

WOMEN FITNESS

May 2018

5 Moves
TO GET A
SEXY
BUTT

STRESS
EATING

How You Must
Avoid It

Actress, Stvinger,
Entrepreneur & Former VJ

SOPHIE
CHoudry

Has Countless Feathers To Her Cap!

Fashion Blogger

SONAM
LAKHANI

Weight Loss Tips

Mother's Day
Gift Ideas



It's very nice that you guys are doing motivating and providing guidance for women in terms of health, fitness, nutrition, and beauty and fashion, please keep doing that we need you to evolve our self and know better.

Jasmin Bhasin, TV Actress

Keep on inspiring and supporting each other because that's really all we need ... it is really so simple to be kind and caring and a platform that allows us to share and be there for each other is one of the best in my books.

Shibani Dandekar, Singer And Anchor



I feel really proud to see women's fitness related concepts getting popular in India, women work hardest in the house and are mostly most neglected in terms of health. Thank you to your team for giving a platform for Women to discuss and share their health and fitness.

Nidhi Mohan Kamal, Weight Loss Expert



Years ago a website like this didn't exist. It is amazing to see so many women take to fitness and be outspoken of their goals and results.

Sharmila Nicollet, Indo-French Professional Golfer



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Editor's Note

“Whenever There’s a Challenge, I see an Opportunity.

- Kareena Kapoor, Actress

The month of May kicks off with hot dry breeze and thunderstorm, sounding an alarm to take special care of our skin and of what goes into our stomach.

To pull down the heat comes the talented, Sophie Choudry who after having completed her education, decided to follow her dreams and started off as a singer. She released her first remix album Sophie & Dr. Love and became an overnight star. In her interview with Women Fitness, she talks about her daily fitness routine and diet pattern. She unveils the secret behind her glowing skin. For all her fans this is a treat to learn more about her.

Sonam Lakhani, the founder of <http://www.myhautelife.com/>, a fashion, travel and lifestyle blogger, has an inspiring transformational story to share of how by setting realistic fitness goal she lost 20-30 kg. A true example of perseverance & hard work. She shares her diet & exercise routine, a true weight loss story in making.

Well-defined glutes mark the foundation of a good posture leaving no scope of back pain. Do make sure to incorporate these 5 exercises in your workout to get a toned and super sexy butt. Possessing a strong body can add to enhanced body definition & confidence which can help women smoothly handle challenges of life like, pregnancy, motherhood & menopause. Working out all through pregnancy is of utmost importance to better manage the physical transformation & prevent unwanted weight gain. Unless your doctor advises otherwise, you can start or continue with regular exercise when you’re pregnant as long as you adjust your activity to suit your stage of pregnancy. About 30 minutes each day of walking, swimming or pregnancy exercise classes will help - but don’t do more than 20 minutes of fast physical activity at a time, to avoid overheating. Supermommitali.com brings you prenatal videos to help you build a regular exercise routine. Trust me, they are really good.

Good news for all those weight watchers who love to eat ghee but stay away due to fear of piling up weight. Ghee is full of fat-soluble vitamins and healthy fatty acids, and its benefits range from building stronger



bones to enhanced weight loss. WF has two pieces of research to guarantee that saturated fat consumption does not cause heart disease. For example, there are two monstrous meta-analyses from 2010 and 2014 show consumption of saturated fat does not correlate with heart disease. Moderation is the key to stick with.

Beat the summer heat with these smart tips & food ideas. Don’t forget to go on jewelry shopping sphere with Women Fitness.

Keep Moving.
Namita Nayyar
President, Women Fitness

“

I think if you love
what you do, you
find the right
balance

**Actress, Singer,
Entrepreneur
& Former VJ**

Sophie Choudry

Has Countless Feathers

Cover Story

To Her Cap!

Sophie Choudry is an Indian singer, film actress, former VJ and now an entrepreneur. Starting out as a VJ for Zee UK, Sophie soon rose to fame after coming to India.

Our cover star for the month of May, Sophie Choudry, has so many experiences to share and stories to be told that you wouldn't want to miss this one. Catch up on everything in her exclusive interview with Namita Nayyar, President, Women Fitness India.

Being discovered at the young age of 13 by the acclaimed music director Biddu, you have created a niche identity for yourself as an actress, singer, VJ, model, and television presenter. Share with our viewers your incredible journey of becoming a star?

I grew up in London loving Hindi movies and Indipop songs and ended up living my dream! It has been an incredible journey full of twists and turns. I was still studying in college when I got my first record deal with my girl band. The songs did really well but we didn't get on so we split up. I went back to finish university and once I graduated I decided to move to India for a year to see what would happen. Within 2 years I was a hugely successful MTV VJ, my song Babu Chail Chabila was huge and it set the ball rolling. Ek pardesi was a blockbuster and David Dhawan called to launch me. I used to idolize him, Govinda and Karishma and dreamt of doing masala films like that. I didn't even ask him what the story was. I simply said yes. The film didn't really work but my next film was Pyar ke side effects which was a game changer. I came at a time when being multi-talented was almost looked down upon. I used to get asked to choose singing or acting or vjing. Today when artists are multi-talented it's

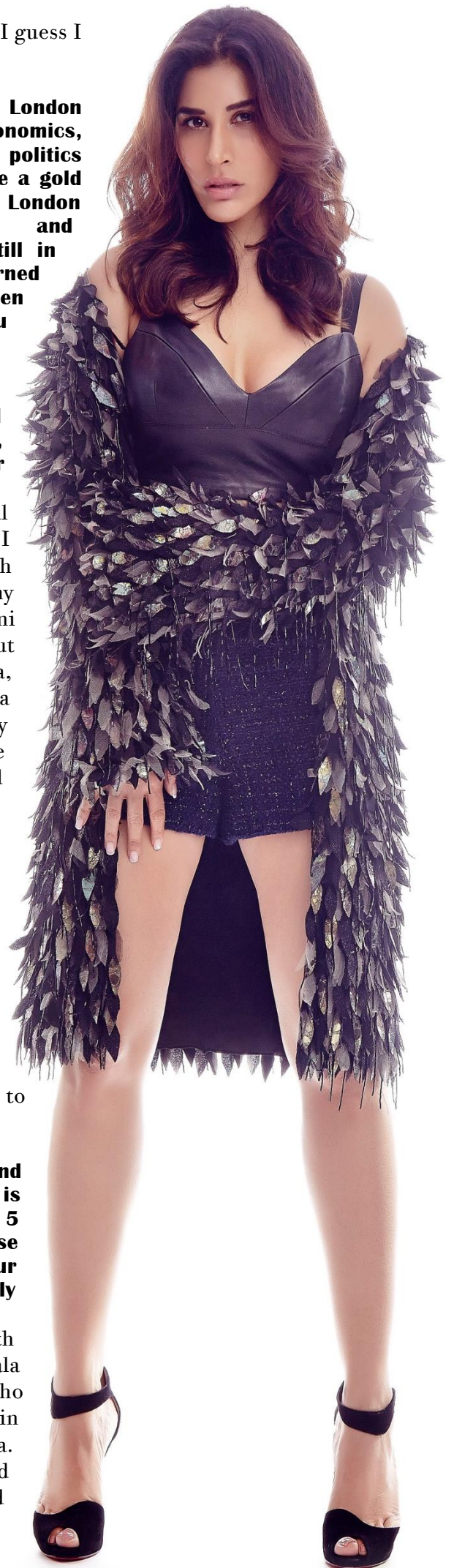
appreciated and lauded. I guess I was ahead of my time.

You studied at the London School of Economics, graduating in European politics and French and became a gold medalist from the London Academy of Music and Dramatic Art. While still in school, you learned Bharatnatyam and when you moved to India you took a few classes in Kathak too. How did acting happen in between singing and performing then? Also, introduce us to your day-routine.

My life is pretty normal in that I'm a family girl. I made my mum move with me and she handles all my work. And then my nani moved too. I work out with Yasmin karachiwala, do my riyaaaz and spend a lot of time with my gorgeous puppy, Tia. We go for walks, drives and play together. But I also travel a lot for my live shows so that keeps me on the go! Singing and dancing for 2 hours on stage at a time is no joke. I think if you love what you do, you find the right balance and I'm not much of a party animal so it gives me more time to focus on myself!

Being an actress and model, staying fit is called upon. Unfold 5 exercises that comprise essentially a part of your fitness regime on a daily basis?

I only do Pilates with Yasmin Karachiwala because I'm someone who has had 2 slipped discs in the past, one due to yoga. In fact last year I tried aerial yoga in India and



ended up with stitches in my head because I fell from a height and the teacher had no mats on the floor. It was awful so I prefer to stick to what I enjoy and what I feel is safe.

I do a lot of glute work so side lying leg lifts, rotations, clamps. I enjoy doing the Pilates teaser which is great for core work as is the hundreds exercise and so is pike to plank and mountain climbing.

I need to work my triceps so I do triceps dips on different pieces of equipment. Because I have a neck problem I have to work a lot on my scapular stabilization so we do various exercises for that. And I love articulating my spine so we have exercises like tower, short spine all great for flexibility and stability.

Work out needs to be supported by healthy nutrition. What kind of diet do you follow to stay healthy and physically fit? Enlist your 5 favorite foods you would fall for any time?

Yes I absolutely believe that fitness is a lifestyle not a fad. It has to be part of your life for the long term. It's ok to be more careful before an important event but I don't believe in starving, juicing or drastic measures. That's also why I started my own Ayurvedic detox tea, Fittox, which helps people cleanse and lose weight sensibly. It's about eating clean, drinking the tea and feeling better inside out.

In terms of food I used to love milk but I have given up cow's milk and only have almond or soya milk now. And I love cheese so I stick to feta, goats cheese and sheep's milk cheese all of which are better than cow's milk at least for me.

My favourite foods are porridge with almond milk, berries and flaxseed.

I love avocados in salads or even with some chilli and lime on toast.

I love fish especially salmon but to be honest in India I eat more chicken than fish.

At night I always drink soup without corn flour in it; pumpkin, broccoli, asparagus, carrot. I love it.

As a cheat, well I have a hugely sweet tooth so I can indulge in any dessert but fortunately I'm ok with just a few bites of it. And my mum's pulao is my weakness. It's the best!!

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

Your skin really reflects your lifestyle! Of course even when you are super healthy you get the occasional spot but by and large your skin looks great if you exercise regularly and eat healthy; no fried foods, less dairy, more vegetables really helps.

I also use great products by la prairie and I never ever sleep with my makeup on!

In terms of hair, I shampoo only twice a week and use various treatments to keep it as healthy as possible. My hair is an area I need to work harder on because we put it through so much with all the blow drying and curling etc!

I believe vitamin supplements help a lot: vitamin C, Calcium, B12, omega 369.

Share the role of exercise in detoxification & combating stress?

I know it's tough for some people to drag themselves to the gym. To them I say find an activity you enjoy. Outdoor sports, running, walking, dancing, Zumba. Anything but just be consistent and you will feel a difference inside out. Your happy hormones will kick in and you will be full of energy! Just don't exercise for 2 hours one

day and then not at all for a week. It's better to be consistent and do 20/30 mins 5 times a week than all in one go!

With an audience of over 1.2 Million followers on your Instagram account @sophiechoudry you're a social media sensation and an internet leading star. How does it feel to be an inspiration to so many individuals?

Oh gosh you are very kind but I have a long way to go! I feel proud that I have created my own niche, my own brand and that people are interested or inspired but I wake up everyday feeling like I have to work a lot harder!

Having acted in a number of movies like Shaadi No. 1, Hey baby, Pyaar ke side effects & Aa Dekhen Zara, share with us your experience being a part of the Indian Film Industry.

“ I MAY BE KNOWN FOR MY GLAMOUR AND SEX APPEAL BUT THAT IS MY WORK AND MY IMAGE. OFF SCREEN I HAVE EXTREMELY HIGH MORAL VALUES AND HENCE A LOT OF PEOPLE DIDN'T CAST ME. I GOT BLATANTLY REJECTED FOR NOT BEING “ACCOMMODATING”. BUT I'M FINE WITH IT. AT THE END OF THE DAY, I SLEEP PEACEFULLY AND CAN LOOK AT MYSELF IN THE MIRROR WITH PRIDE.

It's a wonderful place to be if you are in it for the right reasons.. ie the love of films and acting .. and if you are fortunate to come across the right people.

When I first moved to Mumbai, mum and I were so naive.. we had no idea what kind of snakes were out there. That's one of the reasons she started handling my work. I may be from London, I may be known for my glamour and sex appeal but that is my

work and my image. Off screen I have extremely high moral values and hence a lot of people didn't cast me. I got blatantly rejected for not being "accommodating". But I'm fine with it. At the end of the day, I sleep peacefully and can look at myself in the mirror with pride. I have reached wherever I am with no godfather, no support, absolutely nothing. I guess I have my own fairy godmother.. my mum. She is my backbone. That's it.

Your love for dance was quite visible on Jhalak Dikhhla Jaa Season 7. Share with us your passion for dancing and how are you able to squeeze in time for it?

It was the most challenging thing I have ever done, physically and mentally! I had said no every year but The CEO of colours at the time, Raj Nayak convinced me to do it and I'm so glad I did. It was such a high to have Madhuri ma'am, Karan Johar and Remo sir (who choreographed and danced in my first ever solo video) judge me and give me such positive feedback! I also love to salsa and bachata. I used to go regularly twice a week but don't get time anymore!

Your fans would love to see you soon on the big screen. Tell us about your future plans for acting and singing.

Definitely 2 music singles coming up in the next couple of months and big screen

plans are on top! Fingers crossed!

Cut-throat competition dominates in all areas of our life. Extend out of your experience, the role of hard work to survive in the film industry. What would be 5 essential tips for a newcomer entering Bollywood?

It's so easy to get one film. What's tough is surviving. Only hard work, dedication and constant reinvention will help you survive. Malaika, Shilpa even Neha are great examples. They all started before me and are still here. And we all chat and say very few girls today have that staying power, that desire to work hard and keep at it. That is the only way to survive.

Never take your place for granted and find your own unique space!

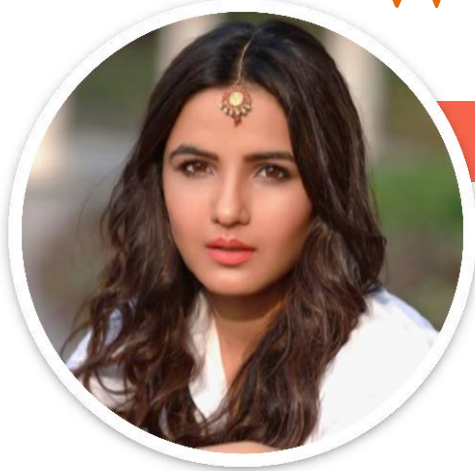
Women Fitness works with a goal to reach out to women all over the world providing them with best in health, fitness, nutrition, beauty & fashion. What do you wish to say about the website (Womenfitness.org) and our readers?

I want to congratulate you for the fabulous work you do! It's so exciting that women are becoming so aware of health, wellness and fitness as well as beauty and fashion!! I wish you all the best in all your endeavors!!!



More Celebrities Starring On

WF India



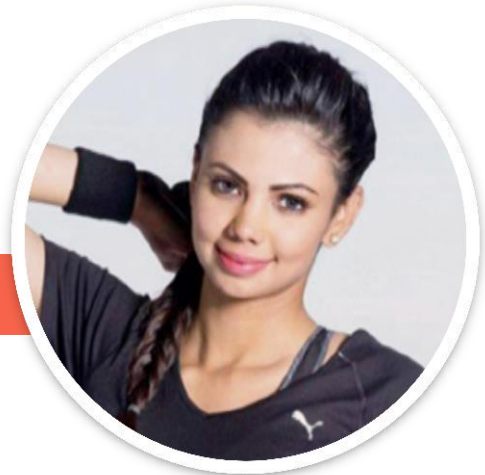
Jasmin Bhasin, TV Actress



Sarah Todd, Celebrity Chef



Namrata Purohit, Celebrity Pilates
Instructor



Sharmila Nicollet, Professional Golfer



Shweta Mehta, Roadies Rising 2017

Check them out on: <https://www.womenfitness.org/>



“

I want to tell women that you need to love yourself and make yourself a priority. It's only when you are happy yourself, can you make everyone else around you happy. I am still a dreamer and still believe in fairy tales, but there is only that much one should give another person. You need to keep something for yourself.

Bipasha Basu

5 Moves

To Get A Sexy Butt



Ever noticed yourself drooling at someone's bootylicious butt, and maybe even craved to have that toned and sexy booty? We can bet you're dreaming at how awesome that new red dress would look; only if your butt was toned enough! *sigh*

BUTT

Well, we heard you, dearies! Don't worry we got your back. Here are 5 workouts that are going to get you that absolutely toned and super sexy butt. All you need to do is focus, and work your glutes well. So, let's begin!

5 WORKOUTS TO GET THAT KILLER BOOTY:

ASS ON THE GRASS

Muscles Worked: Calves, Glutes, and Quadriceps

Stand on the mat with your feet little more than shoulder width apart. Keep your upper body straight - glutes to neck all in one straight line. Push your hamstrings back and squat down completely. Go as low as you can and come back up. Repeat.

Sets and reps: 3 sets x 15 reps

DONKEY KICKS

Muscles Worked: Glutes, and Lower Back

Begin on all fours. Keep your hands shoulder width apart, and your knees right under your hips. Bend your left knee to about 90 degrees and flex your left foot. Lift your left knee to your hip level and kick backwards. Come back to start position and repeat. Do the same with the other leg.

Sets and reps: 6 sets (3 sets/leg) x 15 reps

RAINBOWS

Muscles Worked: Glutes, Hamstrings, and Core

This workout strengthens your glutes. Get down on all fours; palms facing downwards, in line with your shoulders. Your knees and palms should both be shoulder width apart. Contract your abdominal muscles to engage your core. Keep your back straight and raise your left leg up to about 45 degrees on the side of your body. Make an arch with this leg. Go down and beyond to overlap over your right leg - just like a complete rainbow. Bring it back to kneeling position. Repeat with the right.

Sets and reps: 3 sets x 30 reps (15 reps for each leg)

BEAR PLANK LEG LIFTS

Muscles Worked: Core, Legs, Glutes, and Shoulders

Begin in plank position and lift your left leg up, pushing your heels upward towards the ceiling. Push as far as you can to feel the pull in your glutes and hamstrings. Keep your upper body in a straight line. Push up, hold, release, and repeat with the other leg.

Sets and reps: 6 sets (3 sets per leg) x 15 reps

SINGLE LEG DEADLIFT

Muscles Worked: Hamstrings, Glutes, Adductor, Hips, and Lower Back.

Start by balancing your body weight on your right foot. Push your left foot backward and bend down. Stretch your arms downward and perpendicular to the ground. Your left heel, glutes, and shoulders should be in a straight line. Hold position for a few seconds before coming back to the start position. Rest, and repeat.

Sets and reps: 3 sets x 5 reps

These are the 5 best booty workouts that will get you that sexy butt you've always been longing for. Get ready girls, a super-hot butt is just 5 moves away!

Amaresh Ojha

CEO & Founder of Gympik.com



A pregnant woman with dark hair is sitting in a lotus position on a light-colored tiled floor. She is wearing a black tank top and black leggings. Her eyes are closed, and she has a serene expression. Her hands are resting on her knees in a mudra position. In the background, there is a swimming pool with a stone wall and a waterfall. The overall scene is peaceful and suggests a focus on prenatal care and relaxation.

Exercising

During Pregnancy

Pregnancy Tips

Being pregnant does not equal to being sick or being tied to a bed or sofa with a free pass to consume oodles of calories that too without any guilt! Pregnancy is just a phase of a woman's life which should be as normal as anything else. With our growing dependence on technology and electronics, we are slowly forgetting that our body is a machine needing the required exercise and yes we do need exercise during pregnancy unless you have been advised by your Gynaecologist otherwise.

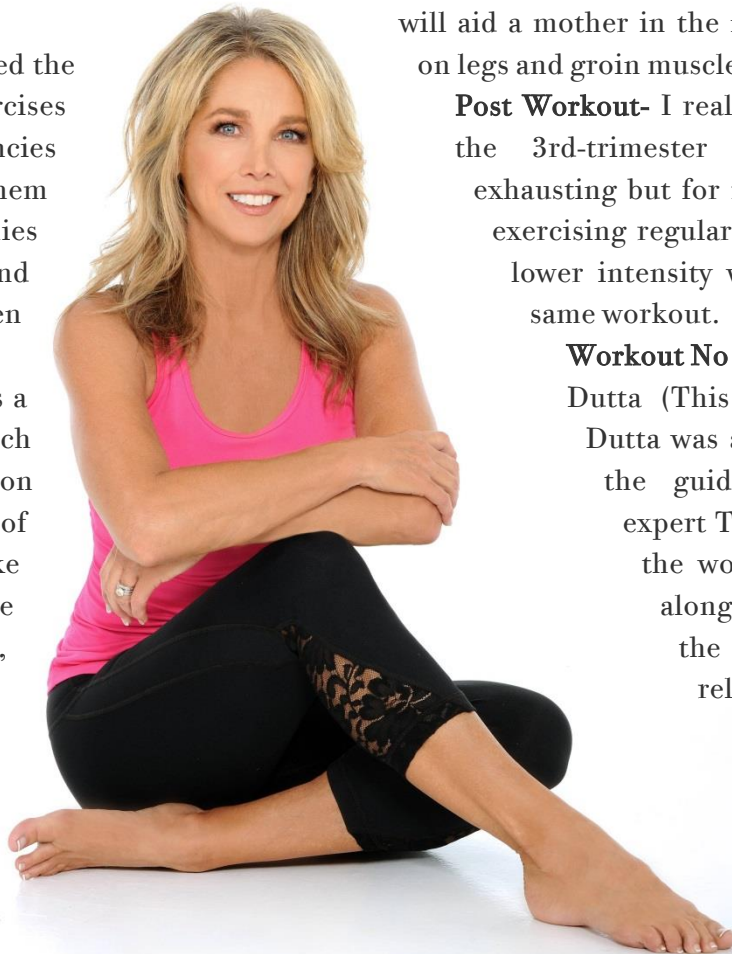
I have personally followed the below mentioned exercises during both my pregnancies and hence recommend them to all the fellow mommies who love working out and won't stop...even when they are pregnant.

Workout No 1- Be Fit is a youtube channel which offers a transformation programme with some of the top fitness trainers like Denise Austin, Jane Fonda, Billy Blanks Jr., and more and the below-mentioned exercise is a part of the pregnancy exercise series by Denise Austin.

About The Workout- Denise

Austin's Prenatal Cardio Workout from Fit & Firm Pregnancy is a fun, low-impact, 20-minute heart-healthy aerobic workout that is adapted for all three trimesters to boost metabolism, burn calories, and tone the entire body.

Post Workout- You will feel great after this workout which not only boosts your metabolism but also get that heart rate up and trust me if you are a workout enthusiast like me this will be your go-to workout for days to come and it does tone those muscles.



Workout No 2- Anna Saccone is a real mom to 4 kids and vlogs about her pregnancy and fashion and lifestyle while in this video she is actually performing a Pregnancy Workout while in her 3rd Trimester.

About the Workout- This workout is a 3 part series of pregnancy workouts, where they have demonstrated the workouts to be performed by Anna in the first, second and third trimester of the workout. This is a combination of workouts which will aid a mother in the normal delivery focussing on legs and groin muscles.

Post Workout- I really felt cool and nice after the 3rd-trimester workout, nothing too exhausting but for moms who have not been exercising regularly, I would suggest trying lower intensity with a lot of gaps of the same workout.

Workout No 3- Prenatal Yoga with Lara Dutta (This is the time when Lara Dutta was actually expecting) Under the guidance of Prenatal Yoga expert Tonia Clark. The setting of the workout is really great and along with instructions, this is the perfect workout to feel relaxed.

About the Workout- This workout is perfectly relaxing, calm and a soothing workout. Your spine and the muscles exposed to

greater tension during pregnancy period will be properly taken care of with prenatal yoga mild stretches.

Post Workout- This workout relaxes me, But as it is a long workout consisting of above 30 mins, the only thing needed is undisturbed time with no distractions. This workout is especially good for moms in their third trimester and this can be done just once or twice in a week coupled with other exercises.

By SuperMom Mitali

Why Having Ghee Is So Important

Healthy Eating



Ghee has recently made some major headlines in recent health articles and on television claiming to have benefits of health beauty and beyond. Shots of ghee can be brought in pill form, powder protein, and more. But most people are still not aware of ghee and the real benefits of Ghee when AGED properly. Research has shown the more ghee sits without exposure to sunlight, air, or heat, the more antioxidants and vitamins form. A lot of companies “bottle butter with no benefits” there is no benefits to the butter being used for three main reasons.

1. Low Fat Content – Proper ghee has to start off with the right butter, with a high fat content. A lot of “ghee” companies use butter with little to no fat content at under 50% when the butter is strained there is nothing for the strained liquid to work off. Ghee absorbs the antioxidants and vitamins of the milk fat, without you getting the fat.
2. Essences, aromas, powders, and pills...Oh my! A lot of companies have jumped on the “Bulletproof” band wagon and created different forms of this rich ancient super food. All you need is ghee in a jar cooked right, to get the benefits.
3. Ageing ghee butter using a cooling/heating process is the proper way to make it. It leaves a rich golden color, smooth texture, & hazelnut aroma.

Ghee can be used from massaging on the skin, rubbing on the lips, to even melting and rubbing in the hair. With natural collagen producing vitamins (A, E, & K) ghee butter tops the worlds list of rich ancient super foods. Look out for watery or “runny” ghee butter with oil on top, this ghee is usually

mass produced using salted butter.

Biting The Bullet

When researching and seeing that so many companies make “Ghee” it was hard to see a lot of them covered up ingredients with essences, and used the sales pitch “Grass Fed” to get more customer attention. Grass Fed is an important factor in making ghee, but knowing how to cook it and age it is just as important. With two very unique flavors on the market; Edible Gold & Edible Silver, you can have the ultimate bulletproof shot with benefits. Indians have been putting gold & silver on desserts for hundreds of years, they knew what they were doing using these two precious metals. As both are natural metals and when released in the body; act as natural astringents and help with digestion. All you need is one-two spoons a day to keep you energized. Many homeopathic doctors claim there is ghee in India that is over 100 years old the benefits are so powerful they are known to break cancer in the late stages.

No one has uncovered the whereabouts of this ancient gold liquid but we can keep looking, and in the meantime make ghee in its more traditional form & aged to perfection. Visit www.gourmetghee.com for more information.

By: Nazia Aibani, @GourmetGhee



Stress Eating

& How You Must Avoid It

Have you ever munched bag of chips/ tub of ice cream in front of the television mindlessly???

Have you ever stopped for a late-night snack after an evening with friends or family??

The next time you sit down for a meal, do one thing for me- try to be aware of what you are feeling. Are you feeling anxious? Are you feeling stressed? Are you feeling low/negative? Are you feeling happy/ sad?

These emotions that come along with your eating are important to notice. Some of these emotions even I used to feel every time I sat down for a meal. But it doesn't have to be like this!!

So are you ready to break free from stress eating and bring back happiness to your meals?

Here's My Advice To You—

When you sit down to have a meal, take 3-4 long deep breathes. This will relax your body and make you more mindful and conscious.

Try to eat without keeping any pre conceived notions about the food. No judgments around the food will help you stress less.

Remember moderation is the key! Anything excess is not a good thing. Follow 80% nutritious meal and 20% imperfect meal. Your goal is to balance out.

Do not feel guilty of the imperfect meal that you eat. Be guilt-free!

Enjoy and give your body what it needs. Listen to your body and be aware of when you are full.

Try to remain calm and relaxed. This is the healthiest way to eat. Be more conscious.

Make sure to be sitting in a peaceful place away from phone/social media/ television/ laptop.

Have fruits of 3-4 colors in between your meals to curb the hunger.

We control our larger meals, but throw water on all that effort by bulking up on our snacks. Most of our mid-meal snacks are unhealthy.

Have 1 small katori fruits/nuts/sukha bhel, makhanas/lotus seeds/ jowar puffs/ khakhra/ popcorn or sunflower/pumpkin seeds as your snack. But don't have all of them at once!

Understand and notice how you feel after eating a meal. Be satiated after eating and feel good about it. Try to be more grateful!!

Try to remove the pressure of eating healthy and perfectly. Try to shut out the noises of perfectness. Try to indulge but with moderation.

Remember, your food is your way of Nourishment not a Punishment! Avoid over eating, your food is not going anywhere!

Don't cheat on sleep! Stress related insomnia is common but depriving yourself from sleep is a big NO-NO. Not getting enough sleep will leave you more tired and unproductive than usual. Sleep for 8 hours.

Don't let the stress over shadow you. When you feel down and low try to go for a walk/listen to music or read a book.

Distract yourself! You don't need much to stay healthy: just 2-3 hours of physical activity per week is sufficient.


Remember, more stress (more cortisol) = more fat storage!!

By Dietitian Manoli Mehta

Founder of Tattvum

- Discover Wellness





5 Healthy Substitutes of Sugar

Table sugar or added sugar is something that we don't realize but is bad and harmful for our overall health.

Unfortunately, the number of people with health disorders like obesity, heart disease, diabetes etc. continue to rise. The best way to avoid processed sugar and our cravings is replacing it with some healthy substitutes from natural ingredients or follow the organic route.

Jaggery

Jaggery comes from either the sap of sugar cane or palm trees and has an aromatic flavor with a blend of molasses. Because it is processed without use of chemicals, jaggery retains many vitamins and minerals such as magnesium, iron, calcium, phosphorous. Jaggery can be easily blended with any food or beverage. Apart from that for people working in high chemical or toxic industrial surrounding jaggery has proven effective to protect them from lung disorders.

Dried Fruits

Dry fruits like black raisins, prunes, apricot, dried plums, goji berries, mulberries, they are packed with natural sugar and minerals needed for a healthy body and strong bones. They are good sources of potassium and soluble sugars. These options are relatively easy dried fruit to digest since they are lowest in fructose.

Dates

Dates are loaded with potassium, iron, copper, magnesium and essential vitamins, also dates help metabolize proteins, fats and carbohydrate. Date puree can substitute 1 cup of sugar in any recipe. Also, date sugar is recommended as a substitute to refined sugar due to the fact it contains nutrients not found in crystallized sugars.

Coconut Sugar

Coconut sugar is a natural sweetener and also it has a lower glycemic load and rich mineral content. Its packed with polyphenols, iron, zinc, calcium,

potassium, antioxidants, its versatile and readily available.

Honey

Honey and sugar both are carbohydrates composed primarily of glucose and fructose. Although honey is considered a little better and healthier alternative to sugar as its higher in fructose than glucose, as fructose is more sweeter than glucose so you may be able to use a smaller amount of honey in your food or drink without sacrificing sweetness also it contains trace amounts of vitamins and minerals to have added health benefits.

Many people reach out to so many processed artificial sweeteners which is not advisable as they also have various harmful effects on our health. It's always a good option to stick to natural food sweeteners over the artificial ones. Though these options may have a better reputation but anything had in excess has adverse effects. If you have any medical complications or any health concerns speak with your doctor or nutritionist about your dietary needs. They can advise you how to have these options and in what quantities.

By **Kejal Sheth**



Mother's Day

Fashion & Lifestyle

Gift Ideas



Mothers Day is a celebration honoring all the mothers in the world so we can tell our beautiful mothers how much we love them and appreciate everything they have done for us. Any words, gifts or appreciation for a mother will never be enough. They do their jobs selflessly out of their love for us, so this mother's day let's find a way to tell our mothers how special they are to us. Make sure you make your beautiful woman feel all the love she deserves with the best gifts!

1. RANGRITI:

No matter how many clothes a woman has in her wardrobe, they are never enough. So gift your mother a colorful surprise this mother's day with Rangriti's Summer collection. Rangriti brings to you magnificent pieces, designed keeping in mind the modern women of today who want comfortable clothing that makes them stand out. The range will make you fall in love with its pop of vibrant colours and modern-cut designs. Rangriti has become the epitome of Fusion Fashion as it adds a contemporary touch to your look, as each piece is comfortable to wear and up to date with latest trends. This collection is primarily dominated by Smart Kurtas, Kurta Dresses, Indie Tops, Slim Pants and many more to choose from. Price on Request

Website - www.Rangriti.com

Facebook - www.facebook.com/RangritiIndia

Available at: Jabong, Myntra

2. LIBERTY:

Mother's Day Gifting Options

Gift your mother a treat for her feet with these comfortable collection from Liberty. Liberty offers high quality, fashionable footwear for women at the best prices. Keeping in mind the trends of the world, these shoes depict the perfect combination of style and comfort to make you stand out in the crowd.

Price Range - Rs 1200 - Rs 2500

Available At - All Exclusive Showrooms of Liberty

Website - <http://www.libertyshoes.com/>



3. SUMONA COUTURE:

Sumona Silver is for the modern woman, the collection is designed to be affordable, eye catching using 18k silver dipped in gold polish, south sea pearls, black onyx, moonstones and many more. It carries bold designs and rich colours forge the way for leading fashion, there is a larger market that shouldn't be ignored in more traditional and classic looks. Theme jewellery in mangtikas, earrings, and armlets has an appeal that goes beyond fashion alone because it identifies with what the wearer cares about. In addition, traditional moonstones, onyx and antique jewelry have a classic look with timeless appeal. There is a major market for these items that will always be present even as fashion changes.

Jewellery Price- 5000 - 35000 onwards

Jewellery Available-
www.sumonacouture.com

4. SKIN CARE WITH SHAHNAZ HUSSAIN'S BEAUTY PRODUCTS:

Treat your mother with shahnaaz Hussain's beauty products full of goodness and promise to a healthy skin.

Where to buy- <http://www.shahnaz.in/>

Price- Rs. 290 onwards (Per product)

5. UNLIMITED TASTING MENU FOR MOTHERS DAY!

Mother's Day is around the corner and it's the perfect time for us to celebrate with food and fun. Lets your taste buds witness a heavenly delight with traditional Cantonese Cuisine giving everyone to make a plan at Royal China for a memorable day. Make your way to Royal China for unlimited the dim sum meal with a complimentary cocktail for all the mothers.

Unlimited Fried & Steamed Dim Sum from our old dim sum menu with chicken/veg hong kong noodles or egg/ veg fried rice with anyone dessert (Toffee banana/ honey noodles fried/ steamed buns)

Where- Royal China, 16th Floor, Eros Corporate Tower, Nehru Place, New Delhi-110019.

When- 12.30pm -3.45pm & 7.30pm - 11.45 pm.

On Till- Mother's Day Special Brunch.

Price- Rs 1950 for one (plus taxes)



5 Ways

To Cope Up With The Summer Heat

High temperatures can create uncomfortable conditions. A paper published in the European Journal of Social Psychology, determined hot weather makes people less “prosocial”, or less willing to assist others. Even thinking about exposure to uncomfortable heat can leave one feeling more fatigued and less positive.

Here are some expert tips on keeping cool this summer.

The best way to be safe is to stay hydrated and keep indoors during peak sun hours.

Spike Up The Use Of Spices

Eating spicy foods can actually cool your body down. The heat of your dish will make you sweat and, in turn, cool you off naturally. According to Registered Dietician and Professor at the University of Connecticut Nancy Rodriguez try using spicy ingredients in salsa, guacamole and other summer snacks.

Refrigerate

Cope With The Summer Heat

You can turn everyday products into a cooling sensations simply by storing them in the refrigerator. Sunscreen, lotions, toners, creams and even perfume can all be kept safely in the fridge to give you a refreshing lift upon application. Nicole Darmanin, spokesperson for skin care company Mario Badescu, said that products such as eye creams can be kept in the refrigerator and applied cool.

Cool Your Pulse

The National Sleep Foundation recommended placing a damp washcloth in the freezer to create an easy, cooling compress. Placing the frozen cloth on your wrists or any pulse points will bring an icy shock to your body. If you do not have an ice pack, leave your wrists under cold, running water for 30 seconds. This will cool the blood in your veins and provide some instant relief.

Avoid Caffeine, Alcohol

Rely on water and juices. Ice cubes and ice lollies made from fruit and vegetables can replace cups of water, and that foods such as yoghurt – which is more than 80 percent water – can also keep fluids high. Caution against iced tea or anything with caffeine as some people can observe increased perspiration. As refreshing as it may sound, beer, wine or hard liquor are all poor options. Alcohol is dehydrating and should be avoided during scorching heat.

Create A Faux Ac

To simulate the feel of an air-conditioner, Place a bowl of ice in front of a box fan and sitting directly in front of the flow of air.

These tips can help you stay cool this Summer.

Summer Diet

For A Healthy Weight Loss

The summer season is in full bloom now and with the scorching heat and unpleasant weather in most regions, you are most definite to mess up your healthy diet. Therefore, Women Fitness thought of easing up your summer issues and getting to you a guide for the ultimate healthy summer weight loss.

FOODS TO EAT

1. FRESH FRUITS

Yes these are an absolute must for summer. Fresh fruits help in hydrating your body and skin, which can be a common problem in summers, especially in India. Mulberries, pineapple, mangoes, watermelon and peaches are all great seasonal fruits to have in summers.

2. DRINK NATURAL COOLERS

From coconut water to buttermilk, and sugarcane juice to lemonades, drink it up!

3. CURD & LASSI

Curd is an excellent food for summer, as it increases friendly bacteria in the gut and improves digestion and boosts immunity. If you're not much of a curd person, then have a glass of sweet lassi.

4. RAW MANGO

Raw mango or amiya is a specialty of the summer season and is extremely good in preventing sunstroke and weakness. Aam panna juice can help balance electrolytes in the body. You can also have

raw mango in any form like adding it in bhel or salads, it tastes so good.

5. CORN

Another summer favorite that everyone loves and must definitely feast on, is the corn. Corn is a starch that resists digestion and can aid weight loss by increasing immunity, controlling blood sugar levels, and increasing satiety.

FOODS TO AVOID

1. SPICY FOODS

Avoid all types of spicy foods because they increase your body heat. And who would want to feel more hot in the already 'so hot' summers.

2. AVOID SODAS

Aerated soft drinks and other sodas contain high quantities of sugar and other preservatives which act as diuretics, thereby, increasing the flow of urine and can cause loss of water from the body.

3. FRIED FOODS

Though you might be easily lured to munch on those McDonalds' French Fries, please do not! Fried foods are only going to burn your stomach and intestines and spoil your digestion too.

4. DRY FRUITS

Even though dry fruits are considered extremely healthy, they have a lot of heat. So, it is advisable to minimize or remove the intake of dry fruits during summer.

5. MAYONNAISE & SAUCES

Mayonnaise and cheese sauces have close to 350 calories and it often leaves you feeling bloated and sluggish. Some sauces may also have too much MSG (Monosodium Glutamate) and salt content. Therefore you must rather make your own homemade sour cream or schezwan sauce, if you're craving it.

These healthy food choices will not only help in improving your digestion in the warm summer months but also aid in weight loss. Therefore, get ready to eat healthy and stay fit this summer!



Fashion, Travel & Lifestyle Blogger

Sonam Lakhani

Shares Real Weight Loss
Tips

Sonam Lakhani, founder of www.myhautelife.com, a fashion, travel and lifestyle blog based out of Dubai and Mumbai, has an inspiring transformational story to tell. Lets read through it:



What was your transformation duration?

It took me about two years to get in shape completely, lose the fat and tone up. I never wanted to opt for any crash dieting methods or short cuts to lose weight. I loved my rice and I didn't want to give up on the carbs at any cost.

So when I realized I need to get rid off 20 – 30 kgs I started working out regularly, tried all different classes to see what I enjoy and what works best for me. I started eating home food but included rice in both my meals. I cut down on junk, sugar and switched to basic regular meals. Within three months I started seeing changes in my body and that motivated me even more. After a year I had shed off quite a lot of weight but had I still had to tone up so I started kickboxing and power yoga. That completely changed my body, I built muscle and started looking leaner. The process wasn't easy but it was absolutely worth it. Since I was young and didn't have anyone to guide me it took a little longer but with a help of a right nutritionist and a good workout you can speed up the process.

Tell us about yourself?

I am a dreamer, traveller and a fashion enthusiast. I am also the founder of www.myhautelife.com, a fashion and lifestyle blog featuring latest style trends, beauty tutorials and some exotic travel locations. For me the best stories are found in between the pages of a passport.

What motivated you to start the blog my haute life?

My Haute Life is a celebration of all things I love Fashion, Lifestyle & Travel. For me, playing dress up began at the age of five and probably never ended. This passion grew further and as an extension, I dabbled with Jewellery Designing, Gemology and Diamond Grading. But at heart, I was always a fashion enthusiast. Clothes over stones, always!!!

Realizing my vocation was meant to be in the design scene I fully immersed myself into the fashion world. I designed my own clothing brand and expanded my production; well that's where the Business Graduation came in handy.

After moving to Dubai I worked with ITP Publishing, Middle East's leading publishing company. Along with

working for the lifestyle section of Masala, I also took the mammoth task of styling several projects including the Masala's Most Stylish supplement. It was this love that laid the genesis of my blog. Drawing inspiration from all parts of life and experimenting with my personal style, I want to recreate unique looks that are wearable and affordable. Also I'm so enamored with the idea of travelling to exotic locations. There's something so enticing about exploring unique places and beautiful towns that people have only dreamt of. From living in an Igloo in Finland and spotting the Aurora Borealis in the North Pole to skydiving in New Zealand and chilling in BoraBora, I've done it all. Nothing makes me happier than exploring the world and dressing up!

How are you able to manage a healthy lifestyle while travelling the world? What is your workout like when travelling?

I've invested a lot of time and energy into getting in shape and the one thing I am never going to let go off is my healthy lifestyle. So when I travel I make sure that I am super active, I prefer walking everywhere, I try and drink more water, I eat a small snack every two hours, I refrain from eating bread and stick to fish, rice and vegetables as much as possible. I avoid flour and sugar as it tends to bloat me up. If I am going to a resort then I make sure to carry my gym gear and I swim as well. If it's a city break then that involves a lot of walking and being active.

What is your typical diet in a day?

I start my morning with a banana and black coffee and finish my workout. My breakfast is usually poha/ idli/ eggs/ oats with almond milk. I eat an early lunch at 12.30pm which is mostly rice and vegetable (in any form) with a spoon of ghee. Two hours post lunch I have ginger lemon tea and a fruit. My evening snacks are usually dry fruits and one avocado along with green vegetable juice. Dinner is usually a fillet of white fish and lots of vegetables or a bowl of khichdi with ghee. If I crave for something sweet then I have dark chocolate or jaggery.

“I’VE INVESTED A LOT OF TIME AND ENERGY INTO GETTING IN SHAPE AND THE ONE THING I AM NEVER GOING TO LET GO OFF IS MY HEALTHY LIFESTYLE.”



What would be your weight loss tips for the bloggers who have to travel a lot and find it hard to maintain a healthy lifestyle?

I would recommend everyone to first have a realistic fitness goal so you know where you want to reach. For every traveller I would suggest being very active on a holiday. You can choose to swim, walk and run, almost all hotels have a gym, just spare 40 mins and try and workout. If that's not possible then just try and walk a lot. Eat a light dinner and include lots of vegetables in your diet- salads, stir fry or anything that's available. Hit the supermarket when travelling and stock up on healthy munching items instead of coke and chips. Buy dry fruits, fresh fruits, rice crackers, cheese , yoghurt and lotus seeds for mid-day munching. Suryanamaskars work wonders when you want to maintain your weight while travelling, even 20 would be good enough. Avoid flight food, sugar, sodas and flour completely.

Statement Jewelry

To Buy This Season



Sun-Sign

Fitness



Aries

Try all the new classes or equipment you like. So long as you don't play the daredevil, you'll learn a lot about how your body works. Of course, if you're totally into a routine that makes you happy, stay happy and

don't change a thing.

Do your workout or run early on May 1 and blaze through the rest of the day.

The moon conjoins Pluto and Mars on the fifth. Have a powerful group run or dance the night away.

May 11 and May 12 are your power days with the moon in Aries. Increase your step count or add a lap or extra minutes to your run or swim.

The thirteenth is Mother's Day. Exercise early and then spend some quality time with Mom.

The next day is the last day that Uranus spends in Aries. Push yourself in the weight room, but don't get reckless.

May 19 and May 20 are made for fun in the sun! Get out, get some fresh air, and remember to take your sunscreen and hat.

The sun trines Mars on May 23. It's body pump or super aerobics time!

Memorial Day, the twenty-eighth, is for beach or hiking fun. The next day is the full moon. Work hard and then sleep extra well. Great!



Taurus

Even a small effort - a few more steps - will pay off if you're persistent. Focus on your basic exercise and feel virtuous every single day.

Be perky on May 1 and your inner child out during

let your run or favorite video workout.

The fifth is for serious work, then serious play. Sweat up a storm on the stair-climber and then party and dance. It's Cinco de Mayo!

May 7 could get complicated, but you'll charm your way to the gym in time. Chill with some yoga.

The thirteenth is Mother's Day. Remember to mother yourself, too. Mercury and the moon enter Taurus today. Healthy pampering of skin, hair, and muscles is permitted.

May 13, May 14, and May 15 are all power days with the moon in Taurus. Make great progress now. More steps! Your stamina is improving. Uranus enters Taurus on Tuesday, by the way. Surprise yourself with all your progress.

On May 19, Venus enters Cancer. Focus on smarter groceries and healthier recipes. Enjoy more salads and smoothies.

If the weather is bad on the twenty-sixth, there's the treadmill or elliptical machine.

May 28 is Memorial Day. Ski season may be over, but there are still spas and resorts. You're so on the go!



Gemini

Do your best now and outshine anyone around you. Not that you'll care. Be consistent and make phenomenal progress now.

Wake up on May 1 feeling and looking great.

Do your run or workout and feel even greater.

The seventh is less complicated than you think. Do your yoga or walking meditation and settle down.

Move more on the weekend of May 12 and May 13. Walk, run, or bike and enjoy the air. Sunday is Mother's Day. Exercise early.

May 15, May 16, and the morning of May 17 are power days with the moon in Gemini. Gradually raise your expectations and excel when the moon conjoins Venus on Thursday.

Write your healthy shopping list on the eighteenth, and visit the farmers' market the next day. Seasonal fruits are getting better and better.

The sun enters Gemini on May 20. It's your weekend to soak up the rays and vitamin D.

Maybe accept an invite to a new gym or try a special one-time offer on the twenty-fifth.

May 28 is Memorial Day. Visit a new park or hot springs. Ah!

On the twenty-ninth, the moon is full and Mercury enters Gemini. Your workout is definitely playtime. You're doing great!



Cancer

You're focused on better health and fitness. Do you need anything to make it easier and more comfortable? Better shoes? A different skin moisturizer? Sports cream? Get it. You deserve

it.

Greet May 1 with a vigorous run or workout, then greet the day with extra energy.

Respect your limits on the fourth, but don't skip. How many steps today?

The fifth is intense, with the moon conjoining Pluto and then Mars. Have a strong run or bike ride - staying safe, of course. Then dance through the night. It's Cinco de Mayo!

May 10 is for swimming or extra hot tub time. Is it time for new goggles or cap?

The weekend of the thirteenth (Mother's Day) is for more outdoor activities. Soak up the sun and enjoy running, biking, inline skating - or even gardening.

May 18 and May 19 are your power days with the moon in Cancer, and Venus enters Cancer on Saturday. Upgrade your moisturizer, sunscreen, and lip balm. Looking good!

If the twenty-fourth gets complicated, you'll still do your workout.

Memorial Day is May 28. Welcome summer with a day hike or volleyball game followed by a cookout.

The full moon on the twenty-ninth could be for an evening walk with a companion. All right!



Leo

If you have an exercise regimen, excellent! If you're just starting, now is the perfect time. It's natural and easy for you to exercise more, sit less, and eat better. You'll rest better, too.

Begin May 1 with passion, even if it's chair yoga or meditation.

Make a serious effort on the weekend of the fifth and sixth. Do a fun run or day hike from a new trailhead.

On May 8, improve your stamina and leg strength on the treadmill and elliptical. The sun opposes Jupiter today, so you'll want to get in more steps than usual.

A stroke of luck on the eleventh gives you more time to work out. Use it all. The sun trines Pluto today.

May 15 is the new moon, and Uranus moves into Taurus. Start a new aerobics class and be determined about it.

The sun enters Gemini on May 20. Change or shorten your workout if it's boring. It's your power day with the moon in Leo.

Do more reps with less weight when the sun trines Mars on the twenty-third.

Memorial Day is May 28. Get outdoors and run, bike, or swim, and then maybe enjoy a healthy potluck picnic.

A full moon jog with a friend on the twenty-ninth? Perfect!



Virgo

Nothing stands in your way to becoming healthier and fitter. Keep exercise on your daily to-do list and show up. You've got this down.

Get up on May 1 ready for your run or favorite aerobics routine. Once you start, you won't stop.

Do more steps on the second. The moon trines Mercury now.

Don't be indecisive on May 5. Stick to your routine, burn those calories, and get ready to party healthy. Happy Cinco de Mayo!

On the tenth, do your workout or run and then hot tub it. The moon conjoins Neptune today.

Run, skip rope, or bike early on May 13, then enjoy some family time and food. It's Mother's Day, and Mercury enters Taurus.

Try a healthy new food or recipe on the fifteenth. Uranus enters Taurus now. Skip the crazy fad diets, though, okay?

Have more outdoor fun when the Sun enters fun-loving Gemini on May 20.

The twenty-first and twenty-second are power days with the moon in Virgo. Rock the gym or pile up the steps.

Memorial Day is May 28. Hit the beach or pool and then have a healthy picnic or cookout.

Power body pump as Mercury enters Gemini on the twenty-ninth. You're rockin' it!



Libra

You can be more active if you want. If your heart is in it, it will happen. No one and nothing will slow you down. Be in the mood for no excuses. The people who care will see how happy you are when you're working to be fitter and

healthier. Do it.

Start April 1 with a great early run or aerobics workout, and then challenge your self-control regarding chocolate. It's Easter and April Fool's Day.

The weekend of the seventh and eighth is perfect for a long walk, run, or bike ride. More steps, more fresh air, more quality time to feel your best. The Venus-Saturn trine is on Saturday.

Stand your ground and maybe hit the weight room on April 10. Maybe gain an admirer. Venus trines Mars today.

On the fourteenth and fifteenth, consider tennis or handball. Keep it aerobic. Mercury goes direct on Sunday. You can probably find your favorite headband now.

The sun enters Taurus on April 19. Wear your new yoga pants with pride.

Venus enters Gemini on the twenty-fourth. Play more, do more steps, and talk about it less.

April 27 and April 28 are power days with the moon in Libra. You're rocking this month out of sight!



Scorpio

Keep working hard and piling up those "ah ha" moments that keep you progressing and getting healthier. Sure, it's sometimes hard to drag yourself to the gym or outside for your run. Do it anyway. There is so much

happiness when you can see improvement. You know that you're becoming better and better.

On May 1, put on your workout gear and go. If the evening is better, fine, but don't skip.

On the fifth, get serious about how much fun this is. The moon conjoins Pluto and then Mars today. Do a strong run or gym session.

On May 7, do the weight room and go for more reps. Mercury squares Pluto today.

Do your favorite thing on the eleventh - walk, skate, or Bikram yoga. Sweat up a storm and then consider the hot tub. The sun trines Pluto today.

On May 19, remember nutrition and get to the farmers' market. Think fresh, local, and unprocessed if you can.

You're ready to break a personal best when the sun trines Mars on the twenty-third.

May 26 and May 27 are your power days with the moon in Scorpio.

Memorial Day is the twenty-eighth. Explore a new trail or park and have a great weekend. Celebrate a dynamite month!



Sagittarius

The only person you're competing with is you.

Concentrate on enjoying yourself and being that little bit healthier and stronger. Make yourself happy and let workout time be playtime.

May 1, May 2, and May 3 are your power days with the moon in Sagittarius. Make a strong effort, be it treadmill or chair yoga. Excellent!

If social plans try to interfere on the fifth, do your run or walk early and then dance up a storm in the evening. It's Cinco de Mayo!

Motivation may droop when the sun opposes Jupiter on May 8, but you know what you need to do. Be determined.

The moon-Jupiter trine on the tenth makes it easy. Reward yourself with some hot tub time.

Exercise early on May 13, Mother's Day, and be free for family time.

The eighteenth is for replenishing your fresh veggies, fruits, and healthy snacks.

Don't second-guess yourself on May 22. Do the yoga or dance class and feel good. It's well worth it.

The moon conjoins Jupiter on the twenty-seventh. You're golden unless you do nothing.

Memorial Day is May 28. Summer is here. Beach volleyball and barbecue. May 28 through May 30 are your power days, too. Dance under that full moon on Tuesday. Fun, fun, fun!



Capricorn

You can get too serious or push too hard. Don't stop pushing yourself, but if something hurts, don't continue until you figure it out. You've got this.

Get up on May 1 determined to work a little harder. Why cheat yourself?

Do as much as you can on the fourth, when the moon conjoins Saturn. That day and the fifth are your power days with the moon in Capricorn. Do your best. Don't worry about how it looks.

Be adaptable on May 11. Is the treadmill or rowing machine open? Go there.

The thirteenth is Mother's Day, with Mercury entering Taurus. Exercise early, be a good example, and have the day for family and healthy food.

May 15 brings the new moon as Uranus enters Taurus. Try a new dance or yoga style. Nothing will throw you off your exercise routine.

Mercury trines Saturn on the eighteenth. Make wiser food choices and eat better.

On May 24, last-minute people problems could delay you, but you won't miss your run or gym session.

Get outside for Memorial Day weekend and celebrate summer. Ride the mountain bike or do a day hike in the hills.

May 31 is a power day, too. End the month strong!



Aquarius

Exercise is a part of your life. Even if you're only beginning to seriously think about it, the commitment is there and growing. Don't think of it as a burden. Be your own hero every day and keep moving!

Get up and move on May 1. Walk or do a familiar aerobics routine. All right!

Be more ambitious on the third and fourth. Run or swim an extra lap. You can always do a few more steps, right? Right.

Get outdoors on May 5 and join a fun run or bike ride. Dance the night away. It's Cinco de Mayo! If you need to sleep in the next day, it's permitted.

The sixth, seventh, and eighth are your power days with the moon in Aquarius. Be good to yourself.

May 13 is Mother's Day. Exercise early, and go to a park or garden with the family later. Mercury conjoins Uranus today. Keep moving, regardless.

The fifteenth is the new moon, Uranus enters Taurus, and Mars enters Aquarius. Try a new workout or instructor.

Get back to basics on May 21 and May 22. More steps.

The twenty-eighth is Memorial Day. Get outdoors!

Good breathing and posture are easy on May 31. It all contributes!



Pisces

Be diligent and keep that dream alive of perfect and fitness. You are making it happen. You're getting more tuned in and harder to distract. Good for you!

Start May 1 as bright and early as you can with a strong run or aerobics warm-up.

Consider yoga or tai chi on the fourth.

May 5 is for social fun and games, including dancing into the night. The moon conjoins Pluto and then Mars today. You know you want to move!

If you're stiff on the seventh or eighth, stretch and go easy but keep going.

May 10 is definitely swimming or hot tub time. The moon conjoins Neptune and trines Jupiter now. May 9 and May 10 are your power days with the moon in Pisces.

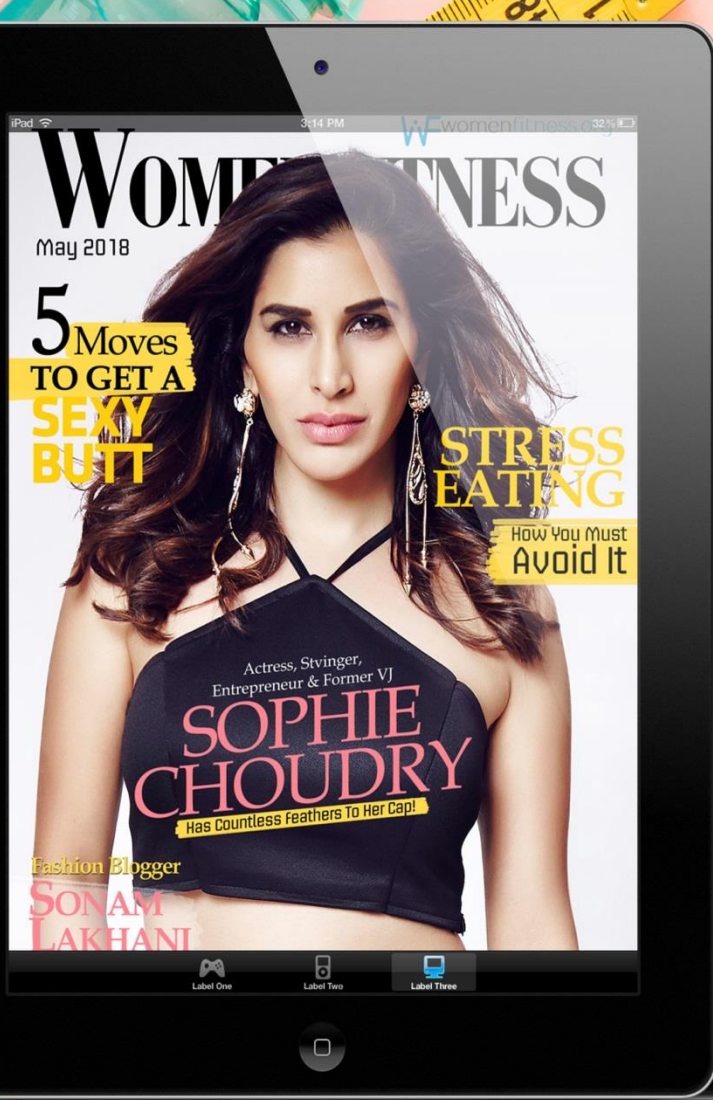
Walk, hike, or bike on the twelfth or thirteenth. Soak up some sun and vitamin D. Sunday is Mother's Day, with Mercury entering Taurus. Visit a garden, park, or aquarium.

Stock up on healthy snacks and salad stuff on May 18.

Memorial Day is the twenty-eighth. Get out all weekend if you can. Go to a new trailhead or beach.

Maybe take a long moonlit walk or run with a companion on May 29. Full moon happiness!

Credits: astrology.com



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