holiday is usually last-minute.

Therefore, to make things easier for you and keep all the essentials in check, we have the travel accessories all at one-place for you. Your very own Travel Checklist!

1

## Power Bank

### Why?

Power banks allow you to always be in the zone and connected to what you're doing; no matter if you're sending out 1,000 texts per minutes or playing Clash of Clans from dawn till dusk.

### Where?

From Flipkart.com, as they have the best variety to choose from.



2.

## SAFETY LOCKS

### Why?

Safety shouldn't be ignore, your expensive and important stuff can be stolen; no matter where you are in the world!

### Where?

From Amazon.in, as they are reliable and are available in a wide price range.



4.

## SUN BLOCK

### Why?

The immediate danger of too much sun is sunburn. Protecting yourself from sun exposure is important year-round. Whether you're headed to the beach or the ski hill, don't forget about sunscreen.

### Where?

At Nykaa.com, since it has the most authentic beauty products.



3.

## TRAVEL TOILETRY BAG

### Why?

In this case, a plastic bag will simply not suffice. For the fashion conscious traveler, you might consider toiletry bag that fits easily into any duffle bag or suitcase.

### Where?

From Lifestylores.com, they have some super cool and sassy ones.



5.

## TRAVEL WALLET

### Why?

Travel Wallet Is Everything You Need on Your Trip, keep your passport, cards, money and everything at one place.

### Where?

At Chumbak.com, get your travel wallet customised according to your personal style.







6.

## LINGERIE BAG

### Why?

Now that your delicates are clean and dry, it's important to keep them that way. Enter the lingerie bag. Whether it's to keep your knickers organized while traveling or just to keep them safe in your drawer from young and sticky fingers, a lingerie bag is an addict essential.

### Where?

At Cilory.com, because they don't just excel at creating the most amazing lingerie.



7.

## TRAVEL PILLOW

### Why?

Before you travel on an airplane, a car or even a train, the most important thing to do is ensure that you are going to be comfortable. Traveling in a car or a train is no different. However, there are certain things you can do to make your travel comfortable, like carrying a travel pillow.

### Where?

At Shoppersstop.com, because well they offer the most easy returns.



8.

## EYE MASKS

### Why?

Red eye flights, long car rides and unfamiliar beds can wage war on our sleep schedules. Including an eye mask in your travel bag or carry on can help you avoid literal red eyes post flight. Plus, they're a nice little luxury item to add some comfort to the unfamiliar experience of sleeping sitting up while traveling.

### Where?

At Amazon.in, avail good offers on this one.



9.

## SHOE BAG

### Why?

Packing clothes for a vacation is always a painstaking task, and packing shoes is often the worst. Shoes are bulky and often smell bad, so they require a little bit more attention than the rest of your travel commodities. Fill your suitcase with a little more ease using one of the shoe bags for travel.

### Where?

You can buy these easily from any earby shop that sells shoes and footwear.

## 10. TRAVEL BACKPACK

### Why?

A good backpack is essential. And though you most likely will be bringing a suitcase, or a large "backpacking" pack, everyday excursions while traveling call for something more compact and convenient: the trusty daypack.

### Where?

At Lifestylestores.com, you can choose from some really cute options that look gorgeous. With this travel checklist, you will not forget any travel essential while going on a vacay!



# Importance Of Protein FOR FAT LOSS

Protein is often the most underestimated and underused macronutrient especially amongst the vegetarian population.

When we talk about weight loss, as we lose weight through diet and exercise, we lose both fat and muscle. During this period it is especially important to eat adequate protein to prevent lean muscle loss. Why? Muscle tissues are metabolically active and burn calories, even at rest. Therefore, the more lean body muscle one has, higher and faster is the rate of fat loss. Protein contributes to fat loss in the following ways;

**1) THERMIC EFFECT** is a fancy, scientific term that sounds much cooler than it really is. All “thermic effect” stands for is how many calories your body burns digesting a given food. In other words, how many calories don’t actually “count” because your body burns them in the process of breaking them down.

What’s great about protein is it has the highest thermic effect of all the macronutrients (carbs, fats, and proteins). So even though we classify protein as having 4 calories per gram, it’s probably



closer to 3.7 which gives us a slight metabolic advantage.

## **2) THE MOST FILLING MACRONUTRIENT**

While some may disagree on this one but if you dig into the research you’re going to find something called the “satiety index.” And the satiety index is a research-based guide that shows us how filling certain foods are per calorie.

And what have we found? Protein is consistently the most filling macronutrient per calorie compared to both carbs and fats. And that means eating more protein can help

stave off hunger so you don’t drive yourself bonkers trying to lose fat.

## **3) BUILDS MUSCLE**

Last and certainly not least, protein is the ONLY macronutrient that can build and maintain muscle or, as gym rats call it, GAINZ.

And considering GAINZ help you burn more calories while you sleep, it makes sense to build as much as possible so you can eat more food without gaining fat.

**By Dhriti Udeshi,**  
Nutrition Consultant &  
Fitness Trainer



# Shopping Guide



## ALL ABOUT SUNGLASSES!

This month, Women Fitness India's fashion editor brings to you her top favourite sunglasses trends for 2018. As the sun is hard to beat but you have to go out for work or college, sunglasses are the best way to save your eyes from the sun damage.



**STYLE FIESTA**  
Cateye Sunglasses:  
Rs. 1,199/-



**Cat Eye**  
Flat Lens Sunglasses:  
Rs. 199/-



**Cat Eye Mirror**  
Lens Sunglasses:  
Rs. 476/-



**Cat Eye Mirror**  
Lens Sunglasses:  
Rs. 408/-



**Cat Eye**  
Coloured Sunglasses:  
Rs. 272/-

# Style #1: Cat Eyes

Yes we know that they've been in fashion since some time but we simply can't get over this fashion trend. Can you?





# Style #2: TINTED SUNGLASSES



**Style Fiesta Micro**  
Sunglasses:  
Rs. 599/-



**Metal Frame Tinted**  
Sunglasses:  
Rs. 272/-



**Heart Shaped Lens**  
Rimless Sunglasses:  
Rs. 331/-



**Tinted Oval**  
Sunglasses:  
Rs. 340/-



**Sneak-a-Peek Square**  
Day Glasses:  
Rs. 899/-

The biggest fashion trend of this season are the tinted sunglasses which are a huge craze amongst all the top-rated celebrities.



# Style #3: **ROUND FRAMES**



**Style Fiesta Round**  
Sunglasses  
Rs. 999/-



**Super Dark Black**  
Round Lens Sunglasses:  
Rs. 331/-



**Gold Frame Brown**  
Round Lens Sunglasses:  
Rs. 408/-



**Gold Frame Colorful**  
Lens Round Sunglass:  
Rs. 265/-



**Two Tone Frame**  
Round Sunglasses:  
Rs. 331/-

The next one up for grabs, this season, are the round framed sunglasses. Though they are the tricky ones as they do not go well with all faces, it can work wonders for some people.





# Style #4:

## 90'S INSPIRED

All the yesteryear's fashion and style is making a major comeback, so how can the sunglasses be left behind?



**Oval Lens**  
Sunglasses:  
Rs. 265/-



**Flat Lens**  
Sunglasses:  
Rs. 476/-



**Triangle Design Mirror**  
Lens Sunglasses:  
Rs. 272/-



**Cat Eye Flat Lens**  
Sunglasses:  
Rs. 265/-



**Diana Small Diamond**  
Retro Sunglasses:  
Rs. 995/-



# Style #5: **BRIGHT & BOLD**

To be bold & beautiful, you must try something bright & bold. The last trend on our list this month is the style trend that will bring in that OOMPH factor to your look.



**Oversized Square**  
Sunglasses:  
Rs. 331/-



**Metal Detail Cat**  
Eye Sunglasses:  
Rs. 204/-



**Rhinestone Decorated**  
Sunglasses:  
Rs. 544/-



**Space Talk**  
Sunglasses:  
Rs. 272/-



**Heart Shaped Rimless**  
Sunglasses:  
Rs. 331/-





# What's Happening Online?

At [Womenfitness.org](http://Womenfitness.org)



Carb Controversy!

Former World Number  
One Heena Sidhu  
Strikes Gold Every



12 Yoga Products That  
Must Be On Your  
Shopping List





# Sun-Sign Fitness

**Aries:** It's the busy season. But you're not too busy to exercise, eat properly, and sleep well. Get up and go out on July 1. Be stronger, healthier, and happier. It doesn't take much out of your eventful day to take good care of yourself. A good run or aerobics workout can lift up your mood.

**Taurus:** Have summer fun and get your vitamin D while you're on the move. Lounge on the beach and read that novel. Fine. Staying relaxed is part of it. However, you also want to be more active and healthy. Run, walk, or even meditate. Feel better afterward. Relax and soak or swim.

**Gemini:** Play on a new team. Join the fun run or walk. Are you a lone wolf exerciser? Smile and wave as the pack goes by and encourage one another. More people than ever want to get more active and healthier. Good for us all! Pounce on early and have a great run, walk, or aerobics session. Drink water.

**Cancer:** Be more active and get healthier day by day just by sticking to your daily routine. Exercise and healthy eating are more and more a part of your normal, everyday life. If you need a break or a rest and recovery day, it's yours. You'll get right back to it. Get up and don't think too much about it. Do your run, chair yoga, or aerobics and feel good about it. Swim, soak, and drink water then enjoy the holiday food and fun.

**Leo:** Stay active, comfortable, and hydrated, and keep the fun in summer fun. One little tweak, like a better sunscreen, may give you a big push forward toward better health and fitness. Even if you're just starting out, there's great enjoyment ahead for you. Get up for a cardio work and feel strong no matter your mood. Much better! Wear your favorite outfit and show your inner strength.



**Virgo:** Enjoy the summer fun and the shopping for seasonal favorite foods. Health and fitness are not purely about diet, but diet is a huge and sometimes overlooked part of it. Indulge your appetite - in sports and in eating - and get healthier day by day. Feel fit in July, and prove it in your aerobics or yoga practice. Drink water. Join the volleyball game or the holiday fun run. Now it's healthy picnic or barbecue time. Salads, fruits, and cool drinks.

**Libra:** Being active and healthy just keeps getting easier and easier. There are more groups, events, and activities that may catch your attention and invite you to join. Give it a go if you like. Regardless, keep up your personal quota of steps, minutes, however you measure your exercise. Do a powerful run, walk, or workout and feel fantastic all day long.

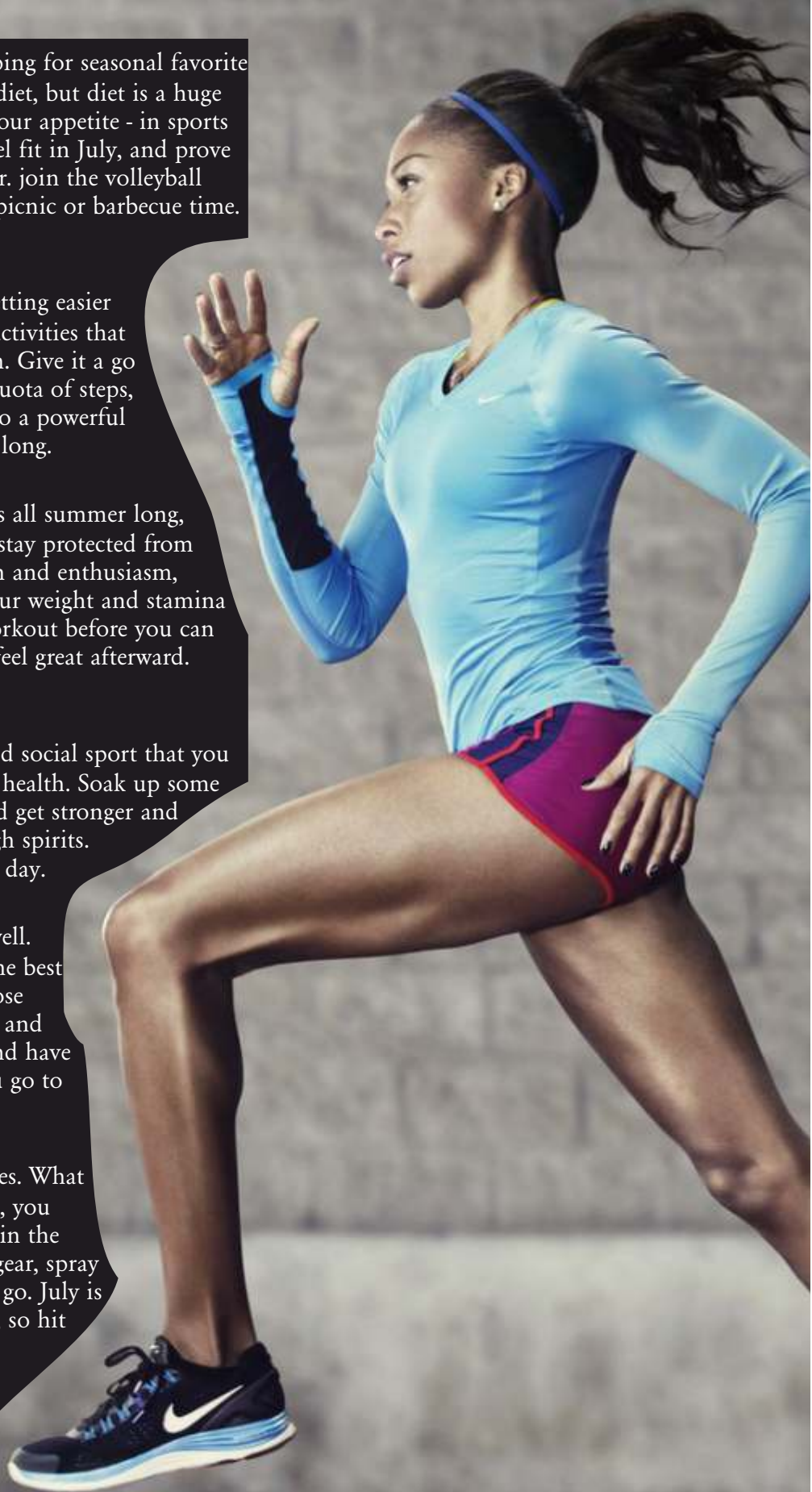
**Scorpio:** Stay active and make great progress all summer long, especially now. You won't overdo it, and you'll stay protected from the sun and dehydration. Channel your passion and enthusiasm, raise your metabolism, and get stronger. Get your weight and stamina closer to where you want them to be. Run or workout before you can think about it. No matter how you feel, you'll feel great afterward. Drink more water.

**Sagittarius:** Go for all the summer fun and social sport that you like. People are eager for good times and better health. Soak up some vitamin D, protect your skin, stay hydrated, and get stronger and healthier without noticing it. Start July 1 in high spirits. Drink extra water, refuel, and blast through the day.

**Capricorn:** Work hard but treat yourself well. Stay hydrated, sunscreened, and well fed with the best of the seasonal fresh produce. Keep up with those electrolytes and remember to rest. Get healthier and stronger day by day. Wake up determined on and have a great run or aerobics session at home. Do you go to the gym that early? Wow.

**Aquarius:** Summer fun isn't just for kiddies. What was your favorite childhood sport or game? No, you don't have to revert, but you can exercise more in the spirit of fun. Wear your summertime workout gear, spray on the sunscreen, fill up your water bottle, and go. July is your power month with the moon in Aquarius, so hit the ground running!

**Pisces:** Make the most of summertime fun. Is it beach or pool time? Hike or bike in the shady hills. It's summer barbecue and picnic time, all healthy, fresh, and yummy. Ah, summer! Drink your cool juices or smoothies and feel virtuous, stronger, and fitter. You are! Be diligent and do your run or stretching. Swim, soak, hot tub it, and drink more water. This time is for you!





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