

March 2018

WvF womenfitness.org

# WOMEN'S FITNESS

Taking The Digital  
World By Storm

## CHETNA VASISHTH

### TABATA WORKOUT:

The 4-Minute  
Fat-Burning Workout

### SPLASH THE HOLI-NESSSS!

(But Safely)

### LET'S GO THE PALEO WAY!

### GETTING POST PREGNANCY JITTERS?

Get A Stronger Core Today!





# CONTENTS

## 03 EDITOR'S NOTE

Summer is almost here! Let's cherish the season of holi with some tips for our editor-in-chief.

## 05 COVER STORY

Digital Talk Show Host Chetna Vasishth Changing the Education Stereotypes.

## 11 MUST-DO EXERCISES

Tabata Workout: The 4-Minute Fat Burning Workout to get you in the best shape of your life!

## 13 PREGNANCY TIPS

Say buh-bye to those Post Pregnancy jitters with our easy-to-do, yet effective core building exercises, curated only for you.

## 17 RECIPES WE LOVE!

Wanting to start the Paleo Diet? Here's what you must know about this one!

## 19 FASHION & LIFESTYLE

Dressing up can get tricky, especially for an important interview. But not this time!

## 21

Take care of your hair & skin this holi with our safety alerts...

## 23 WEIGHT LOSS STORY

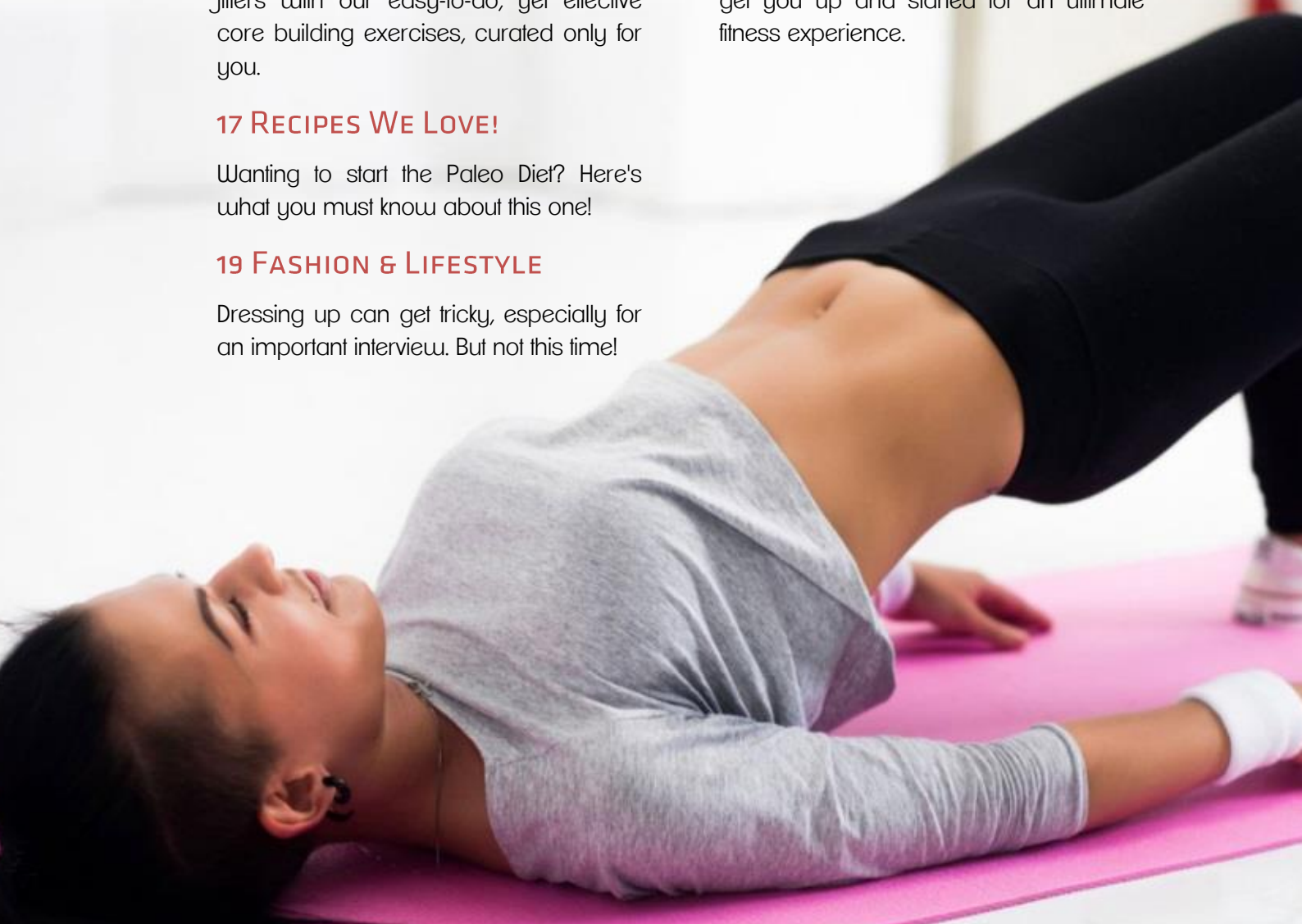
Neha Tiwary's medical condition made her realize that she needed to lose weight. That's how her life-altering journey began.

## 25 SHOPPING

Binge shop on our recommendations for the month of March.

## 26 SUN-SIGN FITNESS

Check out your sun-sign fitness goals to get you up and started for an ultimate fitness experience.



# EDITOR'S NOTE



Make the most of yourself by fanning the tiny, inner sparks of possibility into flames of achievement....

- Golda Meir

An MBA from XLRI Jamshedpur and with over 10 years of work experience in Multinational Banks, Chetna Vasishth joined the education sector with a training firm. Two years ago, she set up ChetChat as a pro bono initiative with the goal of helping the youth in taking the most informed career choices. She is this month's celebrity on Women Fitness Indian edition. What the youth of today needs most is concerted, clear guidelines to achieve the desired goals and serve the country best. Digital talk show on YouTube serves the purpose well in reaching out to millions of youth located across the globe. She has been covered by the New Indian Express as one of the 18 people to watch out for in 2018. So ladies, there is still more to come!

High-intensity interval training has more impact on both the aerobic (cardiovascular) and anaerobic systems (muscle). So here we have for you this month, the Tabata workout that lasts only for four minutes. Catch up on, jumping jacks, box jumps, burpees, dumbbell squats to get your heart rate skyrocketing for every 20 seconds.

No amount of exercise can work magic if not accompanied with a healthy diet. This month, Sheela Seharawat, the founder & chief mentor of Diet Clinic Health Care Pvt Ltd talks on the "Paleo Diet". A diet that help us stay away from many modern lifestyle diseases like obesity, diabetes, heart ailments, infertility, depression and even Alzheimer's and Parkinson's and help in losing weight. Paleo is all about eating healthy, nutritious and delicious foods.

If that is not enough we have for you Post Pregnancy Core Building Exercises for mothers recovering after child birth. Kegel exercises have been there for long and help strengthen the pelvic floor muscles, which support the uterus, bladder and bowel. These Postnatal lower ab toning exercises can be started off slowly and made more challenging with added repetitions or weights for resistance. With these core training exercises after pregnancy, you will be a fit and healthy mom & look good while you do them. Check them out for yourself.

Dress up in style this festive month with Holi, the festival of colour about to catch hold of you. Make sure you do not forget to check out our skin and hair care alerts

before you end up looking like a clown. The chemicals used as colours these days by hooligans can cause serious injury to the skin upon scratching besides leading sadly sometimes even to lifelong impairments like blindness, skin diseases like vitiligo.

Neha Tiwary shares her weight loss journey on women fitness to inspire one and all. She opens up her heart on how after being diagnosed with Avascular necrosis where in the blood circulation to her hip stopped. She had to undergo a core decompression surgery which helped restart the circulation. She was bed ridden for 2.5 months and was advised by the doctor that she needed to shed those extra pounds to haste her recovery. She talks all about her weight loss journey of determination & hard work. We are all proud of her.

**Have a safe Holi.**

**Namita Nayyar**

EXCLUSIVE INTERVIEW WITH DIGITAL  
TALK SHOW HOST

# CHETNA VASISHTH

An MBA from XLRI Jamshedpur and with over 10 years of work experience in Multinational Banks, Chetna Vasishth joined the education sector with a training firm. Two years ago, she set up ChetChat as a pro bono initiative with the goal of helping our youth in taking the most informed career choices, since she believed that the youth across the country and in several other countries do not have the most accurate information to take their decisions on, parents are also limited in their knowledge and counsellors are either very expensive or misinformed.

She now runs a hugely popular digital talk show on YouTube on career guidance for the country's youth. So far she has conducted over 140 video interviews with experts, CEO's, founders, students, celebrities and many more interesting people.

Lets turn tables and interview the digital talk show host herself today, in a chat with Namita Nayyar, President Women Fitness.

**You set up ChetChat two years ago as a pro bono initiative with the goal of helping the youth in taking the most informed career choices. Share with us your journey of moving from the corporate sector to joining the education sector and then starting your own YouTube channel.**

I did my post graduate studies from XLRI, Jamshedpur and became a corporate banker. I worked with some of India's largest MNC banks for the first ten years of my professional career. The birth of my son saw me take a break from the corporate world. I then set up and ran a training company for the next 10 years. My firm trained bankers from more than 10 banks, both within India as well as overseas.

Along the way, I became convinced that I should reach out to youngsters not only when

they are established in their careers but even earlier – as they are about to make the choices that would then define them for the next 10/15 years. Setting up ChetChat therefore seemed to be a natural extension of my work, since the idea was to use my network to provide free videos for students across the world to help them make informed career choices. Soon this spread and we were fortunate to meet with and interview some inspiring people who were leaders of their fields, celebrities, students, start-up founders and CEO's.

**Having been in the field of education for over a decade you realized that students across India do not have authentic information on various subjects and decided to help them with their career decisions. This must have been a challenging journey for you. How far have you been able to serve the purpose?**

Every change brings tremendous learnings, we started off not knowing how to shoot or edit videos, we had one camera, no mics and no lights, no idea about how to popularise the created content. We recorded in the outdoors and were stuck with crow sounds and traffic noises with absolutely no clue on how to deal with that. My husband has always helped me with the shoots and initially something would always go wrong on every shoot, either the sound was not syncing with the video, or the exposure levels were wrong, bad lighting or just too much ambient noise. There was this standing joke between us about 'what is it going to be this time?'

We have come a long way in these 2.5 years. We invested in equipment, attended workshops and learnt every day on the job. I edited the first 100 videos on my own, to ensure I knew my craft well. We started with Windows movie maker and people laughed at us. Now when people tell us that our videos look professional,





it is very satisfying. We have also begun to learn about what the audience wants, which videos typically succeed etc.

To answer the second part of your question on how far we have been able to serve the purpose, I would say that so far, with 140 videos we have only made a very small ripple in the pool, there is a very long way to go. The information gap is huge and we hope to make a bridge over that wide lacuna over the next 5 odd years.

**Your YouTube channel, the largest online career chat show in the country, with over 30,000 regular subscribers and more than 1.6 million views so far, sees you converse with professionals on career paths, entrepreneur success stories, and college students for the benefit of viewing students. Provide us an insight into a day of your life as the founder of 'ChetChat'.**

Every day of the week has a designated plan. We ensure that we upload a video every Friday so every week there is about one shoot, some research to locate the most appropriate person to interview, figuring out the best means of contacting them, preliminary discussions about content etc. Next the task of video editing which my colleague Rohit now helps me with. Every week we sit together on one day to discuss the edit of the week and then he works independently.

Thursdays are usually the busiest with last minute work on uploading the video, putting in descriptions, keywords, making trailer videos and preparing for the Friday release. Friday mornings are spent with social media posts and promotions which we continue throughout the week as well. So, we also design promotional posts and other social media content to engage our viewers every day.

The most satisfying part of the day is replying to individual messages and comments from the viewers. I make it a point to reply to every message across YouTube, Facebook, Instagram, email and Twitter. Now I even know some subscribers with their names, faces and regular comments. I value this relationship that has been built up over time. I feel so blessed that they write in from all corners of the world – including far away South America, and that they are always appreciative of my work, very motivating and encouraging.

In addition to these time bound activities, I also go to colleges and schools for talks, panel discussions etc. I watch a lot of TED Talks for inspiration and ideas and plan for next steps.

**Being a Chat Show Host, Trainer, Director, Movie Maker, and Blogger, how are you able to keep yourself fit to cope with your day-to-day routine?**

I am an Air Force Officer's daughter and discipline has been a legacy trait for me. My

mantra for life and fitness is that there are no miracles, it is the little things we do each day that add up in the end.

I was a basketball player during my growing up days and I have always loved sport and exercise. These days, I have a fitness instructor, who makes sure I lift weights, crunch my abs and sweat the functional workout three days a week and pushes me till I am wincing in pain. Walking with Simby (my pup) is the most pleasurable exercise every evening.

Emotional fitness is another area of priority. I try to laugh a lot and try not to take things personally or judge people. I get my energy from getting excited over small things and laughing over silly jokes. I also learn Hindustani music which fills my soul with happy vibrations. If we are happy, the entire energy level of the room changes.

**Tell us about the diet routine you follow to stay healthy and physically fit? 5 favorite foods you love to eat anytime & anywhere?**

I follow a nutrition plan which entails, eating every two hours, drinking lots of water, ensuring adequate amounts of protein intake each day, minimising simple carbs, not eating after 8pm and taking the right vitamin supplements as required.

Earlier I used to eat anything at any time, have carbs at night and fruits in the evening etc. and even though I thought I was eating healthy I would feel lethargic and heavy and my weight just stayed stagnant. With help from my nutritionist friend, I have lost weight and more importantly I feel a lot more energetic and happy.

My five favorite anytime go-to foods are:

- Eggs – especially the soft centred ones
- Tossed leafy salad with chicken and orange segments



- Tom Yum Soup with prawns and lemon grass stalks
- Adrak Chai
- Hot Gulab jamuns for cheat days

**You have recently been covered by the New Indian Express as one of the 18 people to watch out for in 2018. How does it feel to have your hard work and vision appreciated and acknowledged?**

Feels great! Undoubtedly. It was a great way to start 2018, but I believe we have a lot more work to do before we can hang up our boots.

**Share with us your future plans in regards to ChetChat.**

My goal is to make ChetChat the No.1 talk show in India and impact the lives of millions of young people in a positive way. I want to be on television as well and taking ChetChat beyond careers.

I am now launching a new series called MasterClass with ChetChat which will feature research based analytical information. The first videos to go up in this series is 'Cost of Studying abroad' where we will look at every cost across different universities and compare them, break it down, analyse it and make it all very easy for students and their families to understand. Soon we will involve entrepreneurs and experts also to conduct sessions on MasterClass with ChetChat.

The youth are our biggest asset and I see them struggling to get basic information on their career plans, future goals and jobs. If we can shine a torchlight and set them on the right path, sooner or later, they will discover their own light for the rest of their journey. My goal is to invite every inspirational leader, celebrity and change agent on my show and give them a platform to address the youth of the world to guide them, motivate them and inspire them.



**In your journey to becoming an entrepreneur, who has been your biggest source of inspiration and motivation?**

I try to learn something from every person I meet, and to name the biggest inspiration and motivation is tough. Personally, I draw inspiration from my son. He has taught me to consistently strive for the best quality, keep learning and challenging yourself, while being kind and humble. He also goads me to live life on my own terms.

Professionally I draw inspiration from Oprah Winfrey, the way she has fashioned her life helping others and crusading humanitarian causes despite all she went through and Elon Musk for being so brilliant and courageous and because he doesn't care that he's worth billions.

The fountain of my motivation is my husband Dheeraj. Every time I get dejected and feel like

giving it up he brings me back on. Sometimes I feel he believes in me more than I do (smile).



**From the experiences of your own entrepreneurial journey, what would be your Top 5 Tips for a person starting a new entrepreneurial venture?**

Well, this is hard but let me try to give my five thoughts:

Having a goal larger than yourself and being passionately committed to it, come what may, is the only way to achieve success. How passionate you are about the impact you want to create and that impact should be larger than yourself, larger than just money or fame. And this is not only for an entrepreneurial venture but for any success in life.

**Patience** – things happen but not in the manner or time frame you want them to, so hang in there and keep making the changes necessary

**Consistency** – keep taking small steps every day in the direction of your goals, don't look back or get distracted. One day you'll realise

that you have come a long way. Break down the big picture into salami slices: ensure you release a high quality video every week.

**Aligning every decision with your vision**

– I know this sounds big but every time you are faced with a quandary, a dilemma, ask yourself what those goals are that are larger than yourself. Ask yourself if your choices align with the larger goal and then choose the path that does

**Enjoy the roller coaster ride** –

entrepreneurship is a rocky road and we keep waiting for the 'happy ending' but my biggest lesson has been to keep laughing and smiling at all the ups and downs and that happiness will reflect in your work.

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

I applaud your work since statistics reveal that 75% of the women want to exercise but fear being judged at the gym and less than 10% of Indians get exercise. Nutritionally too, 51% of Indian women are anaemic. The initiative of [womenfitness.org](http://womenfitness.org) to reach out to women all over the world with write ups about how other women overcame these fears and inhibitions and set themselves on a path to good health is serving the community in multiple ways. Some of your articles beautifully talk about how good health is beyond beauty and about saving your life. The success stories of how women coped with life threatening surgeries and write ups that demystify common myths are indeed very useful.

I wish your readers a healthy life, both physically and emotionally.



# TABATA WORKOUT: IS IT REALLY EFFECTIVE?

Tabata Workout was discovered by a Japanese scientist Dr. Izumi Tabata and his team of researchers from the National Institute of Fitness and Sports in Tokyo. They conducted a study which concluded that high-intensity interval training has more impact on both the aerobic (cardiovascular) and anaerobic systems (muscle).

Each exercise in a given Tabata workout lasts only four minutes. By taking short rest periods at only half the time of the high impact intervals (a 2:1 work-to-rest ratio), your body is forced to perform without a full recovery.

Check out some of our effective Tabata workouts:

## #1: JUMPING LUNGES

Start by stepping your right foot forward into a deep lunge, until your leg is parallel with the ground. Then jump, bringing your back (left) foot forward and landing in a lunge. Tip: You can step through each lunge if jumping gets too hard.

## #2: BOX JUMPS

Find a weight bench or a plyo box or a stepper that hits somewhere between your



shins and your knees. Stand in front of it and jump off of both feet to the top of the bench. Jump back to the floor, again with both feet together. Try not to rest when you land and jump right back up again. If this is too difficult, you can do step-ups onto the box instead.



### **#3: BURPEE**

Start standing, then crouch to a low squat position with the hands on the floor. Then, kick feet back to a plank, then down into the bottom of a push-up. Push off the ground and quickly return to the squat position. Jump up as high as possible before squatting down again and jumping back into the next push-up.

### **#4: DUMBBELL SQUAT**

Hold a dumbbell at the center of the chest and do a basic front squat. Place feet a little wider than shoulder-width apart, hips stacked over knees, knees over ankles. Inhale and unlock the hips, bringing them back as the knees begin to bend. Keep the chest and shoulders upright, and continue until the hips are slightly less than 90 degrees from the ground. On the way back

up, engage the core and drive through the heels to return to standing.

### **#5: KETTLEBELL SWING**

Stand up straight, with feet a bit wider than hip-distance apart. Grab hold of the kettlebell with both hands, keeping the palms face down and arms in front of the body. Keep the knees slightly bent and drive the hips and bell back (it's not a squat, so the knees shouldn't have to bend that much), lowering the body just a bit to an athletic stance. In one fluid motion, explosively drive the hips forward while swinging the kettlebell, engaging the glutes and core.

### **#6: MOUNTAIN CLIMBER**

Make a triangle with your hands and feet on the floor with your butt up in the air. Bring one leg up towards your chest similar to a sprinter's start position. Keeping your hands on the ground, jump to switch your legs. Just quickly touch each toe down in front so you're not resting by putting your whole foot down.

### **#7: BIKE SPRINTS**

Bikes are perfect for engaging your whole lower body and skyrocketing your heart rate for those 20 seconds. It's a little easier to time and to rest on a stationary bike—you can just take your feet off the pedals for 10 seconds rather than trying to start and stop/coast on the road.



# POST PREGNANCY CORE BUILDING EXERCISES

Weight loss and fitness take patience, time, and discipline; if things are pushed too soon, other problems can arise. It can take 6-12 weeks to return to a pre-pregnancy state – sometimes longer – so don't give up!

With proper training, and beginning as early as 24-48 hours after birth, you can avoid many problems and work towards rebuilding and toning your body the right way.

Always check with your doctor before beginning this routine, since all mothers and all deliveries are different. Restrictions may apply to you that prevent your doing these exercises immediately. Begin only when your doctor clears you, and always remember that

patience and time will help – so don't get discouraged!

**IF YOUR RIBS AND UPPER BACK MOVE, LIKE IN A CRUNCH, THE UPPER PORTION OF YOUR ABS IS EMPHASIZED. HOWEVER, IF YOU MOVE YOUR PELVIS AND LOWER BACK, THE LOWER ABS ARE EMPHASIZED. SO IN ORDER TO EMPHASIZE YOUR LOWER ABS YOUR PELVIS MUST MOVE OR ABS MUST WORK TO KEEP YOUR PELVIS STABLE WHEN YOUR LEGS MOVE.**

## Learning the art of Breathing

The skin and muscles tend to become loose and jelly-like and might lack the neuromuscular

awareness to work properly. This is why it is important to use breathing techniques in order to shorten the abdominal wall to its previous length. As you inhale, your chest and abdomen should expand; as you exhale, your chest and abdominal wall should flatten. This concept is important when retraining your core after birth. The muscles in your belly must shorten before they can be strengthened. Exhaling while pulling your abs in shortens and strengthens with each outward breath.

As the body's balance changes with enlargement of abdomen, it is important to take your centre of gravity downward, while keeping your spine stretched up and your chest open. This upright, graceful stance will make you feel elegant and confident and also allows more space to be created around the diaphragm, which needs to find room to contract downward so that you are able to breathe really deeply and fully.

### **BEGINNERS EXERCISES**

In addition to breathing exercises a women can begin with postnatal exercises after 24-32 hrs of normal delivery. Additional exercises that can be taken over are:

**Kegels (Pelvic floor contractions):** Kegel

exercises strengthen the pelvic floor muscles, which support the uterus, bladder and bowel. Can be done in any position. Tighten and hold for 5 seconds. Do several times a day.

**Pelvic Tilt:** While lying on your back with your knees bent, tilt your pelvis backward as you tighten your abs and exhale. Try to bring your belly button to your backbone as you push your low back into the mattress/floor. Hold for 5 seconds, inhale, and relax.

**Stretch out:** Lie on your back with arms and legs out straight, palms up. Bend at the ankles so toes are aiming for the ceiling, tighten thigh muscles and push knees into the bed/wall. Pull your abdominal muscles in and flatten your back. Squeeze your shoulder blades together and elongate your neck. Press your hands back into the bed and hold this for a few seconds, then relax. This allows your muscles to contract isometrically (without changing length), which is safe on the body and provides an easy readjustment to normal posture after birth.

**Posture Correction:** Standing – tuck your chin in to elongate the neck, pull your shoulders down and back, tighten your abdominal muscles while pulling your belly





into your backbone, tighten your pelvic floor, keep knees soft, and increase the arch in your foot.

### ADDITIONAL EXERCISES:



**Bridge:** Lying on your back with knees bent, contracting your abdominal, buttock, and pelvic floor muscles, and raise the hips up off the floor. Hold for 5 seconds and relax down slowly. The farther your feet are from your buttocks the more challenging it will be.

**Heel Sliding:** Lying on your back, tighten your abdominal muscles and do a pelvic tilt. Slowly slide out one leg at a time while trying to maintain your pelvic tilt. You can progress to sliding both legs out together as long as you can keep the pelvic tilt and not allow the back to arch. Always bring legs back one at a time.

**Butterfly crunch:** For this crunch, you will lie on the ground again, with your feet flat on the floor, knees bent. Take your knees and spread them out to the floor if you can, with the soles of your feet together, creating a large diamond with your legs. From this position, press your back into the ground as much as you can and slowly lift your upper body from the floor a few inches. Again, don't worry about this being a

large lift, just engage the muscles, breathe out, and breathe in as you slowly lower down.

**Curl ups:** Lying on your back, begin with arms outstretched, exhale, and pull your belly into your spine as you slowly reach with your hands towards your knees. Only roll up until your shoulder blades lift off, then inhale and slowly lower. Be sure your stomach flattens (not expands) as you rise. Also, try diagonal curl ups by reaching right arm past left knee as you curl up, and vice versa. You can increase the difficulty by changing arm positions, from easiest to hardest – arms outstretched, arms crossed across chest, and arms crossed behind head.

**Bicycle kick:** Lie on your back on a mat or padded carpet with your knees bent and feet flat on the floor. Press your lower back into the floor, engaging your abdominal muscles, as you put both hands behind your head (don't pull on your head). Bring your right elbow over to your left knee, and then bring your left elbow over to your right knee in a twisting, bicycle pedal motion. Continue to breathe naturally and maintain a pelvic tilt. Alternate opposite elbow to opposite knee with hands interlaced behind your head in a slow and controlled manner and with full extension of each leg on every repetition. Your abdomen should be flattening with exhale, not bulging.

**Double leg raise:** Maintain pelvic tilt as you lower your legs, starting with knees bent and straightening legs out as you lower. Only lower as far as you can maintain your pelvic tilt. Once you feel your back begin to arch, return legs one at a time to starting position. Double leg raising will work your hip muscles and is too much pressure on your spine and abdominal muscles – LOWER with both legs but RAISE one at a time.



In case of vaginal birth you start off the exercises early but in case of cesarean section give some time to your body to recover. You can however practice deep breathing, posture correction and complete body stretching.

As with any exercise program, lower ab toning exercises after pregnancy need to be started off slowly and then slowly made more challenging with more repetitions and possibly even some weights for resistance. With these core training exercises after pregnancy, you will not only be a fit and healthy mom, but you're also going to look good while you do it.

### **WHAT IS DIASTISIS RECTI?**

**A SPREADING OF THE MIDLINE OF THE ABDOMINAL WALL, IT IS USUALLY DETECTED IN LATER PREGNANCY, AND IS PRESENT IF YOU CAN FEEL A SEPARATION OF GREATER THAN THREE**

**FINGERS. THE EXTENT OF DIASTISIS SHOULD BE CHECKED THREE DAYS POSTPARTUM BY LYING ON YOUR BACK WITH KNEES BENT, PLACING FINGERS IN MIDLINE OF ABDOMINAL WALL AND LIFTING YOUR HEAD UP. FEEL FOR THE SEPARATION BELOW YOUR FINGERTIPS; IF IT'S GREATER THAN THREE FINGERS, MAKE THE EXERCISE MODIFICATIONS OUTLINED ABOVE UNTIL THE DIASTISIS IS CORRECTED.**

**Note:** Before you do any lower ab toning exercises after pregnancy, make sure that you get the permission of your doctor. In some cases, you may need to wait for a few weeks to start any exercise program in order to let an episiotomy or a cesarean scar heal completely.





# PALEO DIET: DO'S AND DONT'S

Hundreds of years ago our ancestors to live either hunted, fished or gathered what they got from the surrounding as food. They ate what they could get which was readily available within their reach. They never planned their meals nor did they ate as per scheduled time. As there were no cultivation as that time they ate raw, salt less, uncooked meat, fish, fruits and vegetables.

In the recent times, the world chose to eat what our ancestors, the then cave dwellers did, in an all new form called the "Paleo Diet". It is proven that following the same way as our ancestors did can make us stay away from many modern lifestyle diseases like obesity, diabetes, heart ailments, infertility, depression and even

Alzheimer's and Parkinson's and along with it is a great diet for losing weight.

The main idea of this diet is to eat fresh and seasonal that are wholesome and full of nutrients and avoid having processed foods, salt, and grains, dairy and packaged. This means we absolutely avoid all those toxic foods and free radicals that affects our immune and digestive system. Free radicals are cells that have no purpose and moves around inside our body eating up the energy and slowing down our metabolism, and along with the body's natural ability to recover and heal. The paleo diet provides our body with the food that have



antioxidants, that takes these free radicals to a position that they are removed from the body.

Paleo is all about eating healthy, nutritious and delicious foods, but in order to have a better impact out of this diet plan there are certain do's and don'ts that should be observed along with.



Eat as much vegetables and as much varieties: broccoli, cauliflower, spinach, zucchini, kale, beets, turnips, bell peppers, brussel sprouts, watercress are just a few to name. Eat them raw, boiled, steamed, roast, and baked or fry them in healthy oils in curries or whatever way you like them to have – it doesn't matter. These should be always on your shopping list, without fail.

Eat meat: lamb, poultry, organic meats, fish and seafood are valuable sources of protein and healthy fats and works as the basics to fat loss. Don't forget to make choices on the quality of meat fat. Although meat fat is very healthy in itself but also contains concentrated toxins at the fatty areas. If you have access to grass fed organic meats, you don't have to bother about the fats, but if you get to eat industrial grown conventional meats, choose the lean leanest cut possible.

Eat plenty of eggs and moderate amounts of fruits: especially the yolk. Eggs are an essential for people who take to paleo diet for the purpose of fat loss and muscle gain and do not worry about the saturated fat in eggs.

While choosing fruits, eat berries (blueberry, strawberry, and blackberry). Berries are considered superfood and should always be in your shopping list.

Avoid grains and legumes: causes systematic inflammation and other problems connected with carbohydrate over consumption. Barley, wheat, corn, oats, rice, and anything that you name is to be eliminated. Wheat contains gluten and all grains have a very high glycemic index meaning these foods carry sugar too rapidly into our bloodstream.

Although legumes are less harsh than grains, conditional consumptions like green beans and snap peas is ok. Legumes contain lectins, saponins or protease inhibitors that are bad for our hormonal and immune system.

Avoid sugar completely: not on refined table sugar, but also sugar in any form – syrups, sugar free and sugary fruits and fruit juices as they have high fructose contents. If paleo is for losing weight, then you can limit fruits to one or two servings a day.

Avoid most starches: No corn, no potatoes (except sweet potatoes), no rice, and no breads.

No dairy and no vegetable and seed oils: dairy is an immune system stressor and everyone is allergic to cow dairy to certain extents. Avoid all dairy including milk, yoghurt, cheese, butter etc.

Include palm, avocado, sesame, grape seed, and olive oil in your regular cooking and avoid corn, cottonseed, peanut, soybean, rice bran, and wheat germ oils.

**By Sheela Seharawat,**

Founder & Chief Mentor, Diet Clinic Health Care Pvt Ltd



# HOW TO DRESS UP FOR AN INTERVIEW TO LEAVE AN IMPRESSION

Even before I start on "How To Dress Up For An Interview To Leave An Impression", I want to start with why it is important. As humans, we are visual beings, there are research journals and findings on the 3-second first impression and it's not just figment of anyone's imagination. For me, Malcolm Gladwell's book "Blink", explains the

Slicing Theory, the blink effect on the first impression in the easiest yet logical way possible.

YES creating the first impression is important and that impression has to be lasting, not a one-time effort.

Here are a few tips for creating an impressive interview image.

### **DRESS CODE:**

Modest dressing is the Key to a good dress code for interviews.

There is not a restriction on what you wear for the interview, it could be trouser/skirt and shirt or a dress or Indian kurta with pants or a saree, however, whatever you choose to wear keep it neat and tidy.



Opt for opaque fabrics, cotton and linen work well for sarees. The tops/shirts that you choose to wear needs to have 3/4th sleeves if you are being interviewed for id management and above. It is a good practice even for junior level positions to create a smart and chic impression. Depending on your industry and work profile, take a call to wear a jacket or not.

No Friday dressing even if the interview or meeting is on weekends. If you are told in advance to dress casually it is still always better to be in semi-formal clothes. Semi-Formal western clothes could be cotton pants with nice

blouse/shirt preferably with collars, or a simple dress. In Indian wear, you could opt for cotton churidar/trousers with a Tunic that has no embellishments.

### **ACCESSORIES:**

Have a minimalistic approach when accessorizing. Wear a good watch, handbag, right shoes, stud earrings and a simple neckpiece or scarf.

### **HYGIENE:**

Invest in a good perfume, moisturize your skin, keep nails short and preferably uncolored or fully colored, there is no midground to it.

### **SHOES:**

Your shoes must be in a good condition, clean and polished. Shoes do not mean only the front part. Take good care of the heels as well, keep it clean and periodically check the soles for and wear and tear.

### **MAKEUP:**

A basic routine like sunblock, primer, kajal and a light lipstick (preferably matte) is good to go for an interview. If you wish you to apply foundation or colour correctors, see to it that they are light and give you a natural look.

For the interview always keep in mind what you want to convey and dress according. All the best and feel free to write on [Jainee@ImagedgeAcademy.com](mailto:Jainee@ImagedgeAcademy.com) if you need more details.

**By Jainee Gandhi,**

Certified Image Professional and Founder of ImagEdge Academy





# HOW TO TAKE CARE OF YOUR HAIR & SKIN THIS HOLI

The festival of colours is round the corner and preparations are on for its celebration. With the increasing use of chemical colours for celebrating Holi, all of us need to take some steps for preventing the skin, hair, eye damage and also know the correct methods of removing the colours.

Traditionally, spring flowers were used as a source of colours for Holi, but with time artificial colours have replaced these natural ingredients. For yellow, turmeric powder was used, hibiscus flowers made for the red colour and henna was for green. But today, markets

are flooded with expensive artificial colours with chemical solvents mixed in them. These colours are actually industrial chemicals — black (lead oxide), green (copper sulfate and malachite green), silver (aluminum bromide), blue (Prussian blue, cobalt nitrate, indigo, and zinc salts), and red (mercury sulfate). Occasionally, additives such as mica dust and glass particles are added to the colours to give them a shine. These again are very harmful to the skin. The sale of such products is largely unregulated.



## **SIDE EFFECTS OF USING SYNTHETIC HOLI COLOURS**

Industrial colours carry side effects including itching, dryness, exfoliation of skin, erosions of skin and eczema. Skin abrasions can occur due to scrubbing of skin to remove the colour along with secondary bacterial infections and aggravation of acne and pre-existing eczema. Also, chemical colours when applied to the skin can cause loss of hair (alopecia).

Contact of chemical colors in eyes can cause irritation, watering of eyes, corneal abrasions and conjunctivitis. In rare cases, systemic side effects can occur due to chemicals which can manifest as breathlessness and cyanosis. These chemicals can even cause serious injury to the skin upon scratching besides leading sadly sometimes even to life long impairments like blindness, skin diseases like vitiligo. Liquid colours available in the market are even more harmful than powder colors as they tend to collect in fold areas such as groin and armpit area.

## **PRECAUTIONARY TIPS**

- To prevent your skin from getting damaged: Apply oil on the skin as well as hair.

- Wear nail enamel so that the colours cannot go inside the nail bed.
- Wear protective glasses while playing Holi.
- Splash eyes with clean water multiple times.
- Do not scrub aggressively while removing.
- Use a mild soap to wash off the colors. To remove oil paint from your face, mustard or coconut oil can be used. Use cotton to apply the oil on your face and rinse it off gently with both hands. If you want to remove gulal or dry colour from your head, on never make the mistake of pouring water to wash it off. This only spreads the gulal all over your body and makes it stick. Try to dust away the gulal by using dry hands first, and use water only when this does not work. For washing the colour off your hair, use a mild herbal shampoo or a home-made one. Soak shikakai, reetha and amla or Indian gooseberry overnight, boil and strain it in the morning and you have a very good shampoo ready. If you had already applied oil on your hair before playing with colours, it would not be too difficult to wash the colours off.
- Try to opt for home made herbal remedies to do away with holi colours like, lemon which is a natural bleaching agent and is useful in getting rid of colour stains. Lemon contains citric acid which is a perfect component for lightening Holi colours. Mix lemon juice with equal amount of honey or curd, and apply it all over your face, body & hair. Leave it for 15 minutes and then apply plenty of moisturiser after that.

Play Safe & enjoy healthy Holi.





Before



After

## NEHA TIWARY'S

### MEDICAL CONDITION MADE HER REALIZE THAT SHE NEEDED TO LOSE WEIGHT

Another fantastic story about losing 12 kgs in less than 4 months is here!

#### HERE'S HER STORY:

Till mid this year, I weighed 83 kgs. My weight till 3 years back was always between 60-62 kgs and post my marriage and relocation to Bangalore, I put on 20 kgs in 2 and a half years. Tested for thyroid but it was negative.

Despite several attempts, the weight just wouldn't come down. Early this year, I was diagnosed with Avascular necrosis wherein the blood circulation to my hip had stopped. I had to immediately undergo a core decompression surgery which helps restart the circulation. I was bed ridden for 2.5 months and post that I had to walk with the help of a crutch. It was during this time that I decided to lose weight as with my 83 kgs of



weight my recovery would have been slow as my entire body weight would have come on my legs and hip.

Once I decided, I got in touch with a personal dietitian and she helped me fix a routine keeping my medical condition in mind. Through her diet, I have managed to lose 12 kgs in 3 months and I currently weigh 71 kgs. My new diet has not just made me feel fitter but also made me realize the power of healthy eating. My junk eating habits are now substituted with healthier options. I eat regular meals but portions are defined. Dieting does not mean starving, it just means healthy eating.

Initially I was sceptical that without any kind of physical activity, whether or not I will be able to lose weight but thanks to the motivation from my dietitian and my own self-determination, I have managed to lose weight all thanks to my changed eating habits. I feel more energetic than before and I'm just 6-7 kgs away from my ideal weight.

Lets read through Neha Tiwary's complete interview:

### **TRANSFORMATION DURATION:**

I started my weight loss journey from June end and as of now, I have lost 12 kgs.

### **WHO IS NEHA TIWARY?**

I'm a PR publicist by profession working in Bangalore.

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

I had been thinking about losing weight for quite some time but with my work schedule could never really get myself to a gym or work on a diet. But post my surgery when my physio explained to me how losing weight will help me in recovering faster, was when I decided that I should lose weight and in the

next 23 days I had started off with my weight loss journey.

### **HOW FAR HAVE YOU REACHED ON YOUR WEIGHT LOSS JOURNEY?**

Well, I'm yet to reach my goal but I'm happy with my current achievement. My dietitian Garima understood my medical condition and the limitations and put me on a diet that was healthy and also balanced my intake of carbs, proteins, fiber etc. I think with constant motivation from Garima and my mother, and my own self determination, I was able to sustain myself in the weight loss journey. At times, it used to get really frustrating, but then Garima never let me lose hope.

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

Garima understood my daily food intake and helped me with a balanced diet. I eat small meals throughout the day and healthier options of the food that I like. A typical diet in a day for me is having Jeera water empty stomach in the morning and then breakfast of either oats milk or oat chila or egg white toast. I have one fruit as my mid-morning snack and then lunch is either sabzi, salad and raita or wheat bran roti with sabzi or moong dal chilla. In the evening I have green tea and dinner is either a bowl of soup or dal. I drinks loads of water through the day now which I earlier didn't.

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

I feel good about myself, I feel more energetic and confident. I had reached a point wherein I had started believing that I wont be able to lose weight but once I began to lose kgs and inches, it made me further more determined to keep at it. I'm still few kilos away to reach my ideal weight and I know that I will be able to do it. Trust me the joy of fitting into clothes that you had thought you will never be able to fit in ever gives you a different kind of high!!

# SHOPPING

OATS & ROSES FACE WASH

Rs. 1,450/- on  
[skinyoga.in](http://skinyoga.in)



TONING ELIXIR

Rs. 400/- on  
[elixirshop.com](http://elixirshop.com)



Red Silk Crepe Lehenga

Rs. 125000/- on  
[pratibhasultania.com](http://pratibhasultania.com)

Red Chrissie Bell Sleeved  
Bodycon Dress

Rs. 1,299/- on  
[stalkbuylove.com](http://stalkbuylove.com)



KAPPA Criss-Cross Back  
Crop Training Top

Rs. 559/- on  
[lifestylestores.com](http://lifestylestores.com)



Headly HR-22 kg Combo 5  
Home Gym Kit

Rs. 4,689/- on [flipkart.com](http://flipkart.com)



ADIDAS Printed Full Length  
Training Tights

Rs. 2,599/- on  
[lifestylestores.com](http://lifestylestores.com)

Organic India Quinoa  
Seeds (500 g)

Rs. 295/- on  
[flipkart.com](http://flipkart.com)



Mustard Pleat Scenes Dress

Rs. 999/- on  
[stalkbuylove.com](http://stalkbuylove.com)



MuscleTech SmartShakers

500 ml Shaker

Rs. 247/- on [flipkart.com](http://flipkart.com)

## Aries



Do what it takes to get healthier and fitter. You know that well-chosen small sacrifices can lead to huge gains. So long as you don't get carried away, you're headed in the right direction, with no slowing down or turning back.

Start right away, on March 1, with a brisk run or video workout. Meditation counts, too. Hit the gym on the fourth, work hard, and enjoy a party atmosphere with your exercise buddies.

On March 5, get smart about any details of your workout that have been annoying you. Make those reps more efficient. Your energy is high on the ninth. Raise the bar and do more steps.

Move more and sit less on the weekend of March 10 and March 11. If daylight savings time starts where you are, make sure you get plenty of sleep.

The weekend of the seventeenth and eighteenth, when Mars enters Capricorn, is for serious work and great progress. Fine-tune your workout, diet, and schedule. Make wise changes now.

March 18 and March 19 are your power days with the moon in Aries. Show up big time! On the twentieth, celebrate spring and shop for local healthy fruits and veggies.

March 24 could get complicated, but you're determined. Do that run or dance session. You're the warrior!

## Taurus



Feel good about where you are and how you're doing. You're doing what needs to be done, and you know how to listen to your body.

March 1 is easy, so start early and get your workout done. Feel good now? Have a good breakfast, too. Walk, run, or exercise with more grace and fun on the fourth. You're looking great.

On March 6, have a strenuous workout and then pamper your skin and hair. Be strict with yourself on the thirteenth and afterward be glad you did. You're unstoppable.

March 16 may be hot tub day. Are your muscles complaining or cramping? Are you drinking enough water? Drink more anyway.

Move well on the eighteenth and run or walk farther. Maybe go dancing in the evening. Count all those steps.

Spring arrives on March 20. Check out the farmers' market and the produce stands. Eat healthfully and feel great.



The twentieth and twenty-first are your power days with the moon in Taurus. Dance or swim with grace and power. The Mercury retrograde on March 22 won't stop you.

Be open to a change of plans on the twenty-eighth. You might prefer the substitute yoga instructor or like the other yoga style better. Fantastic work!

## Gemini



This is the time to get better connected with your ambition to be healthier and fitter. Instructors want to see you advance and excel. The work may be all yours, but the goal is shared by a lot of people. You're being a good example for one another just by showing up.

Start early on March 1 if you can. Do the run or the chair yoga routine. Get outside on the fourth and have a great run, walk, bike ride, or hike.

On March 5, get competitive with yourself! Pile on those extra steps. The weekend of the tenth and eleventh could get complicated, but you're ready. Flex those ankles and stretch those legs. Good! If daylight savings time starts for you this weekend, get enough sleep, okay?

Get ambitious on March 17, maybe in a team sport. Softball? Soccer? Spring is springing on the

twentieth. Visit a farmers' market or produce stand.

Mercury goes retrograde on March 22. Take your time and get the dance routine right the first time. The twenty-second and twenty-third are your power days with the moon in Gemini. Sweat and have fun.

The last day of the month has a full moon and maybe an evening workout or dance date. Yes!

## Cancer



You're totally full of energy, or at least full of good intentions. Great! March starts and ends with a full moon, possibly just for you. Get up, get going, get healthier, and get fitter. Get in high gear and adjust your routine accordingly. You're doing it!

Have an energized workout or run early on March 1. Keep the momentum up on the fourth, but take extra care to not get exhausted.

Jupiter goes retrograde on March 8, and your enthusiasm may be less on the surface. It's good to feel strong inside! The whole world doesn't need to see.

The seventeenth is the new moon. Try something new or go somewhere different. Maybe change your running route.

Work on core strength and basics on March 19. Do more steps and more pushups. Keep the upper and lower body balanced.

Spring starts on the twentieth. Visit the farmers' market or produce stand and stock up on healthy, beautiful fruits and veggies. Salad season is beginning!

Workout time is playtime on March 22. Scale it to your level and have fun. The twenty-fourth and twenty-fifth are your power days with the moon in Cancer. Do your best. Is it hot tub time yet? Yes!

## Leo



Fitness isn't some idle dream. Put in the work and get better, healthier, and fitter. If you can turn it up a notch, so much the better. So long as you can keep it steady, you're making progress.

Set a brisk pace on March 1 and do your run or workout early in the day. Be methodical. Set a higher goal on the fourth and make the first move toward it. Baby steps count. More steps, more laps, or more reps.

Work out with a bigger feeling on the seventh. You're looking great.

Be serious about core strength on March 10. Any full-body exercise will do. Dance, swim, floor ex. Feelings are high on the thirteenth. Put your heart into your weights or elliptical workout.

Try something different on March 17. It's St. Patrick's Day and a new moon. Wear the green headband and kick up your heels.

On the twentieth, the sun enters Aries and spring begins. Shop at the farmers' market or produce stand for healthy seasonal specials.

Be persistent on March 24 and rise above the Sun-Mars square. The twenty-sixth and twenty-seventh are your power days with the moon in Leo. Show up and shine!

## Virgo



There is great energy and motivation at your fingertips now, so don't let up. If you're thinking of starting, now is the time. When there's a strong emotional commitment, everything and anything is possible. Small efforts add up and quickly grow into bigger efforts.

Greet March 1 with a great run or video workout. Yoga, aerobics, or meditation are all good choices. The first and second are your power days with the moon in Virgo. Do it!

Visualize a stronger, healthier you on March 4. Baby steps count, too. You're not letting up. Be more ambitious and competitive on the sixth. Mercury moves into Aries now. Push yourself but respect limits.

Be diligent on March 10 and get more sleep. Does daylight savings time begin tonight for you?

The weekend of the seventeenth and eighteenth is for hard work, maybe a longer hike or walk on a beautiful trail.

Mercury goes retrograde on March 22, but your progress won't. Try a light, fun workout. Think perky music. The spirit is willing, but the body may complain on the weekend of the twenty-fourth and twenty-fifth. Hot tub time and some pampering are permitted. You're working hard.

March 18 and March 19 are bonus power days. Finish the month strong!

## Libra



Keep moving and keep looking and feeling great. Making the effort to be healthier and fitter gives a big lift to your appearance and your mood. You may think that you're a rambling wreck, but you're not. You shine with vitality.

Get going right away on March 1. Dress and go for a run or walk, or fire up your favorite recorded workout. Have a good breakfast, and smile all day long.

The third and fourth are your power days with the moon in Libra. Dream big and healthy, and show people that you mean it.

Venus enters Aries on March 6. Get competitive with yourself and raise the bar. Take more steps or go more minutes on the elliptical.

On the tenth, get serious about basics - breathing and posture. Get extra sleep, too. Does daylight savings time begin tonight for you? If morning is a struggle on March 13, hold off until evening. You deserve to enjoy your workout time.

If the seventeenth is party time, dance up a storm and celebrate healthfully.

Spring arrives on March 20. Visit the farmers' market or produce stand for seasonal fruits and veggies. Surprise yourself and try something new and exciting on the twenty-eighth. Be more fit and have more fun!



## Scorpio



There's a lot of spunk and fire in your desire to be healthier and fitter. If you're just starting out, this is a great time. If you've been at this for a while, you can see a breakthrough and make great progress. You may not appreciate it until you look back at where you were a short time ago.

Greet the March 1 sunrise with a brisk run or walk. Not a morning person? Warm up to a smooth and steady evening workout. You won't skip. Don't get too wild on the fourth. Just wild enough will do.

March 6 and March 7 are your power days with the moon in Scorpio. Work hard and don't burn out. The tenth is for strenuous but basic exercise. Walk, run, or do weights with better posture and breathing. If daylight savings time starts tonight for you, get extra sleep.

March 17 is all about strength and sustainable effort. Mars enters Capricorn now. Wear your green socks or swimsuit.

Spring starts on the twentieth. Do the salsa or Mediterranean dance class, then check out the farmers' market for fresh fruits, veggies, and maybe a smoothie.

March 24 and March 29 could be challenging, but you're ready. Great!

## Sagittarius



No obstacle is going to stop you or slow you down now. You may not even notice that it's there. So long as you're focused on safety and well-being, your current routine will move you ahead in your pursuit for better health and fitness.

Get into your workout gear on March 1 and don't waste a minute. You don't have to rush. Be steady and enjoy the run, the walk, or the aerobics routine. Move, move, move.

Jupiter goes retrograde on the eighth, but you don't have to slow down or back up. Feel more powerful on the inside.

March 7 through March 9 are your power days with the moon in Sagittarius. Move to the front of the dance class and sparkle.

On the thirteenth, try something you've always wanted to try. That new style of yoga qualifies. Be gentle if you need to, but be adventurous. If you need a day off on March 19, rest is part of the routine.

Spring begins on the twentieth. Check out the fresh fruits and veggies at the farmers' market. Think smoothie and snack supplies.

Pamper your hair and skin on March 27. Be kind to any achy muscles, too. You're doing great work!

## Capricorn



You may feel like a heavy-hitter now, and that's great, but you don't need to push yourself over the cliff. Be strong and steady, like you always are, and be amazed later at how much progress you've made. Getting healthier and fitter isn't a short-term goal, and you know it better than most.

Start fresh on March 1 and have an easy time doing a hard workout. You don't need to shift into high gear. You could encounter resistance on the third, but you won't cave. Get outside and go.

The afternoon or evening of March 10 could be your most productive time. Maybe take extra steps or laps. The tenth through twelfth are your power days with the moon in Capricorn. Be good to your knees and ankles.

You may not feel great on March 13, but once you get started you'll feel better than fine. Use your best judgment about how hard to push.

The seventeenth is St. Patrick's Day. Celebrate after you work out. Mars enters Capricorn today. No one will be able to outlast you.

Mercury turns retrograde on March 22. Set your own pace. Challenge yourself on the twenty-eighth, but respect your limits. You've got this month!

## Aquarius



What's worked before may be what works best now to get you healthier and fitter. It might be tempting to experiment and switch around exercises, diets, or sleep schedules. Let your body tell you if it improves your condition or not. You're exercising with a lot of heart, so remember to listen to your heart now, too.

Be ready to rumble on March 1. Do your best run or walk or aerobics routine. Go easy but go on the weekend of the third and fourth. Tag along but don't lag behind if there's a fun run or bike ride. Keep it fun.

Get bolder on the weekend of March 10 and March 11. More daring individual sports may call to you. Maybe get out those knee and elbow pads, helmet, and skateboard.

The twelfth through fourteenth

are your power days with the moon in Aquarius. You won't be a slacker. Eat well, drink well, and sleep well.

March 17, St. Patrick's Day, could be a party day, so work out or hike early. Spring into spring on the twentieth, and see what the farmers' market or produce stand has for you.

Shine in the yoga or dance class on March 28. You're turning heads. All right!

## Pisces



Take advantage of everything in your favor and make great progress. Being healthy and fit is not a short-term goal and you know it. You've got the dedication, and there's no better use for your time.

Hit the start button on March 1 and do your run or walk early, if possible. Now breakfast! Visualize being a winner on the fourth. You already are. Keep the workout real, however, and don't risk any minor setbacks.

Work out early on March 8, if you can. Jupiter goes retrograde today, but this will only make you stronger and more persistent. The thirteenth is also a strong day. Spend more time with the weights or on the elliptical.

March 15 and March 16 are your power days with the moon in Pisces. Swim or enjoy the hot tub. Your muscles will thank you.

The seventeenth, St. Patrick's Day, has the new moon in Pisces. Feel the burn or do more steps. If partying, dance the dance!

March 20 is the start of spring. See what the farmers' market or produce stands have for better, fresher smoothies, snacks, and meals. The twenty-fifth is for cooking and eating better.

On March 29, take stock and see how far you've come. Now keep going!

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



# WOMENFITNESS.ORG

Namita Nayyar

President

For More Inspiration

Log onto:

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

For Any Business Or Health Inquiries

[womenfitnessorg@gmail.com](mailto:womenfitnessorg@gmail.com)

