

# Women's Fitness

June/July 2019

INDIA

## Digangana Suryavanshi

On Living The  
*Princess Life!*

DIY **5**  
**Aloe Vera**  
*Masks*

**Self  
Safety  
Tricks**

**Lose**  
Baby Weight  
With These  
**8 Exercises**

*Healthy  
Summer  
Drinks*

A woman with long, dark, wavy hair is smiling and looking slightly to the right. She is wearing a white top. The background is a plain, light color.

# DIGITAL NOT ENOUGH?

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## 57 Hot Weather Runs.



## Top 10 Sunscreens



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# Editor's Note

Our bodies change our minds and our minds can change our behavior, and our behavior can change our outcomes.

*-Amy Cuddy, Harvard*

*Business School professor of social psychology*

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Own your unique type of beauty. You can start letting it shine by standing up straight.

The height of the holiday season is on as I wrap up our June/July 2019 edition of Women Fitness. Both the holidays and the content of our magazine deliver ample dose of stress management techniques—that is, hit the floor, the bike, or the weights at the favorite local gym. Exercising as a family is a great way to stay in shape and help manage stress. Even just 30 minutes of running or walking a day can make a big difference in both physical and mental health. There is the best beach Workout to Lose Weight while on vacation and yoga asanas for quick result.

One question all of us would like to elude - Would you prefer another body if you only could choose? If anybody heard “No” to this question, drop me a line. The nature's finest creations carry a readily available list of imperfections, starting with their ideal nose: “How come you don't see those pores?” Apparently, the fundamental desire for a healthy and beautiful body is second to none.

Body frames our mind through many ways; social influences top the list of the least justifiable. Humans' initial acceptance or rejection, triggered by appearances alone, may discourage from achieving or create a room of opportunity in one's mind.

Celebrities that shine out in this edition are Shama Sikander & Digangana Suryavanshi talking about their career, diet, fitness & lifestyle.

All this and more are on its way for you,

Thanks for being a part of Women Fitness family.

Namita Nayyar

President, Women Fitness

July  
Special

# Shama Sikander

TALKS ABOUT

FINDING

HER

*True Self*

Shama Sikander is an Indian actress who is best remembered for her lead role in the TV series *Yeh Meri Life Hai* (2003–2005). She has acted in several television serials and is also known as a TV program host and a reality show contestant. On the big screen, she has appeared in a few Bollywood movies, including the Aamir Khan starrer *Mann* in 1999.





“  
THIS YEAR I HAVE  
DEVOTED MYSELF  
TO NEW  
LEARNINGS AND  
ACCEPTING  
CHANGE  
WHOLEHEARTEDLY.

S

ikander is also active as a fashion model, and she launched her own design company, Saisha, in 2010.

With her latest web series, Ab Dil Ki Sunn, grabbing a lot of eyeballs, Shama truly has a lot up on her sleeve. Women Fitness spoke to the actor about her lifestyle and her passion for acting.

**You made your debut with the Aamir Khan starrer Mann in 1999 and are best remembered for your lead role in the TV series Yeh Meri Life Hai. What factors led to your venture in acting scene?**

My father wanted me to become an actor. He thought I'd be good in it as he was aware of my activities in drama and dance in my school and I was always the centre of attention so when he shifted to Mumbai, he got to meet many film personalities and was invited to many big parties and he got extremely attracted to the glamour and glitz and thought I could become an actress and enjoy the same lifestyle, little did we know about the struggles to follow in pursuit of his dream which became my dream because I loved my father and I wanted to make him proud. And from that on we started meeting people, going from one office to another and I landed up in my first feature film Prem Aggan directed and produced by Mr. Feroz Khan and rest is history.

**You had once commented “fitness has always been an integral part of my daily routine ... I ensure that I work out everyday [sic] for at least an hour ... [I] eat right and think positive.”. Define your fitness routine. Share 3 things that are instrumental in maintaining a fit body?**

Yes I remember saying that I do.... I still follow the same. The only difference is now my awareness has increased, so my workouts and my foods have changed. I even now workout everyday for an hour at least and nowadays I have started learning a few new things such as Kathak, hip hop dance and some hardcore strengthening exercises to make me stronger so that takes up a lot of my time. This year I have devoted myself to new learnings and accepting change wholeheartedly.

The three things that I'd say are instrumental to maintaining my body are 1) proper mental health 2) good sound sleep 3) meditation, when all these three things are in place then rest anything you want to do happens on its own. A good mental health gives me clear dreams and desires, a good sleep gives me focus and energy to fulfil those dreams and desires and a good amount of meditation gives me more and more awareness of myself, it helps me forgive myself and others and makes me more compassionate which is extremely important to be healthy in true and every sense.






**List 5 females who inspire you to be fit.**  
Jeniffer Lopez, Jeniffer Lawrence, Jacqueline Fernandez, myself.

**Healthy eating is a habit. With a hectic work routine, which involves a lot of travelling, how do you manage to eat healthy? Share your 5 favourite Indian dishes and 2 picks in a restaurant.**

Yes it is very difficult but now it's getting a bit better with a lot of healthy food options available in many restaurants. I usually pack my food from home and take it along with me when I'm in Mumbai, if I'm traveling then too I like to carry my healthy snack like nuts or almond cookies with me because it's mostly the snacks that we end up eating wrong as for the proper meals you still can manage to find healthy options like chicken or fish or if you are a vegetarian then a lot of salads and lentils are available. My five most favorite Indian dishes are 1) daal chawal 2) Biryani 3) moong daal ka halwa 4) rasmalai 5) kulfi. All are super fattening but I love them.

Two of my most favorite places to go in Mumbai are POH in Kamala Mills and Bombay Salad & Co. in Bandra. Love the food there.



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

I sleeeeeepppp.... I  
loooooove sleeping.  
Going to spa's,  
pampering myself. Or  
sometimes I just  
meditate at home and  
chill in my pjs and  
watch Netflix.



**You have worked in a number of shows and hosted many, and have now entered the digital space too. Describe your journey as an actress? Where do you see yourself as an actor, in perhaps, the next 5 years?**

Yes I have. It has been an incredible journey so far and I'm only excited for the time to come in future, I'm excited and want to see what I'm able to achieve with this awareness and compassion and knowledge that I have been blessed with all my life. I enjoyed TV it gave me a lot and I'm grateful to the medium and people for giving me all the love and understanding. When I got tired and couldn't commit to anymore projects on TV I stopped, because I like to be honest and fully committed to whatever I do in life and when I can't I don't like to drag. I know it's time to move on and let go.

Nowadays I'm thoroughly enjoying the web, so much to do, so real and interesting, so many different, new opportunities that I had never thought would exist a few years back, when I got bored of doing TV as it wasn't going anywhere it was stagnant and regressive in my opinion I'm so grateful that web has now given us so much to do. So many good actors were sitting at home for the longest time because they didn't want to do what was being made in the market. I'm also doing films now so that's even more exciting. This year I signed A Neal Nitin Mukesh production "Bypass road" as one of the leads. Its a multi star-cast film, I've already started shooting for it and very excited for it to hit the cinemas soon this year.

In the next five years, I see myself doing everything that the existence has made me for to the fullest and becoming a master of it. I see myself full filling the ultimate goal of the universe that it has for me, without any delays or doubts.

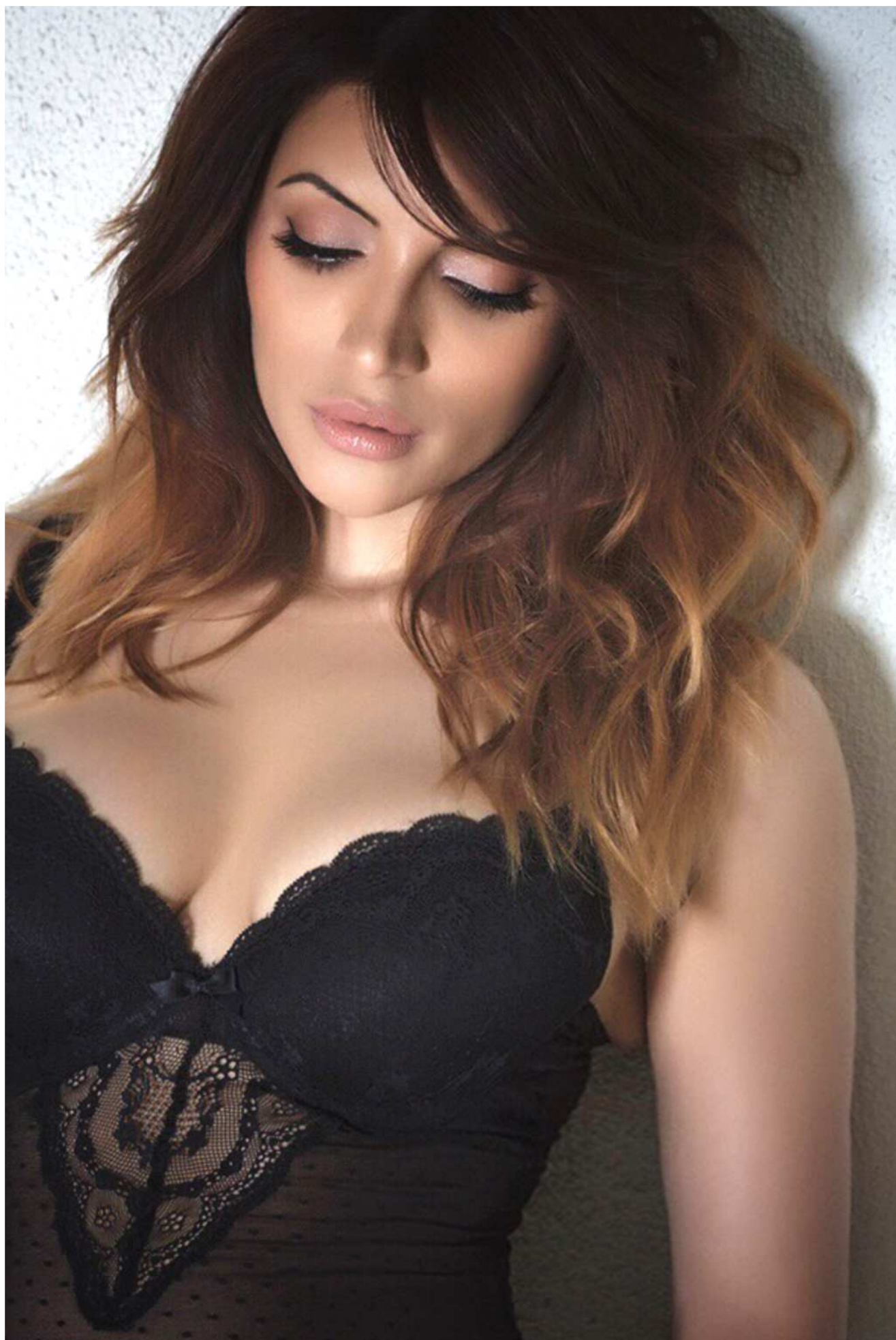
**With International Yoga Day coming up, tell us the best part about being a yoga student?**

I am not really a yoga student honestly. I used to do a lot of yoga before but now honestly I'm not doing it much for some reason although I love it and I'd love to start again. It is beautiful. It pushes you to find the best in you and stretch to the unlimited zone. It teaches you how limitless you are and what wonders your body and mind and consciousness can perform. It teaches you the value of your being just by breathing right and fully. So simple yet challenging.



I'd Like To Tell  
Everyone To Do Yoga  
Everyday Without Fail  
And With That  
I'd Like To Start It  
Everyday Too.  
Happy Yoga Day.







**In 2016, you had talked about suffering from depression and bipolar disorder for the first time. Since then, you have been quite vocal about your struggles which is a very commendable step. How do you wish to help or what would be your advice to people who are struggling with mental health issues?**

Thank you. Yes I have been very vocal about a lot of things because I learned that the biggest problem with us humans is no communication, no one expresses how they feel from inside. Everyone is just taught to live in the lies and they die with them too. It's very sad that so many people cannot enjoy the simple joys of life and the depth that comes with it. They die with superficial experiences. I'm grateful that I went through something so deep that cannot be expressed properly in any language. It can only be felt deep deep deep within. If you manage to go through it, it turns you into such a beautiful masterpiece. It turns you into something you were meant to be and not what the world has taught you to be!

I always talk about this I realized that communication is the biggest key in solving depression as a lot of us suffering through any mental disorder are facing so much because they cannot communicate well or are afraid to in some way or the other.

That's why I started talking about my story so as many people will read they'll know that there is hope because you lose all hope and you don't even know if it exists anymore for you until you have managed to come out of it.

Unfortunately a lot of people give up. And I don't blame them. It is extremely difficult to live with this burden and hope and no light only deep darkness till you can see or feel.

I also made a series of a few short films from my home production SHAMASIKANDERFILMS YouTube channel. The series is called "Ab Dil Ki Sunn" people can watch them anytime they have and they are helping many in need and the ones who are close to people who are suffering through any mental disorder these are very simple films with simple messages which will help everyone in their day to day life and that will change a lot. I urge people to watch the films and share as much as possible. I also go to colleges to talk to students and make them aware. I'm also working on opening my organization to help people suffering. And I wish to do a lot more in coming years, the best I can in anyway possible.

**With a massive following of over 1 million followers on your Instagram account @shamasikander, what according to you are the best and worst things about these social media platforms?**

Well I think the best is that you see how many people love you as an artist and it helps you maintain your stardom nowadays, its all about numbers unfortunately. The best thing I would say it gives me a chance to connect with my genuine fans on a personal level. They get to see the real me without anyone else's words but my own. And the worst is that it has made people addicted. If you don't get likes people are falling into depression!! Some People write anything to get the actors attention or just to have fun and they don't realize what impact it can have on other people's lives and minds!! They constantly judge you like it's their birth right hiding behind the fake profiles they dare to question you. I think that is the worst. That's kind of extreme for me when I see all this. Its very sad to see there's so much hate or insecurity resides in people's mind!! Luckily I'm aware that this is just a medium and it doesn't define me or reduce anything in me in anyway so I'm OK.

**Lastly, fitness goals you aim to achieve in 2019?**

I want to be able to dance better and stronger this time, I want to be leaner and stronger, much stronger physically and mentally. And I'm already on it.

A man and a woman are jogging on a beach. The woman is in the foreground, wearing a black and white patterned sports bra with a pink band, black shorts, and bright orange sneakers. The man is slightly behind her, wearing a grey t-shirt, dark blue leggings, and blue sneakers. They are both looking forward with determined expressions. The background shows the ocean waves crashing onto the shore under a clear blue sky.

Workout

# BEST BEACH WORKOUT

---

TO LOSE WEIGHT WHILE ON  
VACATION



A sandy beach can prove one of the best possible surfaces for a barefoot- workout. It can be a great way to stay fit and lose weight while traveling.

## 1 Running

In the sand is one of the best exercises for your ankles and feet. It forces you to use your toes, grabbing the sand with each stride. There's also little impact on your knees and consistent resistance to help you maximize your workout.



## 5 Swimming

Whether you choose to gear up with fins and snorkel to check out the sea life or just your goggles to swim across the bay, swimming is great exercise. Remember that the sea is nature's pool. It's subject to the weather, tides and wildlife. So, keep safe and take note of any prevalent winds and tides and follow the instructions of lifeguards.

5

## 6 Touch Football

As in case of running and passing game, touch football will torch your legs, rev up your heart rate and challenge your athleticism. The start/stop nature of touch football also means it is a lot like interval training and hence an exceedingly good fat burner.

6



2

## Sprint

Run for 10 yards touch the sand and quickly turn around to sprint back. Rest for 15 seconds, then sprint out 20 yards and back. Continue increasing the distance in increments of 10 until you get to 50 yards; then come back down. Try to push off the line quickly.

## 3 Surfing

Surfing requires and develops great upper body strength as you paddle out through the waves, as well as good balance and coordination as you ride back in. As a workout, surfing is not unlike interval training, because you work hard to get out into the waves and then rest as you wait for the perfect wave to take you back to shore. If full-on surfing is not your thing, consider body boarding as an easier, equally beneficial alternative.

3



## 4 Beach Volleyball

Playing volleyball at the beach is a good workout as a game if you are travelling with family or friends. Involving lots of jumping, brief sprints and dives, beach volleyball will not only improve your fitness and endurance but also your agility, speed and coordination. Many beaches have nets ready if you are not carrying one.

4



These activities are fun and help in burning calories while at the beach.



# Self Safety Tricks

**S**elf-defence tricks can assist in combating violent criminals. These tactics and techniques help guard against ATM robbery, street robbery, and workplace crimes.

## **Always take busy roads especially during odd hours:**

Drive with all your doors locked and windows rolled up. If you are being followed on the road, remember to stay on busy streets with lots of people around so that help is imminent when needed. Parking your car in isolated places or leaving your car can be the worst mistake you can make.

## **Strike at the nose with the heel of your palm:**

A swift blow to the nose will help you escape. If your attacker is charging towards you, hit the nose with the heel of your palm using all the strength you've got. This will cause immense pain and will temporarily disorient them, allowing you time to call for help or escape.

## **Use Pepper Spray:**

This is an effective self-defence alternative. Some formulations are powerful enough to cause tearing, irritation and even temporary blindness when sprayed directly into the eyes. This trick works best when your attacker is charging towards you. Keep a can of pepper spray in your purse and in the glove compartment of your car for emergencies.





### **Use Everyday Objects as Weapons:**

You can use anything around you for self-defence. Like a set of keys wedged between your fingers like brass knuckles can deliver a crippling blow. If you are attacked at home, run to the kitchen and grab anything like a rolling pin, heavy ladle or a knife. Just remember to be quick!

### **Install an app on your phone that can immediately notify your family or friends if something goes wrong.**

App like SmartWatcher offers Continuous Safety Monitoring for a \$0.99-per-month upgrade. This feature periodically asks you whether you're safe—if you don't respond, it alerts your safety network. SmartWatcher tracks your location to help you stay safe. This app is useful whether you often walk home alone at night or live in a dangerous neighborhood. More options are Circle of 6, React Mobile, bSafe etc.

### **Get Loud and Push Back:**

As soon as the attacker touches you or it's clear that escape isn't possible, shout loudly ("BACK OFF!") and push back at him or her (for simplicity's sake we're going to use "him" for the rest of the article, although your opponent could be female). This does two things: it signals for help and it lets the attacker know you're not an easy target.

### **Use your Body Weight.**

No matter your size, weight, or strength in relation to your opponent, you can defend yourself by strategically using your body and the simple law of physics. This is the principle behind martial arts systems like Jujitsu and other self-defense programs where a smaller person can defeat a larger one.

Remember, if you feel you need the help of emergency services, don't hesitate to call 911.



Hot Yoga, which is usually performed in a room heated to between 80 degrees and 105 degrees Fahrenheit, is one of the most effective forms of yoga that has been known to help you lose weight.

While performing hot yoga you must keep a track of your breath, it is the foremost thing. Once you're ready, you can begin with these poses that are bound to make you sweat and detoxify.

# 7 Hot Yoga Asanas For Quick Results

## 1. BRIDGE POSE

**The pose is excellent for toning your neck, spine, and chest.** If you're looking to lose weight around your upper body then this is a fantastic pose. Do 3 sets of 20 repetitions each.



## 2. Plow Pose

**This pose regulates metabolism.** It gives your spine and shoulders a good stretch and helps the thyroid gland function well. This is one of the best poses for a well-toned, ache-free back.



## 3. Seated Twist Pose

**The asana involves a deep twist** and is an intermediary level pose that anyone can easily master with practice. It improves the natural flexibility of your upper body and also helps tone your shoulder blades.



## 4. Boat Pose

**Think of a see-saw** or a boat when you think of this asana. It works in the same way, and the midriff becomes the base for balancing the body. If you have trouble losing that stubborn belly fat, here is something that will give you visible results. With a little practice, you are well on your way to achieve toned abs.



## 5. Plank Pose

**Lie down on the abdomen**, bring the elbows under the shoulders, get in the pushup position and place your forearms on the ground. Inhale and lift your body off the floor, with toes and hand support. Squeeze the glutes, tighten your abdominal muscles. Hold the pose for 5-7 normal breathes.



## 7. Chair Pose With A Twist

**It strengthens the mid- and low back** and increases flexibility throughout the spine. It also tones the internal organs, including the kidneys and digestive organs. This helps with detoxification, which improves your



## 6. Bow Pose

**Strengthens your back**; opens your shoulders and chest; stabilizes your legs; improves hip-flexor function; stimulates digestion and energy flow in your internal organs.





## Fitness Tip

Leaving arthritis untreated for too long can lead to joint erosion, chronic pain, and clinical osteoarthritis, which offers limited opportunities for treatment. However, since it develops over a long period of time, an early diagnosis can help prevent joint injury and degeneration. Make sure you are using correct form during workouts and switch out your athletic shoes frequently to avoid overuse injuries.



# Lose Baby Weight With These 8 Exercises

Once you are done with the joyful phase of carrying and delivering the baby, getting back to shape is the next goal for every woman. During this phase, a balanced diet and regular exercise is important for weight loss.

Besides this, exercise also reduces postpartum depression and induces a feeling of happiness. Shedding the extra kilos, which you had gained during the pregnancy period can be a struggle for some women. Here are 8 moves that will help you lose weight:



## 1. Walking

This the easiest and most basic form of exercise.

### How It Is Done:

- Start with a gentle walk or stroll and then gradually increase the speed of your walk.
- Slowly move to brisk walk and walk for minimum 20 minutes. Try walking for at least 5 days a week.
- Bringing the baby along in the front pack or baby sling bag will add extra weight, which can further enhance the benefits.



## 2. Deep Breathing

Deep breathing involves the abdominal muscles and strengthens and tones them.

### How Is It Done:

- Sit upright with your back straight and fold your legs. Take a deep breath, draw in the air from the diaphragm upwards.
- Hold your abdominal muscles tight while inhaling and relax your muscles when you exhale.
- Gradually increase the time you can hold your muscles.



### **.Pelvic Tilts**

This exercise strengthens your abdominal muscles and tones them.

#### **How To Do:**

- Lie with your back on the floor, place your feet flat on the floor and toes facing forward.
- Draw in your abdominal muscles, tighten your abs and press your back to the floor and tilt your pelvis forward.
- Hold for 5 seconds and repeat this exercise 10 times.



### **.Bridging Exercises**

Bridging exercises are a great way to tone your abdomen and thighs.

#### **How To Do:**

- Lie on your back, bend your knees and place your feet flat on the floor.
- Next, take a deep breath and as you exhale, tighten your stomach area around the belly button and your pelvic floor.
- Now lift your bottom, that is your back and the pelvic floor as much as you can. Hold on to this position for at least 5 seconds. During this time, you can breathe normally.
- Gradually lower your back and pelvic floor towards the floor. Repeat this exercise 10 times.



#### **How To Do:**

- First, lie on your back, bend your knees and place your feet flat on the floor.
- Second, place your hands behind your head without interlocking your fingers.
- Inhale and with a smooth and controlled motion, lift your shoulder blades and hold on for a second or two. Repeat this exercise 5 times.
- After a few days you can also lift your entire torso off, if you feel comfortable.



### **.Abdominal Crunches**

This is an effective exercise to reduce post-pregnancy belly fat. Start this exercise gently and do not put any extra pressure on your body.







## Standing Forward Bend

This move activates the abdominal muscles and strengthens the spine, thighs and knees.

### How To Do:

- To start this exercise, stand straight on your exercise mat with feet parallel and separated hip distance apart. Place your hands on your hips.
- Next, breath in and stretch your arms towards the ceiling, alongside your ears.
- Keeping your legs straight, breath out and bend forward at the waist. Loop your fingers around your big toes or hold the back of your legs. Hold the pose and breath smoothly.
- To come out of this pose, bring your hands to your hips, lift your torso straight to waist-level, inhale and raise it up straight.
- You can repeat this exercise 3-5 times.



## Step-Ups

It improves leg strength and it may also help you lose butt fat.



## Flutter Kicks

This exercise tones your lower body and helps you shed fat from your belly, thighs and hips.

### How To Do:

- Find a suitable step, bench or chair where you can place your foot on it and bend your knee to a 90-degree angle.
- To begin this exercise, place your right foot onto the chair or bench. Step onto the bench by pressing through your right heel.
- Now bring your left foot to meet your right foot on the bench so that you are standing on the bench.
- Then, first step down your right foot on the ground and return to your starting position, followed by your left foot.
- Repeat 10 steps leading with the right foot and 10 steps leading with the left foot. Do three sets.

### How To Do:

- Lie down on your back, keep your legs together and extend them forward in front of you.
- Place your arms on the side and your palms flat on the floor or exercise mat.
- Look up at the ceiling, tighten your abs and lift your feet off the floor. Begin moving your legs up and down as if you are swimming on your back.
- Continue to do this for 20 seconds and then lowers your legs and rest for 10 seconds.

- Repeat this exercise 5 times.

**Note:** If you experience any type of abnormal pain or discomfort while performing any of the above mentioned exercises, stop immediately. Your body needs 6 weeks to heal after the delivery. After that you can start with light exercises and then increase the intensity as well as duration of your workout.

By Sneha Sadhwani



# Postpartum Stress & Anxiety: How To Deal *With It?*



**S**leep-deprivation, crazy hormones, while recovering from pregnancy and childbirth, causes neglect of personal needs and most of all, trying to care of the little one is an immediate challenge faced by a mother. A recent study out of the University of British Columbia, has shown that anxiety and related disorders affect about 15 percent of pregnant women and 17 percent of women in early postpartum.

A state of anxiety is on when, a woman in a constant state of overestimating the danger and underestimating her ability to cope with something if it did happen. If your worries are preventing you from interacting with your baby or leaving the house, then they need to be addressed. And if you're already feeling on edge, avoid seeking things that trigger your anxiety.

Psychological treatments like mindfulness and cognitive behavioural therapy can prove helpful. Before deciding on line of action ask yourself how much your worry is interfering with your life and whether it has become unmanageable. Are your anxious thoughts preventing you from going outside or interacting with your child?



- **Share your Emotional State with others:** To begin with tell your partner and family how you're feeling. When you're feeling depressed and vulnerable, it's more important than ever to stay connected to family and friends. Isolating yourself will only make your situation feel even bleaker, so make your adult relationships a priority. Let your loved ones know what you need and how you'd like to be supported.

- **Seek out a network of other mothers** to build a circle of support.

- **Take care of yourself.** Make yourself and your baby the priority. Give yourself permission to concentrate on yourself and your baby – there is more work involved in this 24/7 job than in holding down a full-time job.

• **Take Up Exercise in any form:** No need to overdo it: a 30-minute walk each day will work wonders. Stretching exercises such as those found in yoga have shown to be especially effective. Research supports the effectiveness of mindfulness for making you feel calmer and more energized. It can also help you to become more aware of what you need and what you feel. The American College of Obstetricians and Gynecologists say that exercise helps to strengthen the abdominal muscles, relieves stress, promotes better sleep, and boosts energy.

• **Do what you can to get plenty of rest**—from enlisting the help of your partner or family members to catching naps when you can.

• **Find small ways to pamper yourself**, like taking a bubble bath, savoring a hot cup of tea, or lighting scented candles. Get a massage.

• **Make meals a priority.** When you're depressed, nutrition often suffers. What you eat has an impact on mood, as well as the quality of your breast milk, so do your best to establish healthy eating habits.

• **Keep the lines of communication with your partner.** Many things change following the birth of a baby, including roles and expectations. For many couples, a key source of strain is the post-baby division of household and childcare responsibilities. It's important to talk about these issues, rather than letting them fester.

Enjoy Motherhood.



Healthy  
Eating

# Healthy Summer Drinks

**C**ome summers, temperatures begin to soar high leaving everyone feeling fatigued, sweaty and messed up. Staying hydrated is the most important factor to keep going in this sweltering heat and maintain good health. Your body tends to lose water at a faster pace due to excessive sweating. While water is the utmost important drink to quench thirst, you can try other summer beverages that not only satisfy your thirst but also keep your body cool. As we welcome summers, let us refresh and replenish our body with some of the best summer beverages in order to beat the heat. We suggest a bunch of summer drinks that you must not miss out on.

A chilled glass of coconut water with chia seeds can instantly cheer you up. The mild sweetness and fresh taste makes it just the perfect drink to keep summer blues at bay. This is a great on-the-go drink and easy way to get omega-3 fatty acids into your diet. Mix chia seeds with coconut water and a bit of lemon, shake it up in a jar, and let it sit for at least 10 minutes. That's it! Delicious, healthy and a natural energy drink that won't ruin your inside. It also makes for a great electrolyte, so every time you feel dehydrated, load on some coconut water and you are good to go.

Coconut  
Water  
With Chia  
Seeds





### Barley Water

Barley water makes for an ancient remedy for good health. All you need to make this elixir is pearl barley, water, salt, a dash of honey and lemon and you are good to go.



### Nimbu Pani/ lemonade

Why to miss out on the most sought after summer drink, our very own nimbu paani or lemonade? A quick drink to make and amazingly delicious, this drink is prepared using mint leaves, lemons, dash of sugar, salt and water. You can also add spices like cumin, coriander powder, black pepper, to make it interestingly tasty.

### Buttermilk/ Salted Lassi

Buttermilk or popularly known as chaas is an amazing curd-based drink that is undoubtedly an Indian favourite. Chaas is a brilliant digestive, and the addition of spices like jeera only enhances the benefits it has to offer. Go on & make masala salted lassi to make this hot sunny day a refreshing one.



### Iced Green Tea

Iced green tea provides cool refreshment on a hot day, and the beverage comes with a host of health perks you won't get from a can of soda. Some bottled versions can be heavy in sugar, however, and potency can vary. Making your own tea at home can help ensure the healthiest beverage possible. Brew your tea at home and chill it in the refrigerator or pour it over ice.







### Lemon, Cucumber & Mint Infused Water

Refresh and hydrate with this citrusy spa water. Adding fresh fruit, veggies and herbs to still or sparkling water is a great way to boost flavor without adding calories or sugar. Serve in a pitcher for a party or bottle individually for on-the-go hydration. Can replace Cucumber with watermelon to make it more hydrating & refreshing .

#### Ingredients:

8 cups filtered water  
2 cups thinly sliced  
cucumber or 1 bowl  
chopped watermelon  
2 small lemons, rind  
removed and discarded,  
sliced  
½ cup packed fresh  
mint leaves, torn

#### Preparation:

Stir water,  
cucumber/chopped  
watermelon, lemons  
and mint together in  
a large pitcher. Cover  
and chill for at least 4  
hours to blend  
flavors. Strain out  
solids, if desired.

Black Raisins being an excellent source of natural antioxidants, eliminates damaging free radicals from our body and detoxifies it completely by keeping the blood free from Impurities. Kokum fights oxidative stress and inflammation. protects your liver, is good for your heart, helps prevent gastric ulcers, treats diarrhea and diabetes, keep your skin young, and fight obesity and cancer too. Jeera water is best because it not only clears all the toxins from the body but also acts as a coolant to the body in these scorching summer.

### Black Raisins, Jeera & Kokam Drink

Soak the 3 ingredients overnight, grind them all together next morning & this hydrating & coolant drink is the best detoxifier to be had during the first time of the wakeup in the morning.

Enjoy these treats to beat the Summer heat.



# 5 Best Organic Foods

## To Include In Your Diet



We know that organic fruits and vegetables are better for our bodies and the planet, along with the farmers that grow them and the overall food industry. The more foods are produced naturally in an organic manner without chemicals and pesticides, the more everyone benefits. Plus, there's nothing like taking a taste of a delicious apple that has no waxy coating or slicing into a cucumber that doesn't have that slimy, waxy finish. But organic isn't always easy to buy on a budget, so that's why choosing organic foods from "The Dirty Dozen" list each year is so important.

The 'Dirty Dozen' is a list of fruit and vegetables that are the best investments when it comes to choosing organic. In other words, if you're shopping on a budget and want to know the best foods to prioritise when choosing between organic and non-organic, I think these are the ones to pick. I also choose to buy organic dairy, chicken and red meat. These fruits and vegetables should be bought organic when possible since they are the most heavily sprayed crops.

- Apples
- Spinach
- Cucumber
- Strawberries
- Sweet bell peppers

**W**hat does Organic Mean? Organic food is the product of a farming system which avoids the use of man-made fertilisers, pesticides; growth regulators and livestock feed additives. Irradiation and the use of genetically modified organisms (GMOs) or products produced from or by GMOs are generally prohibited by organic legislation. Choosing organic produce where and when you can means that you're making a decision that helps support the soil, animal, plants, people and the environment we live in on a day-to-day basis. The more chemicals we spray on our soil, the more chemicals that can end up in our food and water supply, and potentially in our bodies.

Eating organic is an investment in your health – you're helping to avoid eating unnecessary chemicals.

By- Dt. Manoli Doshi



# 5

## Healthy-licious Mango Recipes

Mango is well-known as the king of all fruits, and its not for no reason. Mango has some great benefits as it is high in antioxidants which boosts immunity and improves heart health. Here are some healthy and delicious mango recipes to try out this summer!



### 1. Mango Cucumber Salad with Cayenne Dressing and Lime Basil

You can easily make this one up to 1 hour in advance and it won't wilt. If you are worried about the basil turning brown, you can slice it, wrap it in a damp paper towel then stick that in a resealable plastic bag or wrapped in some plastic wrap. Then toss it into the salad right before serving.





2.

### Mango Gazpacho

This super-easy and quick Mango Gazpacho is sweet and refreshing, finishing with a spicy note from the jalapeno. Serve in a small glass or bowl as an appetizer, or it makes a brilliant light summer lunch or dinner.



3.

### Mango Sorbet

Sorbet is an extremely refreshing dessert, especially when it's made with only a few simple ingredients, including fresh mangoes. This is the perfect treat on a hot summer day or as a follow-up dish to a spicy Asian meal.



### Mango Quinoa Salad Recipe

This vibrant spring mango quinoa salad is filled with colors and textures. It is an easy healthy dish that it is equally delicious served warm or chilled.

4.



5.

### Mango Rasam

Mango rasam is a South Indian style raw mango soup also popular as saar, saaru or charu. With summer bringing in a bountiful harvest of mangoes and the fact that raw mango is rich in vitamin C, B vitamins, antioxidants and aids digestion, it should be included in one's diet. Also, mango rasam makes for a wonderful change from the regular everyday rasam.







Eating large meals or foods which cause gas will put pressure on your diaphragm, especially if you have acid reflux. This may cause chest tightness and trigger asthma flares. These foods include, beans, cabbage, carbonated drinks, onions, garlic and fried foods.

# Busting Skin Care Myths

**W**ith so many skin

care hack videos getting popular on the internet and garnering so many views; it really becomes difficult for the viewers to fathom what to follow. There is no denying in the fact that there a plethora of myths lying all over the internet which people continue to follow rigorously unless someone breaks them.

**Myth The higher the SPF, the better the protection.**

There are three kinds of UV rays- UVA, UVB & UVC. All these rays are harmful for our skin, however when it comes to SPF, it protects our skin from UVB rays which can cause sunburns and photoaging. When we talk about a sunscreen with a broad spectrum we refer to a cream which has the potential to protect the skin from all kinds of UV rays. Henceforth, SPF alone cannot ensure better protection.

**Myth You don't need sunscreen on a cloudy day.**

The sun's harmful rays are reaching the earth even on a cloudy day. Hence, it is important to wear a sunscreen even on a cloudy day. It is also important that you reapply it after every 3-4 hours for a better protection.

**Myth Expensive skin care products work best.**

Just because certain products are expensive doesn't mean that they are going to work great for your skin. The price of any product doesn't ensure its credibility and effectiveness on your skin. So don't be blinded with the price tag and look carefully at the ingredients which have been used in it.





***Myth* You'll age faster if you wear makeup regularly.**

Honestly, this is the myth that I was eager to bust. With a good skin care routine, there is nothing on the face of this planet which can make you age faster. One needs to ensure that they are using good quality products and then removing them all before they call it a day. These two things will go a very long way.

***Myth* The harder you scrub/exfoliate, the better.**

Seriously, you need to stop this before it gets any worse. Your skin is way more sensitive than your body and thus, you cannot scrub it harshly. Not only will it strip your skin off from all the essential oils but will also make it crack if you don't stop anytime soon.

***Myth* Blackheads relate to cleanliness and can be scrubbed away.**

Blackheads actually relate with your hormones and not with your cleanliness. No matter what the products in the market claim, you cannot just get rid of your blackheads by cleaning or scrubbing your face with a cleanser.

***Myth* The more it burns, the better**

This is a very common theory which is followed by the beauty parlors around us. However, it is not true, the reason why a product is giving you a burning sensation on your face could be because of its harmful chemicals or simply because it doesn't suit your skin, nevertheless, it does not mean that it will make your skin look brighter or better.

By- Dr. Nirupama Parwanda







# 5 DIY ALOE VERA Masks

By Dr. Nirupama Parwanda  
Dermatologist,  
Founder – Zolie Skin Clinic

**T**he uses of Aloe Vera gel have been acknowledged by the whole world, especially since the time of Egyptians who called it the 'plant of immortality'. Aloe Vera is extensively used in cosmetics and beauty products for all good reasons. It has got anti-viral and anti-bacterial properties which can treat, exfoliate and restore your skin & hair. Today I'm going to share some really easy DIY Aloe Vera gel masks which will make your skin more radiant and soft.

## 2 Red aloe mask

Red aloe mask for the people who are tired of clogged pores this is the best mask for you. Clogged pores can lead to pimples or acne issues and this mask is your ultimate solution for the removal of impurities from your face.

### Ingredients needed

2tbsp red lentil paste

2tbsp Aloe Vera gel

Mix both the ingredients nicely and apply it on your face for at least 15 minutes before washing it off with lukewarm water. Try to apply this mask at least twice a week for best results.



## 4 Rose aloe mask

Rose aloe mask is for the people who yearn for baby soft skin, the rose aloe mask is going to do wonders for your skin. This mask is really easy to make; probably the easiest mask of our DIY list. The results of this mask are going to leave you with baby soft skin.

### Ingredients needed

2tbsp rose water

2tbsp Aloe Vera gel

Mix both the ingredients nicely; make sure it becomes a translucent paste. Apply it evenly on your face especially on your cheeks and forehead. Wash it after 10 minutes with cold water. Apply it twice a week for best results.



## 1 Lime Aloe mask

This mask is the best solution for the people who are looking for ways to remove their unwanted tan. Most of us love a healthy tan on our face, nevertheless, an unhealthy tan is something we all want to remove from our skin.

This lime aloe mask is very easy to make and very effective to treat your tan.

### Ingredients needed

2tbsp Aloe Vera gel

2tbsp lemon drops

Just mix both the ingredients thoroughly and apply it on your face, keep it there at least for 10 minutes before washing it off with cold water. Try to apply this mask once a week.



## 3 Banana aloe mask

Banana has various nourishment properties in it and when mixed with aloe vera gel it can help in moisturizing and hydrating your skin. Use it twice a week and you'll notice a change in the elasticity of your skin. Mix both the ingredients till the time it becomes a very thick paste.

Apply it evenly on your face and keep it for 15-20 minutes before washing it with cold water. Apply it once a week for best results.

### Ingredients needed

2tbsp mashed banana

2tbsp Aloe Vera gel



## 5 Almond aloe mask

If you are tired of flaky and patchy skin then you should definitely inculcate this mask in your skin routine. Using almond oil along with Aloe Vera gel is going to help you in treating your dry skin and making it smooth and glowing.

### Ingredients needed

1tbsp almond oil

2tbsp Aloe Vera gel

Mix both the ingredients evenly and then apply it on your face. Keep on massaging the paste on your face for 5-10 minutes before letting it rest for 5 minutes. Wash it off with cold water and apply it once a week for best results.







# Healthy Beauty

Let That  
Workout Glow  
Reflect On  
**Your Skin**



**E**xercising is important for everyone. In fact, health and beauty have a deep relationship with

each other. Healthy beauty is, in fact, true beauty. But something that is great for your body should not harm how you look. And yet, sometimes, sweating it out in the gym or elsewhere to keep fit can damage your skin. Surprised? Don't be. It is only science. Exercising makes you sweat, and opens the pores on the skin. If the pores remain open and attract grime, grease and dust, it can wreck your skin. If you want to ensure that your skin looks beautiful and feels great, it is important to follow a step-by-step skincare regime for after your exercise sessions. From taking showers to applying the right products, there's a lot you can do to make sure that exercising also helps you become more beautiful.

One must ensure that the post-workout goodness reflect on your skin as its inner glow and also avoid skin problems. Here are some tips to let that workout glow reflect on your skin:

## 1. Workout Without Makeup

Yes, vanity is important. But if vanity is ruining your skin, you need to rethink. Sweating is natural during exercising. In fact, sweating helps your body flush out the toxins when you work out. It is natural that the skin on your face will perspire too. Imagine how the skin will feel and look if you have foundation, blush on, mascara and what have you when you work out. Also, these products block the pores so that even free sweating is not possible and these clogged pores then lead to breakouts and pimples on the face. So make sure that you have no makeup on your skin when you exercise. If you really must have makeup on, it should strictly be only a moisturizer – and a water-based one, not tinted! A waterproof mascara or eyeliner and a lip balm are the only other cosmetics you should use on your face when you are sweating it out.



## 2. **Shower Immediately After A Gym Session**

Many people postpone a bath or shower after finishing their exercise. This is a cardinal mistake. Again, the main reason is the sweat. Your pores are open, the sweat is out and the toxins are all on your skin. You should clean them off immediately! Remove your sweaty workout clothes immediately. If you cannot immediately take a shower, use medicated cleansing wipes or tissues to wipe your face, chest, and breakout-prone areas to at least remove the bacteria that could cause rashes, acne or pimples.

**The best cleanup after a workout is a cold shower.**

If it is winters also, the water should tepid and lukewarm at best. This is because hot water may make the skin dry and itchy. Cold water also invigorates the pores that exercising has opened. Best to use a shower gel, instead of a soap to clean your skin and also keep it soft. Additionally, apply a light moisturizer immediately after a shower to prevent dryness.

## 3. **Use The Steam Room**

Most gyms have a steam room facility for a reason. The warm steam soothes the muscles after a workout. It also helps unclog pores, remove impurities and helps acne issues. Steaming is a great muscle relaxant and will help you get a rosy glow.

## 4. **Re-hydrate your Skin**

Immediately after a shower is the best time to hydrate your skin. Take a few minutes and apply a generous amount of moisturizer or body lotion, depending on how dry your skin is. This will keep your skin supple and moist. If you have dry or mature skin, add a few drops of almond, neem or apricot oil to make the moisturizer even more effective. Drinking a glass of lukewarm water also helps rehydrate your skin from within.





No matter what your skin type is, the application of a moisturising face pack makes your skin soft and improves your skin tone. Bananas, tomato and papaya are also known to have a cleansing and tightening effect on the skin. If you have normal to dry skin and wish to go au naturel, mix sandalwood powder with rosewater and apply the paste on your face till it dries up.




# Digangana Suryavanshi

On  
*Living*  
The  
*Princess Life*

Digangana Suryavanshi is an Indian actress and author, she is one of the well-known names in Hindi television industry and as well as in Bollywood.





She is well known for portraying the character of Veera Kaur Sampooran Singh in the popular Star Plus TV series "Ek Veer Ki Ardaas...Veera". She has written a novel, 'Nixie the Mermaid and the Power of Love'. She was one of the youngest contestants in the reality show 'Bigg Boss 9' on Colors TV.







**D**igangana is the only actress who had debut in Bollywood with two movie releases on a same day .. she has worked in the films like “Fryday” and “Rangeela Raja” opposite the legendary actor Govinda and have also done Mahesh Bhatt's film “Jalebi” opposite Varun Mitra, for which she won 5 awards within 4 months including Dada Saheb Phalke Award.

Her Telugu debut “Hippi” which is directed by TN Krishna and Produced by Kalaipuli S. Thanu(Kabali Producer), where she plays the role opposite to the lead Tamil actor Kartikeya Gummakonda, who got fame from ‘RX 100’, has been a huge success. She has never used Glycerin, ever in her career.

Women Fitness had the wonderful opportunity to speak with the stunning actor, Digangana Suryavanshi and get to know more about her life, dreams and Telugu debut!

**You are a well-known name**

**in Hindi television industry and as well as in Bollywood, best known for portraying the character of Veera in the popular Star Plus TV series “Ek Veer Ki Ardaas...Veera”. Introduce us to your acting journey. How did it all start?**

I always wanted to become an actress because I saw my mom watching TV me always wishing to be in it. So my mom always told me that there are really good actors and I'd be like what actually an actor is. And she'd tell me anybody who can laugh when they want to cry or cry when they want to laugh, that's called acting. That's probably the simplest way she could explain to a five year old child and I've always been insisting my parents that you put me in it, so one fine day they just recorded a video of mine and they played it and then I went to my neighbours asking am I in your TV and they were like no so I said this is cheating.

Since then I realised and I told them that

But I made it a point that none of my business or acting career gets affected. That's probably one of the biggest

I wanted to be in there so they took me for auditions and they put a condition and that listen you're going to act but you have to make sure that you also study, so it was always the frame of mind that I can't really quit studying so that's probably one of the biggest reasons why that I'm still studying. I'm in my B.A. 3rd year.

reasons because since I was a child, it kind of got stuck in my head that you can do it yourself and you know kids believe a lot in superpowers than we do but as a child I believed and then I continued believing in it.

It's been fourteen years, I started acting when I was seven and I'm 21 now so yes technically.

So I denied using glycerine or any other substance to cry because I always thought that's not the way to it and that became like for me.

So it was when I was 16, I remember we were looking for my sixteenth birthday party location. We were really involved in it when I got a call from the production heads pretty late at night, we met them, and my parents were with me, and I auditioned and they liked it and we actually signed it in a day's time, it was really quick but yeah Veera was my first major show, and I had just turned sixteen, so it was huge.





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**Your favourite  
activewear  
brands are?**

I like Nike,  
Adidas,  
everything, really  
anything would do  
as long as it fits  
me well.

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**We are super excited for your upcoming Tamil bilingual movie “Hippi”! Give us some details about this new project where we’ll be seeing you soon.**

Hippi is a film where the director and the producer, the basic team like the DOP, the designers are basically from the Tamil industry but it is director and the producer who wanted to do in Telugu, so it’s going to be big and exciting and it’s a very ambitious project. It’s a love story and it’s not something that I have done before in television or in films, it’s very fresh and it’s very young, it’s very today that’s what I can tell you and promise you it’s going to be a different one for me for sure and really looking forward to it, it’s also my first Telugu film.

I’ve just enjoyed the process so much because it’s a lovely script and I’ve enjoyed it thoroughly.

I mean I got the lines right and I have a lot of dialogues in the film and so you have to do a lot of lines. I remember doing about four or five days of workshop sitting down with the writer, associate director and director to get the lines right. I definitely always wanted to work with Thanu sir, Kabali as a film and of course Rajnikanth sir, it really stayed with me, I’m grateful that this happened! Krishna sir is a wonderful director, I remember him mention that he auditioned about 80-90 girls before my meeting with the team and I’m glad that he has been so confident about me and RD sir our dop makes the film, every single frame so beautiful!

And yeah so I’m very excited about my Telugu debut, it’s opposite Kartikeya, from RX 100, he was great to work with. I didn’t feel like for a moment that I probably don’t know their language or I don’t get them, we’ve shot in Hyderabad, Chennai, Sri Lanka. I still have schedule to go and it’s been great, it’s going to be out this summer.



**With long shooting hours, how do you squeeze in a workout session?**

I try to workout in my room more, if I get the time I go to the gym depends. I don’t like to over-exhaust myself because if you sometimes push yourself too much then it gets to a point where you’re actually causing a lot of damage to yourself instead of trying to help yourself.

If I am not working for long hours and working where I can accommodate workouts, I do make it a point that I workout for forty five minutes in the gym.



**The first meal of the day is like what? Foods that are an absolute no in your diet?**

I can’t do without food, I’m a pure vegetarian, not even eggs, so I get a lot of my protein from soya, peanut butter, I can have it anytime of the day but I have to tell myself to stop because I’ll otherwise gain weight. I don’t like sprouts but I eat it because my mum gives it to me.

Also dals and spinach. I actually like spinach so I try to make these combinations that I like in taste and are healthy but food is a must for me. My first meal is basically milk and nuts like almonds soaked overnight or a bowl of Muesli or something or peanut butter and bread. I try to keep a little bit of variations every day and have like a little bit of Indian things like poha, upma or something maybe just for taste purpose.

**Your skincare and hair care routine post shooting?**

Well there is actually not too much time for skincare and haircare routine after shooting, because I genuinely only want to just take off my makeup and finally go to sleep but I make sure to remove all the makeup off my face before I go to sleep, like absolutely clean. I take a shower in the night and sleep because I wake up with like fifteen-twenty minutes before so I wash my hair in the night.



I take a lot of care of my hair and comb them before I go to sleep and see to it that there are no knots since stufflike that damages your hair.







### **Your everyday workout routine includes?**

I do like six variations. I do weight training basically so lunges, squats, leg extensions, sumo squats, deadlifts, that's like my legs workouts and I try to do six variations, five sets each. I don't like taking a lot of weight because I did it and ended up having a tear in my knee and I realized that I shouldn't overdo things because they might just turn back into something that I wouldn't want them to be.

I try to do my stomach workout almost every day even if I do a little because it helps.



### **The #MeToo movement has struck us all at a global level and now more and more women are coming out to voice their stories in our country too. What is your take on this? As a child artist did you ever encounter an unpleasant experience?**

I didn't have to face anything like this because I've always been around with my parents and have made it a point that they know what I'm doing, where i'm going, I'm where with. And I am not a party person you don't see me around anywhere.

Well it's sad that things like these exist but I feel like it's not just in our industry, it can be anywhere in the world. We have had these conversations like this before as well but this movement did pick out stories and happenings from places we probably didn't expect from but I've been pretty safe in my career and I think I've just kept away from things that I thought were getting finicky.

### **After a long hard-working day, what do you target to relax? Stress -busting tips.**

I like good food after a hard working day and I like to chit chat with my parents and that's the best feeling in the world. I like to speak to people that I care and love, more of personal life and just basically talk about things that's not too relevant to what I'm doing at that moment so that it kind of takes my head into something and eventually relaxes me.



### **5 things we'll always find in your gym bag?**

Shoes, headphones, protein shakes, hand gloves and towel.

### **With a massive following of over 1 Million followers on your Instagram account @diganganasuryavanshi, what do you love the most about these social media platforms?**

What I love about it is the fact that I can have a direct touch with people and know what they think and you know like just get an opportunity to feel light I mean I can directly interact with them and I can see their reactions right there on social media. It's almost like a family like if there is something that I'm excited to tell and there are a lot of things that I'm excited about and I want to put on Instagram and more social media platforms because I feel like there are people who are willing to know and probably will be happy if I share my happiness with them and that is a really big deal.

I feel like if you set your mind to something, it definitely does happen, it might take some time but it does.



### **Lastly, one fitness goal that you aim to achieve in 2019?**

Well I do have a fitness goal for 2019 for sure because I feel like I want to put myself in a certain shape it's in my head and I'm working towards it and hopefully believe that it would happen this year for sure it's going to take sometime but this is the year.

I feel like if you set your mind to something, it definitely does happen, it might take some time but it does.

Everybody who loves me that is what matters the most because you can find everything but you can't find people who genuinely wish the best for you so everybody even if one percent is that I feel grateful.



## Bhavna Tokekar

Shares Her Weightloss Journey:  
*A Result of Positive Attitude  
& Weight Training*

**I** am Bhavna Tokekar, 47 years young and presently residing at Bhopal. I am mother of two son aged 19 and 15 and am a homemaker by choice.

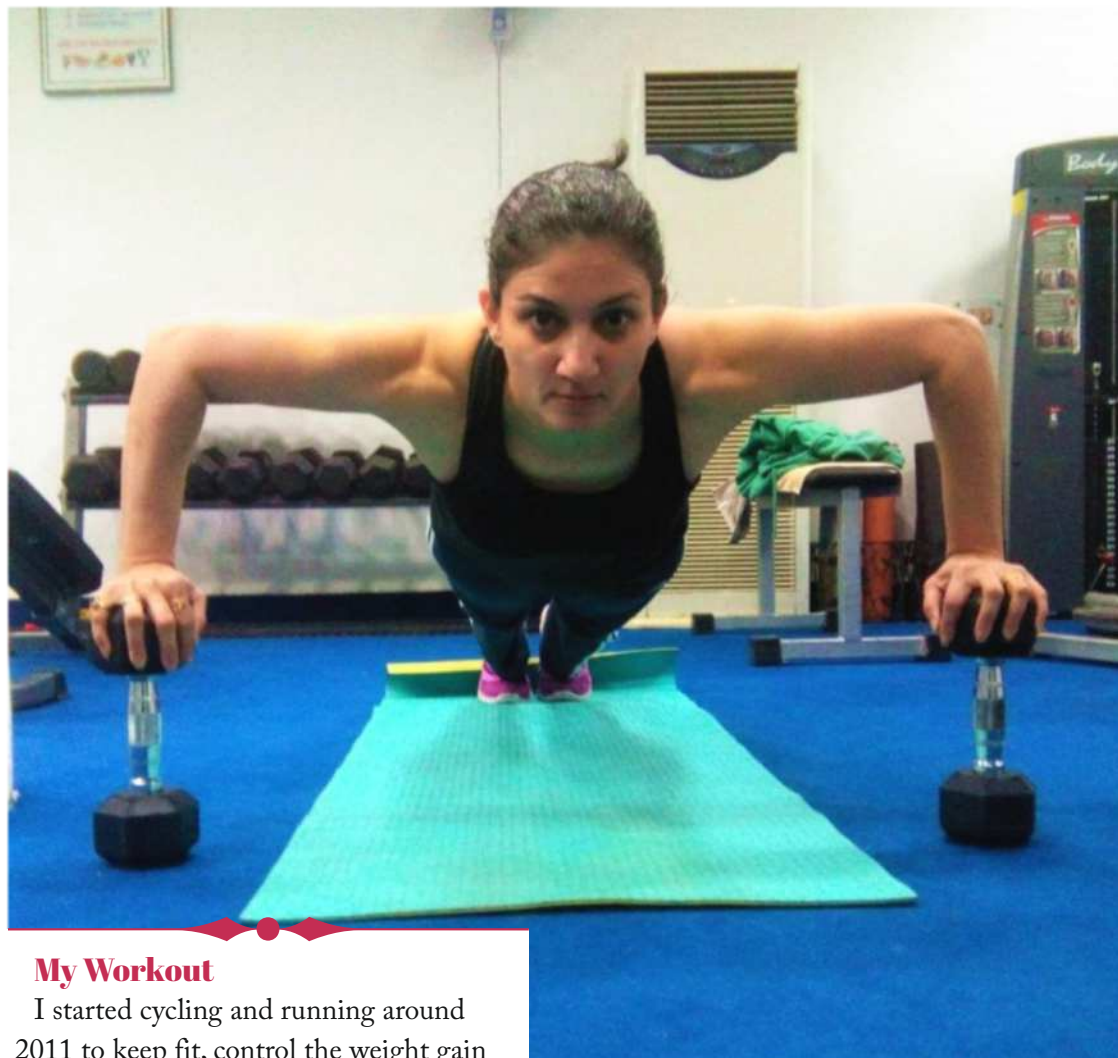
I am a Commerce graduate and was a working woman before marriage. I had been a customer care executive with Sterling Resorts and DSS Mobile Communications for roughly 6 years. I did not take up a job after marriage by choice and not due to any

compulsions. Having married a fighter pilot from India Air Force, I have stayed at various stations since 1998. I am a Maharashtrian but I did my schooling from Godhra in Gujarat. As a school student I had represented my school at district level in Table Tennis. While I did qualify in State level selection to represent Gujarat, I could not go for the training sessions due to my 10th board exams. After 10th my father got transferred to Ahmedabad and since then I could not pursue Table Tennis due to multiple reasons.

I was never really out of shape even after I stopped playing. However, I did find it rather monotonous to attend school/ college for just studies.

But then college life had its own advantages which I enjoyed thoroughly. I took up a job in the final year of graduation but college schedule and office work consumed most of my time (8am to 7pm) and possibility to play/ undertake any form of physical activity was near impossible owing to the mental debilitation and physical fatigue of commuting between office and home. While I did enjoy that period as well, I always yearned to get back to some form of physical activity. After marriage apart from household chores and taking care of kids ,gardening in the morning and 2-3 km walk in the evening were my basic physical activities I started gaining weight in 2007 as side effect of a prescribed oral steroid drug administered to me by a doctor. The drug caused severe cravings for sweet which

actually led to the weight gain. While I did increase the distance and pace of my walks but it did not have much effect on the weight gain. I gained about 5-6 kgs due to the sweet tooth that I had developed with the drug. In 2010, I suffered from a skin allergy which caused severe rashes and itching all over my body. The treatment for the rash continues till date and I have tried out almost all forms of medicines and doctors to treat the rash/ allergy. The exact reason of the allergic rash is still not clear and most medicines prescribed to me are for symptomatic relief. However, in case of a severe flare up of the rash/ allergy I am prescribed oral steroids for 10-15 days to get it under control. I feel this skin allergy is the most difficult issue to deal with, till date, as it tests me both physically and mentally.



### My Workout

I started cycling and running around 2011 to keep fit, control the weight gain and divert my mind from the allergy to maintain a positive attitude. In 2012, I started to going to the gym to run on a treadmill as I realised that my skin allergy used to get aggravated with exposure to dust and bright sun, while continuing with treadmill running at an INDIAN AIR FORCE GYM, I was motivated and introduced to weight training by IAF bodybuilders who were trainers at the Air Force gym. Since then I have been weight training and have increased both my strength and stamina. Initially I did have inhibitions about bulking up, looking overly muscular and masculine, but I soon rubbished these misconceptions after I read and saw videos about the benefits of weight training by renowned weight trainers, lifters and bodybuilders on the internet and YouTube.

I am now convinced that weight training has multitude of benefits and does give you a fit body, a healthy mind a positive attitude and more importantly it helps in confidence building . By 2014, I also

started running longer distances (8-10km) both indoor and outdoor as I had decided to compete in a half marathon in the same year. I could not participate in the Delhi Half Marathon as my younger son, then 11, fractured his right hand in Oct 14. However, I continued with my running practice and completed my first half marathon in 2:17:42 at the B-Safal Ahmedabad Half Marathon, in Jan 2016. I completed my 2nd Half Marathon last year in 2:33:16 at the Run Bhopal Run 2018. I look forward to participate in trials for national powerlifting competition this year in my age category and am preparing for the same.

I work out for 5 days in a week for 1.5-2 hours every evening. My weight training schedule comprises 6-8 exercises each for chest, arms, shoulders, back, legs and abs. In addition I also do aerobics every morning for an hour.





### My Diet Plan

I am a vegetarian and my diet is simple home cooked food. Since I love cooking and baking a balanced meal consisting of pulses/ legumes, fresh vegetables, salad, rice, chapati and curd. Variations within the available food items is done to retain the calorific value of the meal and maintain a healthy balance of carbs, fats and proteins.

I take whey protein supplement twice a day, in the morning after aerobics and in the evening after weight training. I adhere to meal timings strictly i.e. breakfast by 8am, lunch around 1-1:30 pm and dinner between 8:30-9pm. As a pre workout meal/ snack banana and oats are my favourite which I eat about an hour before my workout.

- In the morning I have a glass of warm water with a teaspoon of honey and juice of half a lemon.

- At night I have a glass of warm water boiled with ajwain seeds, half an hour after dinner. I make it a point to have at least 12-14 glasses of water daily. I have only one cup of tea with milk in the morning with breakfast.

- Breakfast is mostly two hard boiled eggs and a slice of wheat bread with cheese. I am up at 5:30am for my aerobics class from 6:15-7:15 am. I have a glass of protein supplement immediately on returning home by 7:30am with the morning newspaper. Two hard boiled eggs with a slice of wheat bread and a cup of tea follows around 8am. I get on with my household chores thereafter. I am through by with most of the chores and cooking lunch by 11:30am and have a fruit or a glass of coconut water.

- Around 12:00 pm I am done with most of the work after which I make it a point to give rest to my feet by keeping them on a flat surface like bed or a couch. It is during this time that I read up ,watch my videos and compare it with the videos on internet to compare and check the likely faults and their specific benefits. Also keeping in touch

with friends, relatives on personal mail and social media also takes some of this time. It is during this time that I attend to my responsibilities as the President Air Force Wives Welfare Association (Local) at Bhopal.

- Lunch between 1-1:30pm after which a few more chores and requirements for dinner are done. An hour long rest from 3:30 to 4:30pm follows this. 4:30 pm is the time for my pre workout snack/ meal. 5:30 pm is evening gym time and the workout lasts till about 7:30 pm including stretching and cool down.

- During my workout I have BCAA and water to stay hydrated. A glass of protein supplement is the first thing on return from the gym. Ration/ veggies as required for the next day are bought from the local vendor after this. A quick shower thereafter and prep for dinner follows. By 9pm we commence dinner with the news/ a favourite serial playing on TV.

After dinner and clearing up, a leisurely walk of half an hour inside the society is the time to catch up with hubby on the day's activity and speaking to my elder son studying at VIT Vellore. By 10pm we get back home and have a glass of warm water with ajwain. I retire for the day by 10:30pm.



# 5 FAT LOSS MISTAKES *to Avoid*

Losing weight can be a challenge sometimes. People often get attracted to unhealthy way of losing fat like following FAD diets, ultimately harming your future self. The emergences of FAD diets have created a nuisance in a healthy world. People often do such mistakes when trying to lose fat and even don't get the results. Let's check out some mistakes that people do which needs to be made aware of and changed.



## FOCUSING ON NUMBER *Loss on Weighing Scale.*

This is the most common mistake every person does. People often try and focus on their weight loss which they can see! Weight loss is just an old term in this industry, now it's all about 'Fat loss'. Do not confuse yourself with the both. Weight loss just indicates water loss from your body, which is harmful. You can check your water losses happening on the weighing scale when those 2 kilos go up and down. The term fat loss is what's correct; it indicates the actual fat loss from different areas of the body like arms, hips, waist, thighs, etc. so you should always focus on the inch loss rather than weight loss. The weight doesn't move once your body is into fat losing mechanism, as it side by side increases muscle mass and that's the muscle weight which you see on the scale. So don't worry about your weight not moving and focus on how light you feel on your body circumference, that's when you can feel the change happening.



## DRINKING *Sugar.*

Cutting down on sweetened beverages and still consuming fruit juices, isn't going to do any change. Fruit juices have more or less same amount of sugar which ultimately is adding up the calories while making you feel you're healthy because you're consuming fruit! Having a fruit instead of juice can make a difference. Chose a perfect portion size for consuming fruits, chose fruits with less sugar like banana, chickoo, watermelons, etc.



## NOT CONSUMING *Enough Protein.*

Protein becomes an integral part of any diet. Protein has ability to help you lose fat. Intake of protein becomes important, because of its satiating effect when consumed. This helps preventing binge eating and mood eating and restricts our self from eating more than our body needs. Protein also helps increase metabolic rate and increases muscle mass. It surely keeps you fuller for a longer period of time and prevents you too eat those extra calories. Higher protein intake helps you lose healthy weight by killing your appetite, keeping you full and increase your metabolism.



## UNAWARE OF *Calorie Intake.*

Eating too little is not how you lose up on fat. People always misunderstand that eating less and avoiding meals will make them slim. No! This is not the way any human being can lose a healthy weight. You need to understand eating every food from all the food group in a desired amounts (as per your caloric needs) is how we can be a part of healthy fat loss. Again be sure how much you're consuming while on a diet, it becomes important for yourself to know how much your calorie intake is for the day. Eating too less or eating too much will definitely do no good. Starving on purpose will make you crave more and disturb your metabolism which will result in muscle loss.







# Exercising Over or Not at All.

Exercising along with diet is going to give you great results, it doesn't mean you have to become a gym freak and blindly keep on working out of several hours in gym. Knowing your body's limit is the way one should be engaged in exercise. Over-doing is going to get you injured and not doing at all is going to make the fat loss pattern slow. A minimum workout of any kind is needed. Whether you do cycling, walking, swimming or lifting weights, everything will count. Doing suryanamaskar every day is a great form of workout for the whole body. It involves and targets every body part and you need not do anything separately.

## Tips For a Healthy Fat Loss

- Eat enough fibre rich fruits
- Drink lots of water
- Be positive and trust your timing
- Focus on your goals
- Do not do anything in a hurry; let it happen as per nature's call.
- Do not trust random diets for your body.
- Gain knowledge about the type of food you're eating.
- Read good books.
- Be happy and confident about your body.

By Kejal Sheth



# SUMMER RUNNING TIPS



By Sneha Sadhwani,  
Clinical Nutritionist

**S**ummer is a great time to run, but hot temperatures can be a challenge. Just because its sizzling and steamy outside, doesn't mean you need to skip your run. Read our article to know how you can beat the summer heat and stay cool during your hot weather runs.

## Stay Hydrated

During hot temperatures it is important to stay well hydrated for all types of activities, but running can make you really sweaty. Running during warmer temperatures, causes a loss of body fluids in the form of sweat. If you do not replenish your body's fluid stores, you may tend to get dehydrated, which can affect your run and make you feel tired too.

This leads to build-up of heat in the body, which is dangerous for your health. Your core temperature may rise faster and your heart will have to work harder than usual. This can affect your running performance and even lead to heat stroke. Hence, it is advised to up your fluid intake all throughout the day during summer.

Drink fluids before, during and after the run to prevent dehydration. Staying hydrated also lowers the body's temperature and helps you stay cool and prevents heat stroke. The number one liquid you must consume to prevent dehydration is 'water'.

Besides this, key electrolytes like sodium and potassium are also lost through sweat, which may further lead to muscle cramps and fatigue. Hence, make sure you consume an electrolyte sports drink post your run.

## Go For A Run When The Conditions Are Coolest

The best time to run during the long summer days is when the temperatures are lower and without the heat of the sun, that is, early in the morning or evening. On high temperature alert days, plan an indoor workout or simply get on a treadmill.

## Choose The Right Workout Accessories

Dark-colored clothes absorb heat quickly, whereas light-colored clothing reflects it. Dark-colored clothing further make you hotter, which can affect your run.

Besides the color of your clothes, the fabric too plays a vital role. Cotton is a breathable material that allows the breeze to get through.

Linen is another choice of fabric that absorbs sweat and dries quickly. Hence, light-colored, lightweight and loose fitting

clothes may keep you cooler even during the hot summer days.

Furthermore, it is essential to choose the right headgear. Do not opt for snugs or caps with a thick fabric. A visor or a light fabric hat would rather be a good choice. Do not cover your head tightly with a hat. Covering is necessary, but with a hat that is made of a breathable material.

Running sunglasses have a good UV protection that protect the eyesight during the summer months. Don't forget to wear your sunglasses on hot summer days.

A good pair of running shoes is important, but a pair of socks is essential too. Choose socks with extra ventilation that absorb the foot sweat. A good quality, comfortable socks also prevent blisters on the foot and absorb the impact of running.

## Slow Down

Running in the heat slows your body down as compared to running at cooler temperatures. At times you may experience the signs of your body being over-heated like tiredness, nausea, headache and even sleepiness.

At this point of time you may need to slow down or take regular breaks to avoid hitting the danger zone. For example- rather than running for an hour, you can spend half of your time running and the rest half walking.

Walking as a substitution for running is not a sign of weakness, but it is actually a part of smart training, that will help you achieve good results.

## Use A Sunscreen

Every time you go out for a run, do not leave your house without applying a sunscreen. Sunscreen protects the skin against the harmful ultraviolet rays and reduces the risk of skin damage and skin cancer.

Besides this, it keeps your body temperature lower, so that you stay cooler during exercise.





Yoga is a complex training system that offers a holistic approach to building and maintaining hip stability. Regular practice of yoga prevents stiffness in the joints and muscles of the hips. It also enhances the circulation of blood in that area. Yoga asanas target more than one area. Hence, they relax not only the hips, but also the other areas that could possibly radiate the pain.



**C**onsidering the effects of the harmful radiations of the sun, which may even lead to skin cancer, it has become a must to wear a sunscreen everyday, be it winter or summer.

Therefore, to help you understand the top contributors in choosing a particular sunscreen, we have the top 10 sunscreens you can definitely try out this year.

Three things that are a must in choosing the best sunscreen for your skin are: its SPF, suitable skin type and water resistance (since we sweat a lot in India).





1

**Lakme Sun  
Expert Fairness + UV  
Lotion SPF 50 PA+++**

*Price Rs. 356 for 100ml*

This sunscreen from India's most beloved brand, Lakme, is one of the best formulas out there for anyone looking for a reasonably-priced, quality product. It provides broad-spectrum protection against UVA and UVB rays and will look after your skin even on the harshest summer afternoon.

2

**Neutrogena  
Ultra Sheer dry-  
touch Sunblock SPF 50+**

*Price Rs. 179*

It is extremely light-weight and oil free, water proof and sweat free so it is not easily rubbed off and has a fresh scent to it.



**Lotus Herbals  
Safe Sun**

*Price Rs. 296*

This herbal based sunscreen has ingredients like sandalwood, sweet basil and cuscus grass that promises a healthy and matte finished look.

3

**VLCC Matte  
Look Sunscreen Lotion  
SPF 30 with Pineapple  
Extracts**

*Price Rs. 299*

It is Paraben Free Sunscreen with PA+++ formula. This matte look sunscreen provides protection from UVA and UVB sun rays. The price is quite affordable too.

4



5

**Lacto Calamine Sun  
Shield SPF 30 PA++**

*Price Rs. 199*

It has beneficial ingredients like lemon extract that controls excess oil and vitamin E to help reduce pigmentation, dark spots, and premature aging. Its formula also helps in maintaining the pH levels of your skin.







7

**Jovees Argan Sun Guard Lotion SPF 60 PA++++**

*Price Rs. 414*

It's herbal formula has been scientifically developed using wholesome ingredients like argan oil, green tea, calendula, and chamomile. It's enriched with antioxidants and anti-inflammatories that will not only protect your skin from sun exposure but also help in maintaining its health and appearance.

**Banana Boat Ultra Protect SPF 30**

*Price Rs. 749*

It is suitable for dry to normal skin. It feels light on the skin but for oily skin it takes a bit of time to get absorbed in the skin and at times might feel greasy. It is water resistant and lasts for a decently good time.

6



9

**Kaya Daily Moisturizing Sunscreen SPF 30**

*Price Rs. 696*

This goes on smoothly and absorbs quickly, and it's also a non-greasy formula that's PABA-free. Niacinamide is one of its active ingredients, which helps to visibly improve the appearance of fine lines, enlarged pores, dullness, and an uneven skin tone.



8

**Clinique Super City Block Ultra Protection SPF 40**

*Price Rs. 2200*

It's an oil-free formula and is lightly tinted, so it instantly brightens up your face and makes it look very radiant. The formula is fragrance-free and won't irritate your skin or aggravate acne.

10

**Biotique Bio Sandalwood UVA/UVB**

*Price Rs. 468*

This 100% Ayurvedic Biotique sunscreen is made just for you. It's water-resistant and that too so well that it retains SPF even after 80 minutes in the water!







## Sun Sign

### Aquarius:

You're used to having a fast-paced lifestyle, so this calmness could seem a little eerie to you.

However, enjoy your workouts and embrace this newly developed routine. Don't worry about things getting dull. If you're looking for a fun alternative to doing cardio or trying to find an interesting new way to get your veggies in, you may find the solution now. These ideas could be very unconventional, but they get the job done.



### Pisces:

You better ask for an energy boost in your smoothie because this month will zap your vitality. The sun might be shining, but all you want to do is stay in bed forever. Be gentle with yourself during this time and focus on healing. Don't wallow in self-pity, but take the necessary steps to get healthy and stable. You can't hide forever.



### Aries:

You live off adrenaline, Aries, but if you want to get actual results, you're gonna have to slow down. Do some low-stress workouts like yoga and gentle exercises until you feel balanced again. Luckily, this month isn't all doom and gloom. Is your goal right now actually doable, or should you set a much more manageable one? You're not admitting defeat, just allowing yourself a better path to success. Take it!

# Sun Sign Fitness





### Taurus:

Fitness is a form of self-care and love. Thank your body for all it does for you by treating it well. You're going to have to learn to be flexible if you want to continue to thrive, and I'm not talking about yoga. Adapt to the little roadblocks along the way. Can't make it to the gym? Work out at home. Not eating the right stuff? Forgive yourself and move on. Just keep moving!



### Gemini:

Now is the time for action! Hit the gym with enthusiasm. Movement is the theme of this month as you start hustling. Whether it's an opportunity to go swimming, take a trip, or teach a spin class, whatever the opportunity is, go for it! There's no limit to what you can do.



### Cancer:

You have a comfortable routine and are feeling great about your health overall. You might even find this shakeup beneficial for you. If you've wanted to do a new fitness activity or try out the latest workout trend but were always a little hesitant, now is the time to try. Breaking out of your comfort zone is not an easy feat for you, but with Venus in bold Gemini, there's nothing you can't do.



### Leo:

Go easy on yourself, and try not to get too upset about your slow progress. Take this time to relax and nurture your body by feeding it properly and tending to it. Don't forget to give your mental health a little love, too. Nurture that inner child by doing fun things that also keep you active like going swimming, riding your bike, or roller skating. Who said fitness had to be boring?



### Virgo:

Take things slowly by going on nice, long walks with your friends or meditating in nature. Cooking and nutrition will be important to you this month, too. This would be the perfect opportunity to host a dinner party for all your fitness friends to kick off the summer.



### Libra:

One moment you'll be utterly committed to your fitness routine, and the next you'll be in utter despair and ready to call it quits. Try to stay level-headed and not dive off the deep end. Focus more on taking care of your mental well-being and less on gains at the gym.



### Scorpio:

This is the perfect opportunity to connect with others and make new fitness friends. These new connections will not only make working out more fun but also fill your heart with joy. Say yes to life. Go on that trip, take that new class, seize that day. You only live once!



### Sagittarius:

Balance is the key here. Balance your mental and physical health and you will receive positive results. Enjoy what summer has to offer, and live in the moment. If you've been trying without much success to break a bad habit, Cancer can help you with that.



### Capricorn:

You want to improve your health, but you just don't know where to start. Don't focus so much on making a decision. Just do whatever feels right to you. Your routine is important to you, which is why it can be distressing to have it completely turned around. However, change is a good thing! Come into the month with an open mind and you might discover something truly amazing, whether it's a new sport, a new trainer, or a new perspective on your health.



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A woman with dark hair and large hoop earrings is wearing a black leather motorcycle jacket over a black strapless tube top. She is looking directly at the camera with a slight smile. The background is a dark, textured wall.

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