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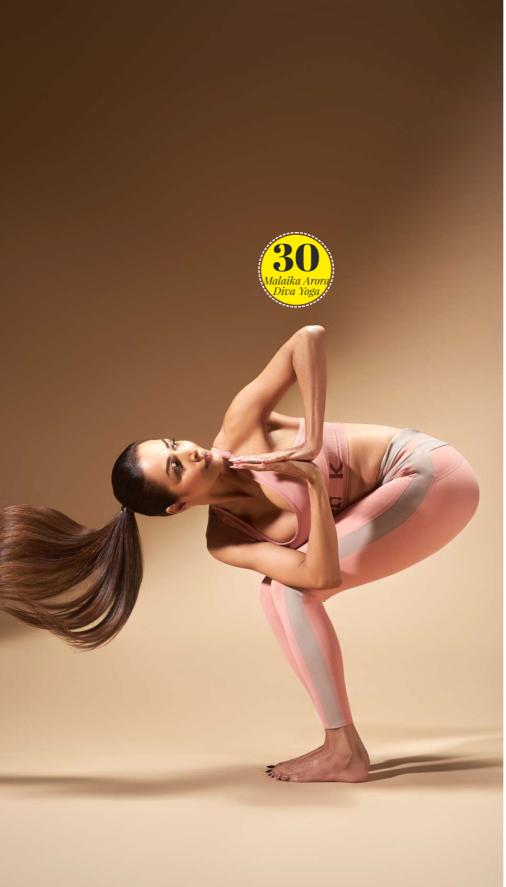
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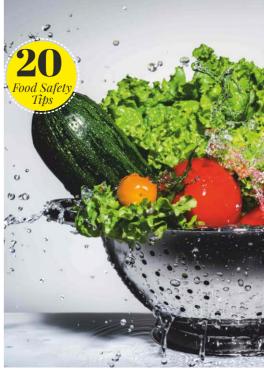
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Editor's Note

Be of good cheer. Do not think of today's failures, but of the success that may come tomorrow. You have set yourself a difficult task, but you will succeed if you persevere; and you will find a joy in overcoming obstacles.

- Helen Keller

So what will you find in your newly fresh and shiny Women Fitness

Celebrities talk. This issue covers Malaika Arora, Gayatri Shetty, Celebrity Trainer Rupal Sidhpura, Maahek Nair all featured in this issue talking about yoga, fitness, diet beauty, and a lot more.

Easy health tips. We are constantly reminded how busy you are and how you want to get to the really-useful-for-you stuff as fast as possible. So, we've added some new tips on identifying food disorder and quick recipes to keep you well-fed. We've included 10 Covid essentials and where to buy.

Of course, we're keeping the expertise that has remained key to the <Women Fitness> brand since day one. That expertise runs throughout the magazine – not just in our health section.

Hope you love it – and (even if you don't) do let me know what you think,

Stay Safe,

In fitness,

Namita Nayyar

Namita Nayyar

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orn and brought up in Mumbai hailing from Jhunjhunu district in Rajasthan. How did you stumble upon theatre & films? Was it your childhood dream to take this up as a career?

No, acting was never part of the plan. I do not think anything around me ever made it possible for me to even think that this was an option. Yes, I do belong to Rajasthan, but I was born and brought up in Colaba, Mumbai because my dad was in the navy. My upbringing was filled with different kinds of opportunities. It was in college when I participated in a function for the navy that I got spotted. Finally, I was offered a film. I think I was in college, in the middle of my third or fourth semester and that was when it kind of just it was never part of the plan, but something in me said that maybe I should, you know, give parents' permission, I did. I realised that this is something that I I finished studying.





The Key Essentials Of Facing The Camera Would Be That You Must Basically Be Able To Hide Everything That Is Not Required In The Shot.



You have been the face of many television commercials? How challenging was it to do the first one? Share key essentials while facing a camera? One commercial that you enjoyed doing and is favourite?

Yes. I started my career in 2007 with TV commercials. My first print shoot was for Shanti Amla oil. I had long, beautiful, and black hair along with a wig. I was extremely nervous in that situation. It was just the nervousness of doing something that you do not know about and you are doing it for the first time. There is always pressured to look good and perfect. I think that is a pressure nobody likes to put themselves through. I was made to feel comfortable in every single way and I sailed through it. It was for the packaging and I think it came out well. The key essentials of facing the camera would be that you must basically be able to hide everything that is not required in the shot. You must make sure you catch the light. You have to catch the light that's meant for you no matter what you're saying or how you want to say it and you have to be aware of the light that's falling on your face and your body. I think one must move towards being an actor, who speaks through their eyes because cameras are overly sensitive, and they capture everything. One must make sure they are in the shot and they mean what they are saying. You also have to be subtle in front of the camera because it is very sensitive and catches even the blinking of your eyes, unlike in theatre, where you need to be loud enough to reach your audiences. Your whole-body language and expressions must be very subtle for the camera. Do not look over-the-top. One commercial that I really enjoyed doing was with Prasoon Pandey for Parachute Hair Oil. It was a campaign called Gorgeous Hamesha. We had five-six girls doing different things with their beautiful hair and it had a beautiful jingle to it. It was great, in fact, Deepika was a part of it and the song was sung by Mohit Chauhan. It was called 'Tum toh gorgeous hamesha'. I think it was done so beautifully. Prasoon Pandey is a wonderful director and it was one of the most memorable ads that I ever did.

You have appeared different roles in films for e.g. the role of an Indian Air Force officer Secrat Kaur in critically successful military action film Uri: The Surgical Strike. Share your experience in this film. Physical training you had to undergo for preparation of the film.

I had a sequence in the film where I am jogging. I was not much into running before that, but just to try something new, I took to running a month before I shot the film. I think it was something I wanted to do as preparation for the film. I learned to shoot not just the pistol but also the machine guns and the rifles. These were pretty much the two kinds of training that I undertook for the film. And I before I got into a real MI 17, the chopper in the film, I made sure I spoke to somebody from the Air Force, got to know how things work in a cockpit and then I did what I had to in the shoot. It was a great experience. I was extremely nervous about looking fake as a pilot inside the cockpit. I think we all managed to do a good job of it. A lot of credit goes to Aditya as well as my director.

Today the OTT platform is the next big thing, you have recently been part of two popular series, tell us more about your experience working on them and how is it different from mainstream cinema?

Well, yes OTT seems like the thing right now, especially during the lockdown, people are liking it. It had started getting a lot of attention for the last year and a half, but I think this lockdown has just made it a much bigger deal than it was. Four More Shots Please! and Bard of Blood have done well, and I have received great feedback for the characters I essayed in the shows. It has been a wonderful experience. I love the fact that content creators are experimenting with very different subjects and ideas and going out of their way to create content that is pushing the envelope and is new age as compared to what's happening in Bollywood. I like that there is no censorship and the makers can really explore a topic in the way that they want to. The work reaches the audiences. Netflix and Amazon cater to more than 150 countries. I think that is a big advantage and a big high. I think as an artist, you do want your work to reach to as many people as possible. OTT really does that for you. There is no pressure of Friday box office collection. For people who really want to do good work without that pressure, OTT is a big boon.

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

Well, I am on intermittent fasting since December. I always try and work out in my fasting period, which is before 11:30 in the morning on a pretty much empty stomach because that is the whole point of intermittent fasting. I monitor the protein in my diet. Every three days, I take a break from my workout. I am not somebody who is very particular about doing a fixed routine daily. I try and do weights in the gym. There is nothing else that I really enjoy doing in the gym. I listen to my body and when it is not up for a proper weights workout and is feeling stiff, I opt for yoga. I think the balance between yoga and doing weights really helps me. Also, I play tennis whenever my schedule permits. I make sure that I do something every day, but at the same time, I do not burn myself out. I try and strike a balance between doing what I need to do as a workout, but also making sure that I feel good and not exhausted after it. Oh, my forever target areas would be my stomach area and my legs. These two places, stomach especially needs extra attention. I think focusing on the legs is something I like to do, and it just makes a huge difference to the wholebody shape.



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

Well, I am on IMF. The first thing I have on an empty stomach is a few black raisins that are soaked overnight, which helps me with my acidity and acid reflux. It is much better now, and it is almost gone, but I still like to continue with it. Then I have a half litre of water. I drink black coffee. Then I go for my workout and then my breakfast is at 11:30, which consists of either a protein shake or three full whole eggs.

Having done a lot of work, which is that one role that you were really connected to and why?

Well, I have been connected to most of my roles and very rarely have I not connected to my roles. I pick up roles that I know I am going to be connected to. The whole point of me acting is that I want to create characters that firstly I am connected to and then people connect to it. I am very connected to Seerat Kaur from URI and then to Anjana Menon, from Four More Shots Please! I am very connected to Jaanat from Bard of Blood. Of course, Indu Sarkar is one of my alltime favourite roles. I think in Pink, Falak was again somebody I was very connected to. In a film called Jaal, I played the role of Kesar, which was awfully close to my heart. There's Neha Siddiqui from Mission Mangal. I did not get much space to explore her the way I would have liked to, but I still connected to her. I also connected to Tanya from Shaitan.







Share your skincare and hair care routine, after a sweaty workout? 5 skincare rituals that are a significant part of you.

Well, I really believe in what I do with my skin, especially at night, because I think nighttime is the best time for the skin to rejuvenate and replenish whatever it is deprived of. My night skincare routine becomes more important to me. If I am shooting and even if I am not, I just clean my face with Muji's oil cleanser. After that, I apply retinol on my face and neck, or I substitute it with a very deep, nourishing night cream. I apply eye cream for sure. I use Forest Essentials or Kiehl's.

Every two to three days, I wash my hair and for the last month or so I have started oiling my hair with coconut oil mixed with ginger juice. When I have the time, I usually apply packs at home. It could be anything like a charcoal pack, banana pack, black sugar pack or maybe a homemade multani mitti or a curd pack.

Your recent series Four more shots please talk about feminism and breaking all taboos put on by the society, how much are you like your reel character

I am a little bit like her, not entirely like her though. Unless I get into specific scenes and specific, you know, reactions, I do not know how to really say she is not like me or she is like me because her life is nothing like mine. There is a huge difference right there, but there could be some reactions and some parts of her that are like mine. I am also changing every day, so I do not know if I can assure that this is me and this will always be me. I think as an actor, it is my job to kind of just make her relatable and I think that gets achieved nicely with Anjana.

You have an incredible Instagram account @iamkirtikulhari, what is the first and best part about social media

Well, I was not a person who was into it. I was quite anti-social media because I just found the whole idea of everyone and anyone just giving their opinions on everything absolutely exhausting. A lot of people get very personal and abusive. I just feel that social media is completely overdone in the name of democracy in terms of freedom of expression. Most people misuse it rather than using it. I was very against it for quite some time and there is a reason I never really joined social media. I just joined it at once for about a year and a half. I was hardly active and then deactivated it at one point. I think I kind of started it again in March of last year. I am a person who likes to not say something because it should be said because everybody is doing so. I also do not like to play by the rules of the game. I somehow just do not fit into all of that. I just started talking about things that matter to me, giving people glimpses of my real life rather than, you know, faking it and pretending. I am somebody who likes to keep it real. I think it is the realness of my account that I think connects to people. Social media does not feel like a burden now. It just feels like a platform to express yourself. I like being on Instagram. It is nice that I can talk about things that are close to me and not wait for some newspaper to pick it up or somebody else to write about it. I can just talk about anything, the way I see it, in my words, rather than seeing it in somebody else's words.



The reactions and feedback (good, bad, and ugly) are first-hand. I think I have learned to use social media for my benefit rather than being used by it.



How do you manage to strike a balance between your real and reel life?

By knowing that this is real and that is not. I mean, reel is also real, as real as it can get, but doing things as part of my job or as part of being a public figure and an actor, and knowing, Kirti as a person, is something else. I make sure that I do not take anything personally. I prefer being grounded and I remind myself why I do what I do, which is acting.

I do it because I love acting, not because there is so much else that comes with it. As I mentioned, I do not know any other way. By keeping it simple and real, I think in every area of my life. That is how I kind of stay grounded and do not get carried away with whatever is happening in my professional life. I know being an actor is one part of my life. It is not my entire life.

I want to be able to experience a lot of other things in life. I take the time and make the effort to experience everything else and not just spend all my energies on acting. Of course, I spend all my energies on acting when I am acting but knowing that it is not my entire life.

Women Fitness works with a goal to provide women with the best in health, fitness, nutrition, beauty & fashion. What do you wish to say about the website (Womenfitness.org) and an inspirational message for our readers?

Well, it is great. I mean, women's health and fitness are not given too much importance in our country for some weird reason. I think in general, there are so many women who are just burdened with the idea of taking care of their family; they are so busy taking care of others that they just forget to take care of themselves. I think that can really get to anybody and make you frustrated and angry inside. These emotional imbalances can lead to a lot of problems physically and mentally. I think it is very, very off. I honestly believe health is wealth. The day that you are not well, you usually realise what it means to be truly healthy.

I think everything said and none, no matter who you are, whether you are a housewife or homemaker or a professional, health must be the priority for everybody. Everybody should do everything in their capacity to truly be healthy. I think that is when you really start enjoying everything that life has to offer.

Nutrition, I would say is the most important when it comes to one's health and I think it should be given absolute priority and importance. I think people need to understand the facts related to food and really make the desired changes because we mostly eat from our minds and not based on what we really need.

Beauty For Me Is Seeing Someone At Peace With Whatever It Is And Seeing Someone Who Is The Most Comfortable In Their Own Skin

, you know, who is not trying to be someone else. They are just themselves. I think for me, that is the most beautiful thing about anybody. I do not give a lot of importance to what one says, cosmetics, makeup or wearing the best clothes and being in trend or in sync with the fashion trends. I am not somebody who really cares about all that. Real beauty for me is what I just mentioned. If there is something you think you will feel good wearing or applying a bit of makeup – it is your prerogative. I have absolutely no problems with that.

I think people should stop imitating and competing because really there is no end to it. You must find who you really are and fall in love with that person and not an idea of a person that you should be.



Celebrity

Fitness Coach Maahek Nair

Decodes 5 Fitness Myths

lobally renowned Nutritionist, Reformer Pilates, Crossfit and Celebrity Fitness expert Maahek Nair has actively been a part of the fitness industry for more than 10 years. In her interview with Women Fitness she clarifies 5 fitness myths strongly believed by women.

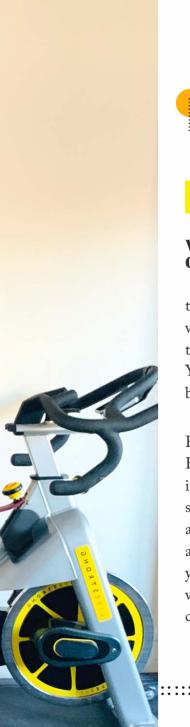
Myth 1: THE MORE YOU SWEAT, THE MORE FAT YOU LOSE

Fact I: Sweat has nothing to do with intensity; it's your body's way of getting rid of heat. Fat is oxidized inside your body, and it is not going to vaporize because you're sweating!

Myth 2: FRUIT IS A HEALTHY SNACK THAT CAN'T MAKE YOU FAT

Fact 2: Humans eat food because it gives us nutrients and fuel, but any kind of food, no matter how healthy, can make you gain weight. The fruit has a lot of easily accessible carbs. When you provide your body with easily accessible carbs, you're basically telling it to stop burning body fat for fuel.







Myth 3:

DOING CARDIO BEFORE WEIGHTS WILL HELP YOU GET SHREDDED FASTER

Fact 3: If you run on a treadmill before you hit the weights, you'll be too fatigued to train as heavy as you can. You need muscle, not miles to burn fat.

Pilates as a Program is Fabulous. It increases Muscular Endurance, Core Strength. The increase in deep core muscle strength helps to make your abdominal muscles look tight and toned. It also improves your flexibility and posture, which can decrease your chances of injuring yourself.

HIGH-PROTEIN DIETS ARE BAD FOR YOUR KIDNEYS

Fact 4: Protein taxes the kidneys because they have to work harder to process it. Healthy people without a preexisting kidney condition are fine to eat a lot of protein as long as they drink a lot of water too.

Myth 5: SPOT-REDUCTION

Fact 5: Spot-reduction is not possible unless you go for liposuction. Without such surgery, your body will draw fat from different regions at different rates depending on your genetic makeup. If spot reduction was possible by training and diet, you'd seldom see women with lower-body fat deposits or men with big guts.

She goes on to add "I strongly believe that fitness can be only achieved when you start prioritizing exercise and eating pattern... that is the reason most of athletes and actors look fit all year round."





Celebrity Trainer
RUPAL SIDHPURA

FARIA'S

3 Yoga Asanas

for

Pregnant Women

ccording to yoga Trainer Rupal Sidhpura
Faria in her interview with Women
Fitness "Every pregnancy is different
from the other. There's no two poses
that could be the same in case of complications." She
further adds" But under a registered Yoga
practitioner without any complications the
common most and beneficial is the Baddha
Konasana, Wide Legged Forward fold and
Child's pose would be a few of many many
asanas that pregnant women can do."

Pregnancy is the most powerful transformation you go through in your life as a woman! Your body is rapidly changing, hormone levels are increasing, and emotions fluctuate dramatically. Yoga can help you stay present and accept these remarkable changes with awareness, patience, and respect.



Baddha Konasana (Bound Angle Pose)

This pose helps open up the hips and stretch the muscles of the groin, two areas that can become tight throughout pregnancy. It's also a very grounding pose that can centre you if you're feeling a little scattered.



• From Easy Cross-Legged, take the soles of the feet together, drawing them as close to the body as you can comfortably manage, while being respectful to your body.

Pregnancy

- Hands can be on the ankles, feet, or lower legs, or next to the hips to help create more length in the spine.
- Press down evenly through both sit-bones, feeling the connection with the ground beneath you and the length in the spine all the way up to the crown. You can also lean forward a little, which may increase the intensity in the groin and hips, but leave plenty of space for your belly (no squishing baby!).
- Stay for 5 breaths, or more if that feels intuitively good. When ready, slowly come out of the pose.

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Prasarita Padottanasana (Wide Legged Forward fold)

This is a great pose for relieving low back pain, stretching the backs of the legs, and widening the pelvic region. Place hands on a block or support to keep the spine stretched forward and make space for the baby.

To Perform:

- Stand upright in Mountain (Tadasana) with feet hip-distance apart.
- Step your feet apart about 3 feet with the outer sides of your feet parallel to each other (might seem a bit pigeon-toed).
- Distribute your weight evenly throughout your feet. Lift and firm your kneecaps and thighs and gently press your thighs back.
 - Move your tailbone down and in.
- Gently lift your abdomen and sternum while taking your shoulders away from your ears.
- OPut your hands on your hips, thumbs point toward the spine, elbows point back, broaden across your chest.
- Bend forward stretching your sternum away from your firmed thighs, place your hands on blocks on the floor under your shoulders.
 - Take your shoulders back toward your hips.
- Hold the pose for 30-60 seconds or longer if you feel comfortable. If you tire or lose focus come out earlier.
- To come out, return your hands to your hips, elbows point toward the ceiling and lift with your chest while lengthening your torso.
- Step your feet back to hip-distance and stand upright in Mountain.

Balasana (Child pose)

When in child's pose, focus on relaxing the face and breathing deeply into the spine.

To Perform:

- Kneel on the floor. Touch your big toes together and sit on your heels, then separate your knees about as wide as your hips.
- Exhale and lay your torso down between your thighs. Broaden your sacrum across the back of your pelvis and narrow your hip points toward the navel, so that they nestle down onto the inner thighs. Lengthen your tailbone away from the back of the pelvis while you lift the base of your skull away from the back of your neck.
- Lay your hands on the floor alongside your torso, palms up, and release the fronts of your shoulders toward the floor. Feel how the weight of the front shoulders pulls the shoulder blades wide across your back.
- Balasana is a resting pose. Stay anywhere from 30 seconds to a few minutes. Beginners can also use Balasana to get a taste of a deep forward bend, where the torso rests on the thighs. Stay in the pose from 1 to 3 minutes.
- To come up, first lengthen the front torso, and then with an inhalation lift from the tailbone as it presses down and into the pelvis.
- As your belly grows, keep your big toes together and spread your knees apart to create space. Likewise, if it's more comfortable to sit up high, rather than bringing your bum to your ankles, go for it. Just remember to rest your forehead and to breath deeply into your back.

Try these three yoga asanas for pregnant women at





Choose foods with healthy fats, limit foods high in saturated fat, and avoid foods with trans fat. Plant oils, nuts, and fish are the healthiest sources.





ood is essential for survival and so it Food safety. For that, one does have to step outside into grocery stores to buy them. For many, it could pose a serious risk considering it is a public place and everyone will be touching some item or the other on the racks to either check the contents or straight up buying it.

The alarm of Coronavirus has already made people conscious of maintaining personal hygiene. Moreover, barring dishes which include raw vegetables and fruits, most of the food we eat is cooked at a very high temperature rendering the virus dead in the process.

It is still not proven whether fruits and vegetables are prone to the virus, it is still important to keep them clean and not susceptible to the virus. Some experts are of the opinion that even if one were to intake a virus with the food inside their body, the virus is unlikely to survive the acidic nature of our stomach.

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Once you have brought home, follow these guidelines religiously,

- Before and after you prep your vegetables for cooking, wash your hands thoroughly as well as your kitchen utensils and your preparation equipment and surfaces such as chopping board, etc.
- Clean your fruits and vegetables properly and carefully before cooking or eating them. Disinfection is important to sanitize the green leafy vegetables and fruits. Many researchers have found the efficacy of various disinfectants to reduce the bioload on ready to eat leafy green. It has been known that potassium permanganate (KMnO4) solution is one such effective disinfectant, and many researchers used it against a wide range of microorganisms. Washing edible items with very low concentration (0.1%) KMnO4 solution followed by plain water wash will not have any adverse effect on human health.
- Wash and scrub them under running water even if you are planning to peel out the skin.
- Dry them with the help of a clean paper towel.
- Refrigerate your fruits and vegetables within two hours of you cutting them.

Keep yourself and your family safe and practice social distancing!

Quick And Easy Quinoa Recipes

uinoa Poha with green peas

Poha is one of the most popular breakfast recipes in our country. It is not only healthy and nutrients packed but is also very delicious. However, it can be made even healthier and complete by twisting the recipe slightly, with a change of grain choice. An alternative healthier than flattened rice such as quinoa, fulfills the nutrient needs in a complete manner. Quinoa Poha is a great way to start the day. Try out this nutritious breakfast recipe and see how it

The importance of whole grains in the breakfast is huge because whole grains are not only packed with all relevant nutrients but also are slow burning in the process of digestion. All foods that are consumed slowly in our bodies, give us energy and keep us satisfied for longer periods of time. Quinoa being one such amazing ingredient is a high protein whole grain and is also a very good source of calcium, magnesium and manganese. It also contributes useful levels of several B vitamins, vitamin E and dietary fiber. Quinoa, therefore is an excellent choice for some healthy breakfast recipes.

Ingredients for Quinoa Poha Recipe:

- Quinoa 1 cup
 Mustard Oil 2
 Tbsp.
 Mustard seeds 1/2 Tsp.
- Curry leaves 2-10 Onions finely chopped 2 medium Turmeric powder 1/4 Tsp. Green chilli chopped 1 Potatoes boiled, peeled and cubed 1 Medium Green peas 2 Tbsp. Salt 1Tsp. Red Chilli powder 1/2Tsp. Lemon Juice 1 Tbsp. Roasted Peanuts 2 Tbsp.
- Fresh coriander chopped 1 Tbsp.
- Fresh coconut grated 2 Tbsp.

Method:

- Wash and rinse the quinoa well.
 Bring quinoa in a non-stickpan with 3 cups of water. Allow to boil. Cover and cook on low heat for 20 minutes.
 - Heat oil in a nonstick pan.
 Temper the mustard seeds and curry leaves and sauté for a few seconds, until they start splattering.
 - Add onions and sauté till golden brown.
 Next, add turmeric powder, green chilli, red chili powder and sauté well.
 - Add boiled potatoes and green peas and mix well. Sauté for 10-15 minutes and add the cooked quinoa, salt and mix well.
- Add lemon juice and mix well.
 Turn off the heat and transfer the poha in a serving bowl.
- Sprinkle roasted peanuts, coriander leaves and grated fresh coconut and serve hot.

works for you.

Quinoa Poha With Green Pens



Ingredients Cake Ingredients:

• 2 cups cooked quinoa loosely packed • 1/3 cup milk • 4 eggs • 1 teaspoon vanilla • 3/4 cup butter melted and slightly cooled • 1 cup agave nectar or 1 ½ cup sugar • 1 cup unsweetened cocoa powder • 1 1/2 teaspoons baking powder • 1/2 teaspoon baking soda • 1/2 teaspoon fine sea salt

Frosting Ingredients:

• 2 cups heavy whipping cream • 1 cup semi-sweet or dark chocolate chips

- Preheat the oven to 350 degrees. Grease two round cake pans (or a 9×13 pan) and then line the bottoms of the pans with parchment. (Do not skip the parchment if you want to be able to flip the cake out of the pan.)
- Combine the milk, eggs and vanilla in the blender or food processor and pulse a few times to combine. Add the cooked quinoa and the butter and puree until completely smooth. Stop the machine as needed to scrape the sides and make sure everything is well mixed. This will be a thick and creamy consistency once the quinoa is pureed. (You should not see any little beads of quinoa in the pureed mixture.) Whisk together the dry ingredients in a mixing bowl and add the contents from the blender. Stir until well combined.

- Divide the batter evenly between the two cake pans and bake on a center oven rack for 28-30 minutes, until a toothpick inserted comes out clean. Remove the cakes from the oven and let cool 10 minutes before inverting them onto a wire cooling rack. Peel off the parchment and let the cakes cool completely before frosting.
- Place the chocolate chips in a medium size glass bowl. Heat the cream in a medium saucepan until is gently simmers. Remove from the heat and pour over the chocolate. Let the mixture sit for 5 minutes or so and then whisk to combine until it is smooth and glossy. Refrigerate and let cool completely. (2-3 hours in the refrigerator or about an hour in the freezer.) When fully chilled. use a mixer to whip the chocolate cream into soft peaks.
- Place one cake layer upside down on a plate. Scoop half the frosting onto that layer and gently spread it across almost to the edge. Place the other layer on top of the frosting and top with the remaining frosting. You can frost the sides if you like, I chose to leave mine simple. Chill 2-3 hours before serving to allow the frosting to set. Enjoy!



Ingredients-

- 1 cup quinoa 2 tablespoon
 vegetable oil 1/2 cup moong dal
 1/2 cup urad dal 1 teaspoon
 - water as required

Instructions-

- Soak both the dals with quinoa for up to 4 hours
- To prepare this yummy dosa recipe, wash together urad and moong dal in a bowl. Next, wash quinoa with water and mix in the dal bowl. Add water in the bowl and soak the trio for up to 4 hours.
- – Prepare the dosa batter by blending the dal-quinoa mixture
 - After soaking, drain the extra

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water and add the mixture in a blender jar. Blend the mixture using a little water to make the batter of dosa. Add a little salt in this batter as per your taste and make a smooth dosa batter.

- - Prepare the Quinoa Dosa
- After preparing the batter, heat a non-stick pan on medium flame and smear it with a little oil (You can also use a dosa tawa for making them). Using a ladle, spread the batter in the pan in a circular motion and cook for a minute. Flip the other side and smear again with a little oil. Once the dosa is cooked to a brownish hue, transfer to a plate. Repeat with the procedure to make more such dosas. Serve with sambhar and chutney.

By- Ms. Pretty Tyagi



Steps to Perfect Water-Free Manicwle Home

reviously, it was believed that soaking our nails in water was the best way to begin a manicure and soften cuticles – this is a myth! Soaking our nails causes them to absorb water and expand, so the nail may not contract back to their true size for another 24 hrs. Polishing right after could mean less wear. Water also puffs out our cuticles, preventing a thorough clean up and it can also spread infection if you happen to have a cut on your finger. For many reasons, go water-less!

One-by-One Manicure Step Remove Nail Paint:

Begin your at-home manicure by first removing nail polish, if any. Avoid rubbing back and forth. The best and easiest way to remove stubborn nail colors is to press the nail polish remover wipe onto your nails, wait 5 seconds for it to loosen the nail polish, and wipe down the length of the nail. Repeat this step. a few more times to remove any

excess.

Cleanse and Sanitize Hands:

Once your nails are polish free, wash your hands with soap and water (or sanitize) to start with a clean canvas!

Trim your Nails:

If your nails grown too long, begin by giving your nails a trim. With your nail clipper, trim the nails using small clips working from one side of the nail to the other. Never begin clipping your nail in the center because it can put stress on your nail plate.

Don't forget to File them:

Once you have your desired nail length, file your nails in shape with a soft nail file. Always file in one fluid motion with long, light strokes in one direction. Start from the outside edge and continue in a side-to-center movement. This method will create a smooth finish and give you more control over the shape, too. Filing back and forth weakens nails, making them prone to splitting.

Get your Cuticles in Shape:

To soften your cuticles, apply a drop of cuticle oil to every nail. With an orange wood stick or a clean stainless steel cuticle pusher, gently guide any overgrown cuticle back into place.

Always remember that our cuticles ce a protective barrier, preventing bacteria from entering our bodies. Some people have thin, barely visible cuticles while others naturally grow thicker, but both are healthy when cared for properly, so don't over push!

Buff Before Polish:

For nail color that lasts well beyond three days, it is essential to eradicate all traces of dirt, oil, and polish residue to give it a clean base to cling to. Buffing is essential for perfectly prepped nails. Be gentle and sparing, using a soft and smooth fourway block or buffing file. Buffing brightens, smooths, and creates natural shine in addition to removing ridges, giving you a perfectly prepped base to paint on.

Moisturize:

After you've trimmed your nails, hydrate the skin with a moisturizer focusing on dry areas. Once absorbed, wipe nails and use nail polish remover to clean the beds for the fun, color part.

Apply your Base Coat:

A base coat provides a barrier between nail polish and your nail, preventing stains. It also acts as an anchor to nail polish, holding it in place like glue and preventing chips.

Apply 2 Coats of Color:

Select your nail polish shade and apply two thin coats of nail color, waiting 2 minutes between each. The aim of the first coat is coverage and the next is to achieve full depth of color.

Whether a special occasion or just a day to treat yourself, picking a nail color should be fun – but even for pros, applying nail polishing on your own hands can be challenging, especially when it comes to your non-dominant hand! Steady your hand by keeping both of your elbows on

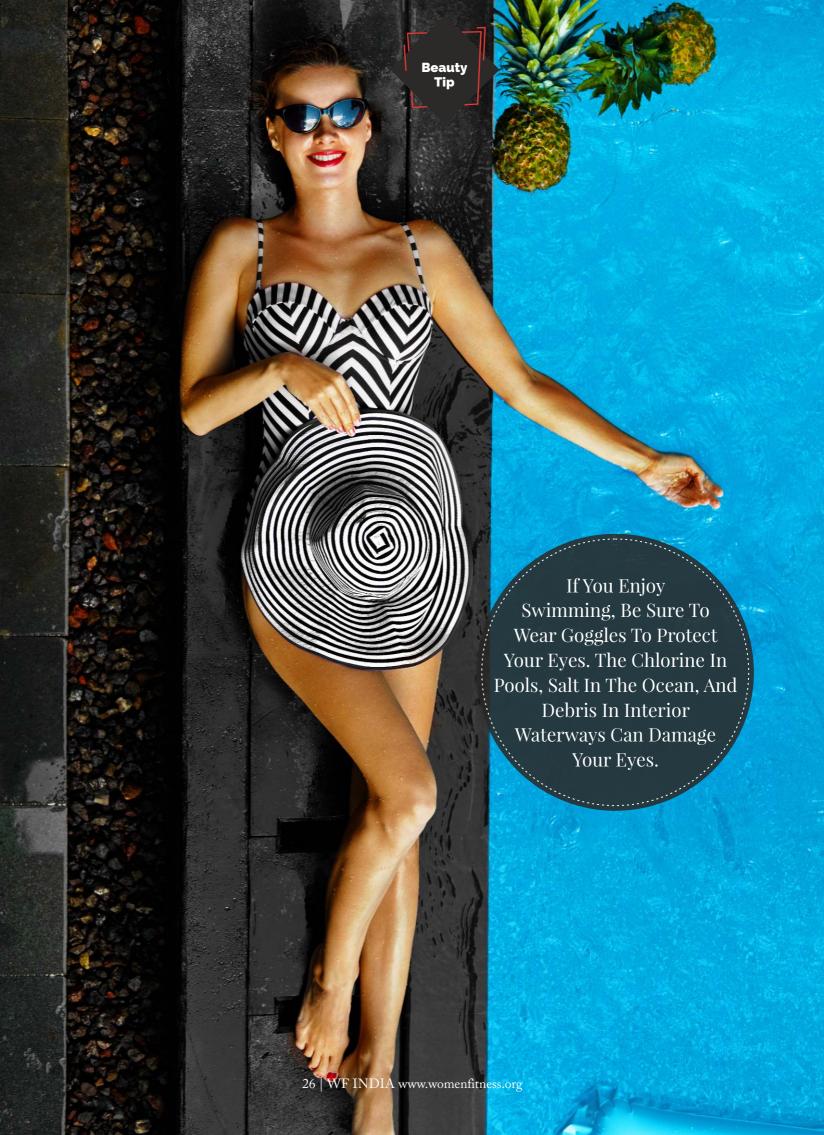
For novice polishers, it's helpful to begin with the hand you're least comfortable with to ensure a less-than shaky start.

the table.

Finish with a Top Coat:

Whether you're walking out the door in less than 60 seconds, want a gel-like shine or matte finish, choose a top coat.

Following these nail tips will give you a professional quality home manicure that you can proudly show off!





dolescent eating disorders such as anorexia (starvation to achieve the 'ideal body' weight though the person may already be at it), bulimia (excessive eating and purging), binge eating disorder, and compulsive overeating are concerns every parent hopes to avoid. An eating disorder begins with emotional health problem that escalate into a mental health illness that has severe physical consequences. It is not as simple as a desire for slimness.



- A sudden change to vegetarianism, as a means of cutting out food groups, fat or calories.
- Clothes that suddenly start to fit more loosely followed with negative comments about self-image or the body.
- Extra time in the bathroom, particularly after meals, with evidence of vomiting in the bathroom or elsewhere.
- A drop in weight noted at home, at school, or in the clinician's office.
- Lack of appropriate weight gain at a time when the child is growing.
- Cutting up food in tiny pieces, or playing with food more than eating food.
- Lot of time spent on meal preparation, without eating properly what has prepared.
- Obsession with food, calories, fat grams, or exercise.
- Extreme guilt if she cannot exercise on a given day.

- "I'm so fat" or "I need to weigh myself" repeated often to herself or to others around her.
- Concern by a parent, peer, or teacher that the child or adolescent has developed an eating disorder.
- Eating disorders are at times serious biologically influenced illnesses. Recent studies do speak of possibilities of increased family heredity, says Dr Das . "These are based on familial studies, where higher rates of eating disorder are found in the first-degree relatives of those with eating disorders." Similarly, twin studies have shown that monozygotic (identical) twins are more likely to develop eating disorders compared to dizygotic (fraternal) twins. Women and adolescents are at greater risk.



The last red flag, in particular, should warrant investigation and close follow up; when a parent or other significant person in the child or teen's life expresses the concern, there is a strong likelihood of an eating disorder either existent or in its earliest stages.

If any of these red flags occur, its an alarm signal that clinician should see the patient back at least monthly, and weekly when rapid weight loss is apparent.





Idalaka ARORA On Diva Yoga Much More!

he is synonymous with being a supermodel, India's favourite "Chaiyya Chaiyya" girl and the judge of India's Next Top Model. She is our very own Malaika Arora.



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You are India's leading Media personality, Model, Actress, Dancer, Model, VJ, Television personality, Proponent of Diva Yoga and a Mother. How you go about managing a remarkable multidimensional lifestyle?

Its all about maintaining a healthy balance between your personal and professional life. Proper time management, prioritizing work and a good team backing you is the key to all of this. Believe it or not but the good ol' early to rise and early to bed helps me manage my lifestyle a lot.

Your Bollywood debut started with your acclaimed performance in the song 'Chaiyya Chaiyya' in the year 1998. Since then there has been no looking back. Share with us your journey in the field of entertainment to making a mark for yourself?

Chaiyya Chaiyya till date is one of my best experiences in the industry. I have loved each and every song, dance number that I have done ever since and I am extremely thankful to this industry for giving me what it has given. The journey has been extremely beautiful and I am happy that I am part of this big and beautiful family.

Being an actress and a model, fitness is of utmost importance. Unfold the exercises that comprise your fitness regime on a daily basis?

My daily fitness regime comprises of doing Yoga at least one hour everyday. My simple goto everyday asanas are- *Shirshasana*, *Suryanamaskar and Padmasana*.



One of the biggest challenges for mothers is to get back their prepregnancy sculpted physique. Tell us about 5 post-pregnancy exercises that your venture "Diva Yoga" proposes?

Setubandh asana – This posture helps strengthen and lengthen the glute muscles, the pelvic floor, hips hamstrings, spine and neck.

Vipritkarni (wall) – This pose helps circulate the blood from the toes to the head. After being on our feet most of the day its incredibly beneficial to release stagnation and let new fresh blood move through our body.

Virbhadrasana – This will alleviate tight hips and strengthen the lower body.

Adhomuksavnasan – This pose tones and stimulates the abdomen, pelvis, torso, and back.

Majariasana – This relaxes the lower back muscles & lumbors and works on core & shoulder strength



What advice you have for mothers who consider you as their role model and wish to be fit as you? 5 diet myths busted by you?

My only advice to anyone who's looking at becoming fit is sincerity and dedication. Whatever form of exercise or workout you choose, you have to be sincere and dedicated towards it. It can't be a one time thing. Try and remove at least an hour for yourself from 24 hrs and make it a habit. You'll see the results for yourself.

I am not someone who believes in fad diets. I believe that we should eat everything but in moderation- be it fat, carbs or calories.

Do you take some special diet or have a strict menu that you follow to remain healthy and physically fit? 5 favorite foods that are a must?

My 5 favourite must have foods are-Avocado, greek yogurt, green veggies, organic ghee and fruits.

You have glowing skin and gorgeous hair. Do you take some kind of skin treatment to keep it young and glowing and secondly what you do to your hair to make them look so stunning?

I have got my hair and skin from my mother but I do take care to maintain them. Starting my day with Shishasana gives a natural blush and glow to my skin. Also, as mentioned earlier, I watch what and how much I eat. Consuming one spoon of organic ghee everyday also helps me maintain my skin and its glow. I am also big time into home made masks made out of fruits, yogurt etc that I try and use at least once every week. For my hair I trust the good old oiling once a week atleast.

With a massive following of over 11.2 Million followers on your Instagram account @malaikaaroraofficial you're a social media sensation and an internet leading star. How does it feel that you are able to inspire and influence the healthy lifestyle of so many individuals?

It feels great when you are able to inspire someone to move into the right direction. Good health is a life long treasure and I always encourage people to achieve it. Thats the sole purpose of me collaborating with Diva Yoga to reach out to as many people as possible and encourage them to adopt a healthy lifestyle.



Be True To Your Self And Your Art, Recognise Your Talent And Work Hard On It, Success Will Follow.



Your recent endeavor is starting of "Diva Yoga". We would love to know more about this venture of yours.

I was actively looking at pursuing an initiative in the fitness space. In this process, me and my management agency Exceed Entertainment, came across the most interesting proposition in Diva Yoga founded by the CEO of Sarva -Sarvesh Sashi. Sarvesh' thoughts were perfectly aligned with my aim of wanting to make an impact in the world by adopting Yoga and fitness as a lifestyle. Both Sarvesh and I believe that women need to be empowered at every step in their life and the only way that they can be a positive role model is by taking time out for themselves towards health and wellness.



I don't have tips as such for anyone but my only advice to anyone who wants to enter the industry is to be true to your self and your art, recognise your talent and work hard on it, success will follow.

Women Fitness works round the clock with a goal to reach out to women all over the world providing them with the best in health, fitness, nutrition, beauty & fashion. What do you wish to say about the website (Womenfitness.net) and message for our readers?

I feel it's a great goal that you have set out to achieve. My message to all readers is that, today we have such amazing platforms that are here to guide us towards achieving better health and fitness, so we should make the most of it.









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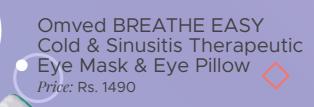


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LEO:

You've got a lot of energy, but not much direction. You're more interested in working on your tan than working out. It might be hard to drag yourself away from your lounge chair, but you'll feel great once you get your body moving! Don't be impatient if you miss your goals, there may be bigger issues you need to work on.



VIRGO:

Get motivated by calling your friends about your fitness progress. They need the motivation, too. Organize a video meeting with your crew about the best ways to work out and stay fit. If you don't have a support system, you'll face some unexpected consequences when the full moon is in Capricorn on the fourth. Put your pride aside and ask for help.

LIBRA:

While you're excited about working out and getting fit, remember to take it slowly. If you want to try Pilates or yoga for the first time, do some research before you jump in. No one wants to feel ridiculous on their first day doing something, or waste a ton of money because you don't know how to use your expensive exercise bike!



SCORPIO:

This month, you may be more focused on your mental fitness than your physical fitness, which is great! You might be drawn to doing puzzles, taking online courses, or taking care of your mental wellbeing. It's always important to work out your brain as well as your muscles. Make a change to your normal workout routine to include some mental fitness like listening to a podcast while you exercise.



AQUARIUS:

Take iteasy with your workouts this month, Aquarius. Pushing yourself too much could lead to injury or burnout. Instead, take care of your body and mind by giving yourself a spa day at home, complete with a bubble bath, manicure, and massage wand.



TAURUS:

If you want something—toned arms, more stamina, better abs—July is the month to reach out and take it. You are more driven than ever to reach your goals. You are powerful this month, Taurus. Don't forget that when the full moon in Capricorn delays your progress on the fourth. It's just a plateau.



SAGITTARIUS:

Mental health is just as important as your physical health. Past baggage comes back to haunt you, and not even the best workout will help. Take some time away from exercise to take care of your mental well-being. Talk to a professional or do some emotional healing.



PISCES:

Go with the flow. You'll need to be adaptable when sudden changes interrupt your workout and fitness goals. Take a deep breath, do some yoga, and stay chill. No one wants a meltdown while meditating. Call a friend to help you out.



GEMINI:

It's the summer of self-love this July, Gemini. With Venus still in your sign and retrograde Saturn entering Capricorn on July 1, you are loving how your body looks and feels. You've hit some fitness goals and your workout is paying off. Rock that swimsuit! Take those selfies! You're hot and you know it. The full moon in Capricorn on the fourth will give you an extra boost of stamina to keep your workout going strong.



CAPRICORN:

Is the summer heat putting your exercise goals on pause, Capricorn? If you're lacking the motivation to work out, talk to a friend about it. What better way to do that than by having a fitness partner to keep you in check? If you have any questions, call a professional when the full moon is in your sign on the fourth. A nutritionist or doctor can give you the health answers you need.



ARIES:

Stress gets the better of you. Be kind to yourself during this time. It's not the worst thing in the world if you can't do your workout right now. Get yourself grounded when Mercury goes back into direct on the twelfth by doing some meditative activities. Tai chi in your room will do the trick.



CANCER:

This is your time to shine, Cancer! You have tons of energy and a list of goals you want to achieve. You're in the headspace to do amazing things, whether you want to start jogging or do more weightlifting. Don't be afraid to ask for help, especially when the full moon is in Capricorn on the fourth. Call a dietitian or trainer about the best course of action you should take.

Namita Nayyar President

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