

Women's Fitness

November 2019

INDIA

Sweet Recipes
Using Sugar Free...

**Everyone
Must Enjoy**

The Festive Season



Renowned
**Fitness &
Pilates Expert**

**Shalini
Bhargava**

**Breast Cancer
Tests** *Every Women
Should Get Done*



Talks
**Fitness, Food
& Lots More!**

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Benefits Of
**Intermittent
Fasting**



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Cover Photo credits:

Location - JG'S Fitness Centre

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We need to start work with the idea that we're going to learn every day. I learn, even at my position, every single day..

-Chanda Kochhar,
Managing Director and CEO, ICICI Bank

Editor's Note

Brain is like a muscle, just like other muscles, you have to exercise the brain by learning new things. Challenge yourself to learn something new every day. It can benefit your career, your personal life, and your mental well-being, making you a happier and more productive person overall. There's no reason you can't learn something new every day, whether it's a work skill or a fun new hobby or even a language! Do you have a favorite place to learn something new?

This month we have Ms. Shalini Bhargava, Director JG'S Fitness Centre on our cover. In her words " Women must set aside an hour for themselves and perform any fitness activity that you love and enjoy." Also joining us is Sucheta Pal, the pioneer for Zumba in India who has been responsible for making the largest branded workout of the world the most talked about the dance-fitness regime in all the major cities of India. We are glad to have them both talking on significance of exercise and diet.

Don't miss out the latest in pregnancy, yoga, dietary tips to cope with depression.

Regards

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Cover
Story

Renowned
Fitness & Pilates Expert

**Shalini
Bhargava**

Talks

Fitness, Food
& Lots More!





Witnessing people flourish outside the four walls of a fitness centre owing to the sheer hard work done inside the gym is what makes Shalini's fitness journey a pleasurable one.

Having been in the fitness industry for twenty years, enhanced with in-depth knowledge of fitness, she has not only mastered the nuances but also gained a holistic perspective about this field.

She is the Director and Founder of JG'S Fitness Centre and successfully runs the IFAI (Indian Fitness and Aerobic Institute) where new methodologies and training techniques are taught to aspiring fitness trainers to take their passion for fitness to another level.

Being the Master Trainer for Masala Bhangra, she has trained and mentored Masala Bhangra Ambassadors across Asia, Europe, USA and Australia and has also presented this dance-fitness-workout

at various conventions, workshops and other events.

She is also a Celebrity Fitness Trainer to Madhuri Dixit, Dr. Sriram Nene, Sandip Soparrkar to name a few excluding numerous other celebrities who have been members at JG's Fitness and others who continue to be.

With so many credits to her name, Women Fitness takes the pleasure to talk to Ms. Shalini Bhargava about her incredible journey in the world of fitness.



I follow a combination of nearly all modes of fitness, Cardio HIIT, weight training, yoga and Pilates.

As an ACSM Certified Health Fitness Specialist & NSCA certified Personal Trainer, what attracted you to open JG'S Fitness Centre?

For me, JG'S is the result of my undying passion towards fitness and health, a holistic approach towards mind and body. Immense hard work, dedication and perseverance has gone into bringing up and building up JG'S. The whole concept behind kick-starting the fitness centre has been to offer a space where people come together and workout under the able guidance of a skilled and proficient team that is continually supervising and motivating them. Through this futuristic gym we aim to offer an unmatched delivery methodology to wellness enthusiasts.

You also run the IFAI (Indian Fitness and Aerobic Institute) where new methodologies and training techniques are taught to aspiring fitness trainers. How do you go about managing the need to educate men and women with what actually fitness should be about?

With a rise in the number of health-related issues, a lot of consciousness needs to be created on topics like physical and mental fitness and health, diet, and nutrition have a key role to play in reinforcing the health and well-being of individuals both men and women and also the youth. Through IFAI, our main objective is to create a space enabling aspiring fitness trainers to come under one roof and learn different methodologies and programs, current trends, individualised training programs, besides, of course the basic fitness training.

Your workout daily routine? 5 fitness tips for women of any age group and health status?

As far as my workout is concerned, I follow a combination of nearly all modes of fitness, Cardio (aerobics, dance fitness, spinning), HIIT, weight training, yoga and Pilates. I teach a variety of group fitness classes and lead the class, so get my own workout done. As far as weight training is concerned, I do that 3 times a week, for which I dedicate 40 mins to myself and not teach any class in that time. Same goes for Pilates, I try to squeeze in an hour and a half on at least 2 days to practise on different Pilates equipment. So summing up, and this could mean that I work out 2 or 3 hours daily, and absolutely a couch potato on a Sunday!!!

Fitness Tips!

5 fitness tips for women of any age group and health status

Women must set aside an hour for themselves and **perform any fitness activity** that you love and enjoy. Consumption of a well-balanced, clean and **healthy diet** is a cornerstone of health. Women, must enjoy a range of healthful and wholesome foods encompassing fruits, vegetables, whole grains, healthy fats, low-fat or fat-free dairy and lean protein. **Staying hydrated** at all times is another aspect that should not be given a miss at any point. **Drinking fluids** is an important step to stay healthy and to maintain the function of every system in your body, most importantly your brain, heart and muscles. Fluids carry essential nutrients to your cells, flush out the unwanted microorganisms from your bladder, and averts constipation. **Lifting weights** too bestows women with a host of physical and mental health benefits like burning down more fats and calories, lends you a well-toned and sleek body, reduces the perils of muscle loss, condenses the jeopardy of injuries, majorly enhances body metabolism, reduces the risk of falling prey to diabetes, aids in protecting the heart, enhances the muscle strength and power and corrects bad posture, to name a few.

You are also the Program Director for Bollyout at Dance With Madhuri (DWM). How did this association come into being?

So, I was working for Madhuri Dixit's portal, Dance with Madhuri, as in doing videos in different fitness forms. Dr Nene and Madhuri ma'am are both fitness enthusiasts and wanted to create a program which was fun, effective and suitable for all, loosely based on Madhuri's passion for dance. And from there emerged Bollyout, a dance fitness program, with moves and steps created by Madhuri ma'am and put into a fitness setting by me.

You are the Celebrity Trainer of Ms. Madhuri Dixit. Share with us 5 tips from her workout routine that have really helped her. Also 2 tips for family women, especially working mothers who tend to neglect their own health?

Madhuri Dixit Nene Diet and Workout

Belonging to an industry where one requires to look visually presentable and well-dressed always, Madhuri believes in holistic fitness. For her, dance is her love, passion fitness and meditation. She practices kathak two to three times a week. For her, dancing is just not a way of life but it is also a form of workout. Her workout mostly comprises of yoga, Pilates, cardio, and weight training exercises. One of her chief secrets to a healthy diet is to consume food like the Japanese. Her diet majorly encompasses of healthy delectable like tofu, seafood, and sushi, a bowl full of soup served with poached mushrooms and assorted, leafy vegetables at the side. Consuming this diet lends her enough energy from all the rich irons, proteins, vitamins and minerals and also helps to balance her blood pressure and upholds heart health due to its low cholesterol value. Apart from this, fresh fruits and veggies top her diet, her breakfast

comprises 3 egg whites with some veggies, a cup of almond milk and a handful of nuts. Occasionally, she also loves binging on kandha poha! For lunch she usually prefers to have two pieces of chicken or fish, some vegetables and a multigrain roti or a bowl of brown rice, salad and buttermilk. For evenings she usually has a bowl of makhana, some fruit and a cup of tea.. She has an early dinner which comprises of a bowl of salad, grilled fish or chicken and vegetables.

2 tips for family women, especially working mothers who tend to neglect their own health

In the quest of prioritizing the family requirements first, working women are always more likely to neglect their own nutritional needs. Feasting on the right amount of edibles would not only enhance their mood and energy but will also facilitate in upholding a healthy weight, helping you stay fit through every phase of a woman's life. Moreover a well-balanced diet is a basic necessity for women's health. A nutritious diet is the one that includes, a wide range of foods like fresh vegetables, fruits, legumes, whole grains, nuts, seeds, lean meat, eggs, proteins, healthy fats and dairy products that are low in fat content. Additionally a well-balanced diet lends a helping hand in majorly condensing PMS pain problems and keeping the bones strong. It also builds a robust immunity level, which aids in evading the indications of menopause.



Breakfast the most important meal of the day:

Whether you are working or a house-wife, women must consider kick-starting their metabolic rate by incorporating proteins in their breakfast, you can choose from eggs, lean meat, salmon or low-fat dairy products. The human body has the tendency to burn more amount of calories with the intake of proteins rather than carbs, hence by eating a protein-rich breakfast, will help you to up your metabolism. Moreover, protein intake will keep you satiated and full for long intervals, thus you will end up eating far fewer calories for the rest of the day. The best way to add protein to your breakfast is by topping your morning toast with a scrambled egg, sautéed mushrooms, and omelette or with a slice of ham. Breakfast play a great role in maintaining a healthy weight, hence skipping breakfast is not at all advisable.

Mid-morning Snack Is Must:

Healthy snacking before lunchtime is a healthy option and should be a part of every women's dietary chart. A protein rich salad, nuts, yoghurt, cottage cheese, are some healthy options.

Some form of exercise daily is a must, to keep the body fit, joints active and muscles supple. Like it's said. "If you don't use it, you lose it" So keep aside an hour for yourself, in which you indulge in any activity that you like and enjoy. Be it gym, yoga, Pilates, dance, some sport or a simple brisk walk.

What is your advice on the kind of diet that an aspiring model should have? 5 Foods that should be kept to a minimum?

It is prudent for aspiring models to eat clean, which implies filling your diet with whole, negligibly processed edibles. Along with eliminating processed foods from your diet, greasy and sugar-rich edibles like cakes, cookies, chocolates, aerated beverages must also be flushed out. An aspiring model who is keen on walking the ramp must limit oil, sugar and salt, while alcohol and caffeine should be totally eliminated.

Their **breakfast** could comprise of healthy juice with a mix of broccoli, mint, parsley, kale, lime juice, orange juice , some water rich fruits, a portion of protein (like egg whites/cottage cheese/ yoghurt

For **lunch** one must consume lean proteins such as steak, fish and chicken; whole grains such as brown rice; and fresh veggies such as spinach or salad.

Dinner will be almost the same as lunch, minus the whole grains. For purification and to stay hydrated, you also need to consume at least 8 glasses of water a day.

Portion control is the most important aspect in diet that models must follow. Along with following a modified diet pattern, daily workout is equally important.

Define Women Fitness India for our viewers.

Health should be a major priority in a women's life in India or anywhere in the world. In a country like India women are expected to accomplish multitude duties like managing home , children and their professional life, so it is very vital for women to be fit and in the best of health. Today with so much of awareness on women fitness, females in our country are taking active steps to uphold a healthy lifestyle. Initially fitness for women meant only yoga and dieting, today women are actively embracing various forms of fitness like Pilates combined with effective weight-training exercises, Zumba, Masala Bhangra and Bollywood fitness which are very effective in toning the body. Women today have comprehended that if they will be healthy and fit they can take care of others with better way.



PORTION CONTROL IS THE MOST IMPORTANT ASPECT IN DIET THAT MODELS MUST FOLLOW.



What is your daily skincare and haircare routine like:

Daily skincare after a hard workout for a good skin: It's a known fact that the best skin care is workout. A good workout does wonders for the skin. However, in a city like Mumbai, with the temperatures and humidity mostly high, the skin also tends to get dehydrated because of excessive sweating. I

do drink a lot of water throughout the day, almost four litres.

Genetically, I am blessed with a good skin, but I do use a face spray between sessions. Post workout, I apply aloe vera gel and after a shower, I apply a vitamin c serum, followed by a light moisturiser and sun block. I do not use any make up on a daily basis, except a lip balm and that ensures that my pores don't get clogged.

Haircare routine post workout:

Post workout, my hair is dripping with sweat, so alternate days, I shampoo and condition and other days, I just run water over my scalp. I use the Moroccan oil serum after shampoo, on dry hair. And to be honest, Hair care is probably the biggest post workout challenge for me. Since my hair is always wet, I leave it open to dry and do not use a hair dryer, except when I have to be dressed to go out. This challenge sometimes tempts me to go short but it's always a passing fancy.

Skincare before going to bed:

I can never go off to bed without washing my face, since cleansing it helps to clear pores, eliminate oil from the skin, avert wrinkles and most importantly freshens up your skin. I use a night cream and under eye cream, thereafter. And I never go to bed with make up on. I use Johnson's baby oil to clean make up off.

Haircare before going to bed:

Going off to sleep with your hair up in a messy bun or high ponytail may seem completely fine to you, but the tension from having your hair up for many hours can put an anxiety on your scalp and lead to ultimate hair loss. Instead of tying a messy bun or the tight updo I prefer to opt for a loose classic three-strand braid, or just leave them loose.

Celebrity Fitness Coach

Maahek Nair

Tells All Celebrity Fitness

Secrets

Maahek Nair is a celebrity fitness coach having an Internationally recognized Nutrition certification from Exercise Science Academy. She is well known for her customized nutritional diet plans for celebrities which have helped them to achieve their fitness goals at the right time.

We often are left fascinated by the gorgeously shaped bodies of our big screen celebrities but little do we know about the people who work hard to get their contours right.

Globally renowned Nutritionist, Reformer Pilates, Crossfit and Celebrity Fitness expert Maahek Nair has actively been a part of the fitness industry for more than 10 years.

We have with us this month on Women Fitness India, the super-fit Celebrity Fitness coach, behind actress Shraddha Kapoor's extremely fit body, Maahek Nair.

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

I come from a background of Postgrad and MBA in Finance. Like every other teenage girl, I wanted to look good, fit etc. so I joined various gyms. Got different tips and advice from various people I came across. As a person, I always go and cross-check a lot of information on google. Then I realised there was no scientific approach in it. Then I planned to study this subject as my mainstream. Currently, I hold a lot of international certifications in various fortes of nutrition and coaching.



Being a fitness trainer to top Indian actress and celebrities is a demanding task. Running a fitness gym 'BodyProCoach' calls for a big responsibility, introduce us to a day in your life.

Yes !!! (Smile) I am happy and proud of what I am today but still have to achieve a lot more.

My day starts at 5 am with my own physical training, moving ahead with my client coaching, YouTube video shoots, nutrition coaching, Pilates coaching and training and sums up to evening. I try my best-reaching home by 9 pm to spend quality time with my kids and have dinner with them.

Women tend to lose muscle after 30 and need to maintain their muscle strength to stay fit & strong. Sharing glimpses from your fitness training regime, tell us how one can maintain a strong core at 40?

I personally Practise Pilates 4 times a week and I believe it's one of the best programmes for balanced muscular strength and tone, particularly for your abdominal muscles, lower back, hips. I also Practise Crossfit as it Improves agility, balance, and flexibility. I am quite a fitness freak, I may not have time to sleep but Workout is a must.

Lastly,



I believe age is not the bar, the mind is the most important part for achieving any fitness goals.

Eating a wholesome meal plays a significant role when it comes to building a lean physique. Vegetarians often face an issue with optimum protein intake. Your 5 tips to supplement protein in a vegetarian meal. What would you advise fat over protein and carbs or the other way round?



5 tips for vegetarians:

- ① Use the 1.2–1.7 grams of protein per kilogram of body weight.
- ② Incorporate plant-based protein like Ace blend, Plix etc.
- ③ Choose whole foods containing the aminoacid leucine daily like Spirulina, cottage cheese, soy, kidney beans, sesame seeds and sunflower seeds.
- ④ Choose healthy carbs like Amaranth, Quinoa, Almond flour, coconut flour, cauliflower rice.
- ⑤ Incorporating these in the diet will make a great change Almond milk, coconut milk, Greek Yogurt, chia seeds, lentils, cottage cheese, hemp seeds, edamame Avocado etc.



Pilates as a Programme is Fabulous. It increases Muscular Endurance, Core Strength.

You are also a certified Reformer Pilates instructor, how would you explain Pilates as an exercise form that can help to transform a body? Pilates studios are hard to locate all over India and are accessible in only a few cities, what alternative exercise form would you suggest getting similar results?

Pilates as a Programme is Fabulous. It increases Muscular Endurance, Core Strength.

The increase in deep core muscle strength helps to make your abdominal muscles look tight and toned. It also improves your flexibility and posture, which can decrease your chances of injuring yourself.

Anybody practising Pilates will reap the below benefits in a span of 10-12 sessions: Improved Posture, Increased Flexibility, Improved Breathing, Reduced Body Fat.

Lastly, the beauty of Pilates is anybody at any age can start this Programme.

Other options if people can't access Pilates is to do HIIT videos on the YouTube channel Bodyprocoach they focus on complete fitness in 35 minutes with no equipment.

Share 5 most popular FITNESS MYTHS that need to be busted. Your input on them.

Myth 1:- THE MORE YOU SWEAT, THE MORE FAT YOU LOSE – Sweat has nothing to do with intensity; it's your body's way of getting rid of heat. Fat is oxidized inside your body, and it is not going to vaporize because you're sweating!

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

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

Myth 3:- DOING CARDIO BEFORE WEIGHTS WILL HELP YOU GET SHREDDED FASTER

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

Myth 4:- HIGH-PROTEIN DIETS ARE BAD FOR YOUR KIDNEYS

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

Myth 5:- SPOT-REDUCUCTION

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



IF YOU DON'T GO BEYOND YOUR COMFORT ZONE, YOU WILL NEVER BE ABLE TO BECOME THE PERSON THAT YOU ASPIRE TO BE.

During Saaho, you had put Shraddha Kapoor on a diet which comprises of a good amount of essential fat. Can you elaborate more about this diet and how it helped her?

- Shraddha was on a diet which comprised of essential fats from the source of Avocados, MCT oil and Feta cheese.
- She was on plant-based protein.
- Food high in sugar and carbohydrate was completely eliminated from the diet.
- She eats most of the meals home-cooked. Shraddha is a very simple person and does not show any tantrums with food choices.

Every individual is unique with a specific body-type. Also, people complain that they are hard-pressed against time. You recently helped actor Kartik Aaryan to get leaner for a role, what kind of workout worked best for his body-type? And, how do you design their workout during their outdoor shootings?

I strongly believe that fitness can be only achieved when you start prioritising exercise and eating pattern... that is the reason most of athletes and actors look fit all year round.

Kartik is highly focused when it is about workout and nutrition, but the shape and muscle quality highly depends on the character-based.

Generally, with Kartik, we always pre-plan the gym and I used to visit the gym and see the availability and quality of the gym that we can get a great workout.

Kartik has great genetics wherein the



body shows some great results in almost no time... we have been following the routine from the last few weeks...

10 mins of mobility and movement-based training this takes care of warm-up and range of motion of the muscles.

20 mins isolation, focused more on muscle quality and shape.

20 mins high-intensity compound movements based training, where we focused on heart conditioning and speed.

(Praveen & I did the training program together for Kartik).

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

Please subscribe to my channel BodyProCoach on YouTube and give me your 35 minutes for a month and I promise to make you realistically very fit.

Women Fitness has been there for more than the last 16 years working with a goal to help women with the best in health & fitness. Share a word about the website (Womenfitness.org) and a message for our followers?

Women Fitness is doing a great job spreading correct awareness and the help and support of Health experts. I am proud to be associated with women fitness for the well being of women.

My message to all followers is "we live our life's in a comfort zone. Hence Life becomes predictable. If you don't go beyond your comfort zone, you will never be able to become the person that you aspire to be."

5 Exercises You Can Do Daily That Are Good For The Heart

“Exercise to be
regarded as a
tribute to the
heart”
- *Gene Tunney*

As quoted by Gene Tunney, an international boxer from the United States of America regular physical exercise is the key to live heart healthy. Our heart is quoted as the most important in many love songs, stories, novels and movies- where there is a heart break, the heart aches and whenever we fall in love our heart starts humming love songs. To be or not to be in love, our

heart plays the most important role in keeping us healthy. The heart is the pump at the center of the body's circulation system. This system ensures that fresh blood, containing oxygen and nutrients, is delivered throughout the whole body, and carbon dioxide and waste products are taken away.

Heart being the most important in our body, needs some serious attention from us too. We, Indian lead the world in rates of cardiovascular disease. This is our sedentary lifestyle that has become the reason of the growing number of heart patients in our country. Initially, we had read in many articles that age is one of the factors of cardiovascular disease but in our country we have successfully scraped that notion away. Young people in their early 30's have also become

victims of heart problems. From eating unhealthy food- deep fried, soaked in oil, spicy to sitting in a position in front of a system from 8am in the morning to 7-8pm at night and no physical workout have helped us secure the first position in world's list of unhealthy countries.

As we are evolving and growing with time, there are many fitness centers that have come up with interesting exercises in India along with flexible timing. All we need to do is take out some time from our busy and monotonous lifestyle and do some exercise to live a heart healthy life. When considering the benefits of exercising, losing weight and "getting ripped" might be the first things to come to mind. But there's a benefit that is way more crucial: keeping a healthy heart.

Let's take a look at 5 workouts to keep the heart healthy-

● **Burpees**- Burpees are an awesome, calorie-torching, strength-building, full body exercise. Burpee helps a person to burn extra fat and conditions the body helping it increase metabolism thus minimize the risk of cardiovascular disease. The classic burpee is a four-point move. From a standing position, drop into a squat with your hands on the ground just in front of your feet. Then kick your feet back behind you, keeping your arms extended so you are in a raised plank position. Immediately return your feet into squat position. Stand up from the squat position.

Precautions of Burpees:

- Anyone can do this exercise. But, you need to be physically fit. Doing this workout requires one to have extensive fitness.
- This is not a very simple workout. It is quite tough, when compared to any other conventional exercise.
- Though no workout equipment is required to practice this exercise, it is difficult to perform.
- It is recommended to get a medical consultation from your physician with appropriate supervision to avoid any further injury.

Heart being the most important in our body, needs some serious attention from us too.



JUMP SQUATS

Squat jumps are an example of a plyometric exercise, movements that build power. Jump squats develop explosive power. Explosive power is the ability to generate force quickly. If you play almost any sport you need explosive power – but that’s not the only reason to them. Jump squats have a variety of health benefits. For a start, they help build and tone the calves, glutes, hamstrings, core, and quadriceps. Jump squats build muscles that are crucial to glucose regulation, insulin sensitivity, and lipid metabolism. Jump squats help prevent heart diseases, hypertension, obesity, and diabetes.

Precautions of Jump Squats:

- Warm up! The squats engage big muscles and large joints that should be ready for the load;
- Do not land with feet straight but bend your knees;
- While jumping, you should keep your back and body straight.

JUMPING JACKS

Jumping jack is an aerobic cardio exercise, meaning, you use oxygen to meet the energy demands and stimulate the heart muscles. The heart has to work extra hard to pump enough oxygenated blood and also bring back the carbon dioxide loaded blood from the cells. This, in turn, helps exercise the heart muscles and other organs like the lungs. Hence, this steady and slow exercise keeps your heart healthy by providing a good workout to it.

Precautions of Jumping jacks:

- Warm up and cool down. A brisk walk around the block may be a good start.
- Do your jumping jacks on a flat, even surface. Grass, rubber, and other surfaces that absorb shock are preferred over cement or asphalt.
- Wear supportive shoes. Choose athletic sneakers instead of sandals, heeled shoes, or boots.
- Learn proper form. Consider having a trainer show you proper form to ensure you’re doing the moves correctly.
- The faster, the better. Consider favoring speed of repetitions over the total length of the workout (endurance) to avoid overuse injuries.
- Pay attention to your body. If you feel pain, take a break or stop your session completely.

AEROBICS

Aerobic exercise is any activity that gets your blood pumping and large muscle groups working. It’s also known as cardiovascular activity. It is recommended getting at least 150 minutes of moderate aerobic exercise, or 75 minutes of vigorous activity each week. Brisk walking or swimming are examples of moderate activity. Running or cycling are examples of vigorous activity. Aerobic exercise is recommended by the American Heart Association and by most doctors to people with, or at risk for, heart disease. That’s because exercise strengthens your heart and helps it more efficiently pump blood throughout the body. Cardiovascular exercise can also help lower blood pressure, and keep your arteries clear by raising “good” high-density lipoprotein (HDL) cholesterol and lowering “bad” low-density lipoprotein (LDL) cholesterol levels in the blood.

Precautions of Aerobics:

- Exercise lowers blood sugar. If you have diabetes, check your blood sugar levels before and after exercise. Eating a healthy snack before you start sweating will also help prevent your levels from dipping too low.
- Spend extra time warming up before beginning your activity if you have muscle and joint pain, such as with arthritis. Consider taking a warm shower before lacing up or heading to the gym. Shoes with good cushioning and motion control can also help.
- If you have asthma, look for exercises with shorter bursts of activity, like tennis or baseball. That way you can take breaks to rest your lungs. And don’t forget to use an inhaler when necessary.
- If you’re new to exercise, ease into activity. Start over several weeks by doing 10 to 20 minutes every other day. This will help with fatigue and muscle soreness.

This World Heart Day let’s take a pledge on living a healthy life with a healthy heart. It doesn’t need much from a person to live with a healthy heart- just a disciplined food and lifestyle with a pinch of exercise and you stay healthy forever.

By- Mr Vikas Jain

WALKING

Number one on the top 10 for aerobic exercise is walking. Walking is enjoyable, safe, inexpensive, and easy to fit into almost anyone’s busy day. You can get in walking time by walking to work, walking to the grocery store, and walking around your neighborhood. Aerobic exercises are those that use large muscles in a continuous, rhythmical manner over time.



Workout Tip

According to experts fitness in 2020 will put more emphasis on the importance of what happens before and after working out as well as during. New technology will be based on heart rate variability (HRV).



Easy Workouts For Young Mothers

Young mothers are observed to be quite excited to shed off the extra ounces that they have gained during pregnancy. However, it is important to note that you should not be in any hurry to lose those extra inches as your hormones play a vital role in the process.

Young mothers need to be patient and continue doing easy workout sessions as this will lead them to healthy and happy way to lose gained weight. Before, you enrol in any of these sessions it is important to seek approval of your doctor especially if you have gone through a C-section.

Every woman has her own strength and potential to workout. Besides, the effect of delivery and post pregnancy on each woman is different and hence they must seek assistance from qualified instructor before they start any form of workout.

Discussed below are few exercises which women can include in their routine based on the suggestions from their doctor and instructor-


20-Minute Walk

Walking is the best form of exercise as it helps you to clear your mind. It saves you from overthinking and stressing on issues which you have been unknowingly thinking about.

Simultaneously, walking ensures mobility which helps you to stretch hand and leg muscles. It is important to start slow and then gradually pick pace while walking. However, do not accelerate too fast. Going to a park for walks is recommended as you can to meet young moms like you and discuss parenting.

Hamstring Curl

Lie down on the ground with hands out on the sides and face-up. Keep your knees bent with calves resting on top of a stability ball. The next step is to lift up your hips and squeeze your abs tight. Keep your knees bent and try to curl the ball in your direction. Try and keep your hips high up and push your legs back out. Do 2 sets of 10 squats and gradually you can increase the number of times you repeat the exercise.



Listening to music during your workouts is an effective way to work on your mind and body.

Push ups

Place your hands and toes on the floor. Make sure that your hands are faintly wider than your shoulder-width. The next step is to bend at the elbows to a level that your lower chest is about an inch above the ground.

Then straighten your arms and push away from the ground so that you return to your original position. Initially, you can do this exercise 4-5 times and gradually you can increase the number once you get comfortable.

Listening to music during your workouts is an effective way to work on your mind and body.

Remember, that you are recovering and hence it is not advisable to strain your body with high intensity workout. Regular exercises which offer you cardio strength and flexibility are enough for starters to bring your body back in shape.

By- Sucheta Pal

Healthy Eating

FOODS

That Help
Lessen
Mood Swings

About 33% of the world's disability is caused by Mental illness accounts to adult health concerns, causing in massive amount of misery and socioeconomic costs. Severe mental health problems including schizophrenia, major depressive disorder, bipolar disorder and substance-use disorders affect all age groups and befall in all nations both developing and developed.

The differential analysis of "mood swings" is vital because they are a common presenting symptom of many adolescents and children with behavioural and mood disorders. Amongst individuals aged 15-45, depressive disorders are the primary cause of disability universally.

Anxiety and Mood disorders are the most widespread mental disorders. It has been found in the study that food choice and dietary pattern plays a role in the prevention and treatment of brain-based ailments, mainly depression (of which mood swings is one of the main symptoms). Evading processed foods, for instance, those high in refined sugar or carbohydrates and consuming sufficient amounts of omega-3 fatty acids help in lessening the occurrence of mood swings.

Imperative nutrients for psychological health: B-vitamins, omega-3 fatty acids, magnesium, zinc, phytonutrients and vitamin D are vital for brain health as they encourage the expression of Brain-Derived Neurotropic Factor (BDNF) and thus impact neuroplasticity.

Food is an adjustable factor of systemic inflammation, which has



been described as a chief cause and concern of depression rendering to the neuroinflammatory theory of this disorder. Therefore, foods with great antidepressant food score (AFS) which means nutrient-dense sources of nutrients that play a role in the prevention and promotion of recovery from depressive disorders and found to be beneficial in the treatment or prevention of depressive disorders.



Foods with high AFS:

1. Walnuts – Walnuts are rich in alpha-linolenic acid which is a fatty acid connected with brain health and it is also a known fact that consumption of walnuts has a direct relation with considerably higher energy levels, lower depressive symptoms, more interest in doing things and better self-control of rates of movement and speech.

2. Fish – Depression is not as much, common in nations where people consume huge amounts of fish. Fish is high in vitamins such as B2 (riboflavin) & D omega-3 fatty acids. It is also a great source of minerals such as phosphorus, zinc, magnesium, iodine, calcium, iron and potassium. Our bodies do not produce omega-3 fatty acids so we must attain it from the exterior source as it is one of the most vital nutrients for mood illnesses.

3. Eggs – Eggs are a high in vitamin D and protein. They also comprise tryptophan, an amino acid that helps generate serotonin; a very significant neurotransmitter, it helps in the regulation of behaviour and mood as low level of serotonin is related with depression.

4. Mediterranean diet – Mediterranean diet has been linked with a low occurrence of depression as compared to other diets. Mediterranean diet contains the following nutrients:

- a) B-vitamins: B12, B6 and folic acid
- b) Minerals such as copper, zinc, magnesium and iron
- c) Amino acids such as Glutamine, Tyrosine and Tryptophan

These nutrients are found in eggs, whole grains, yogurt, cheese, green leafy vegetables, beans, cabbage, broccoli, corn, spinach, poultry and fish, etc.

Nutrition can play an important part in the beginning as well as the sternness and duration of mood disorders. Many of the simply obvious food patterns such as skipping meals, poor appetite and an overriding craving for sweet foodstuffs herald mood disorders and they endure the same during the disorder. Hence, nutritional consumption of vital nutrients is effective in decreasing the signs of mood swings to an evident amount as it has been detected that nutritional eating stimulates a person's mental health.

By- Mr. Luke Coutinho



Sweet Recipes
Using
Sugar Free...
Everyone Must Enjoy The
Festive
Season



Coconut Laddoos

Ingredients-

- 100 gms coconut dry powder ● 2 tbsp almond milk / coconut milk ● 4 tsp stevia
- As needed Coconut oil to grease hands
- As needed crushed almonds

Method-

- Mix all the ingredients in a pan. Cook till oil releases on slow flame. Grease hands with coconut oil & make small balls.



**B.**

Homemade Copycat Ferrero Rocher

Ingredients-

- 1/2 cup Homemade Nutella
- 12 Hazelnuts
- 2 ounces sugar free chocolate bar or choice
- 1/4 cup chopped hazelnuts

Method-

- Toast hazelnuts in a dry skillet until fragrant.
- Remove as much of skin as possible. Let cool.
- Refrigerate nutella for 30 minutes then take 1 teaspoon and flatten like a mini pancake. Place on a baking sheet lined with parchment paper.
- Top with 1 hazelnut.
- Add 1 more teaspoon of Nutella on top of the hazelnut and mold into a ball shape.
- Make 12 balls and refrigerate.
- Melt chocolate bar and stir in chopped hazelnuts and mix well.
- Take one nutella ball at a time and dip in chocolate coating.
- Remove with a fork to remove excess and place on parchment lined baking sheet topped with a wire rack.
- Continue with the rest and refrigerate to harden.
- Individually wrap in foil if desired on place in an air tight container.
- Keep refrigerated until ready to serve.

C.

Paneer Burfi

Ingredients-

- Soft Paneer – 50 gm
- Amul Cream – 20 ml
- Stevia – 1/2 tsp adjust to taste
- Cardamom Powder – a pinch
- Ghee – 1 tsp
- Pistachios and Saffron For Garnish

Method-

- In a pan mix paneer, cream, stevia, cardamom powder and ghee.
- Cook the mixture until the ghee oozes out.
- Transfer to a silicon mould and press it well.
- Garnish with saffron and pistachios.
- Refrigerate for an hour.
- Serve it chilled.



By- Ms. Preety Tyagi

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**INDIA'S
Macaron Queen**

Pooja Dhingra's Chronicles:

**From
*Paris To India's
Top Patisserie Chef***

If you're passionate about macarons then there is no chance that you wouldn't know the lady behind this French dessert's popularity in India, Ms. Pooja Dhingra.

She opened India's first macaron store and is the proud owner of the bakery chain Le15 Patisserie that serves some of the most delicious macarons and a host of French desserts, in the country.

An author, entrepreneur, chef and yoga junkie are just a few of the feathers on her cap that she proudly wears as she passionately whisks a cake for you.

Women Fitness India joins the multi-talented chef in a lip-smacking conversation about everything sweet and guilt-free!

Pooja after returning to Mumbai you opened your first store in March 2010 with the single goal of creating Parisian styled culinary experiences in India. From casually baking a cake, to having your chain of cafes in Mumbai, you have definitely come a long way. Walk us through the journey and tell us how did you manifest all this?

I have always been amazed at how simple ingredients like eggs, butter, flour and sugar could create something so delicious and magical. In Paris, at Le Cordon Bleu, we learnt how the same 'magic ingredients' can be used to achieve a vast variety of treats.

When I returned, I was clear on one thing, that I wanted to recreate a piece of my life in Paris. To make wonderful desserts, using the best ingredients I could find and serve happiness in a box. Additionally, at the time, stand-alone pastry shops in India were not a thing then, excepting one or two. I wanted to bring that culture to India. And that is how Le 15 (named for the 15th arrondissement in Paris, the neighbourhood where I lived) was born. I tried my first macaron in Paris and knew instantly that this would be the piece of Paris I would bring back to India with me.

Since Le 15 was founded 9 years ago, we have grown from just one cafe to 4 outlets in Mumbai and nationwide shipping of our products! Within 10 months of launching Le15, it was breaking even. We even ended up adding three outlets in Mumbai, and earning high brand recall in the gourmet dessert business. In 2018, we shifted our headquarters to Central Mumbai, which now houses 100+ employees, most under the age of 26.

You once mentioned in an interview that initially, your extended family was not very supportive of your career choice. Tell us how did you cope up with that?

I've been fascinated by baking for as long as I can remember. My earliest baking memory is of making brownies with my aunt when I was 6 years old. However, I thought I wanted to be a lawyer and joined Law School. That lasted for exactly 2 weeks. I realized that law wasn't for me and moved to Switzerland to study hospitality management at Cesar Ritz College. My immediate family was always there to give me advice and to support me, and that's what I focused on, because that was what truly mattered.

Today we see a lot of home bakers and self-learned chefs coming up, how did studying it professionally help you? 5 must tips for being a successful baker.

The combination of hotel management and the culinary arts really helped me when starting up my own cafe. While in Paris, I had the opportunity to work under some great chefs, which taught me discipline and techniques that would have been hard to master alone.

My 5 tips to bake successfully are to:

- Be patient in the kitchen
- Be consistent with your work
- Practice, practice, practice
- Be precise
- Don't forget to have fun!

You once mentioned in an interview that you faced body shaming, tell us how did you cope with that and message for the people who go through the same. One motivation quote to live by.

Growing up overweight makes you believe that you're not worthy of love until you become a certain size. I used to cry after every family gathering because all my extended family would say "you have such a pretty face, why don't you lose weight or no one will marry you". When I moved to Switzerland at 18, that's the first time I saw myself beyond what I 'looked' like. The most important things I have learnt over the past years are that it all comes down to self worth and self love and not being bothered by what other people think of you.

My favourite quote is "Thoughts become Things", which is also painted on the wall of my office!

You have been selected by Forbes India for their '30 Under 30' achievers list for 2014 and the Forbes 30 under 30 Asia list. How would you rate your journey?

When it was announced that I was mentioned on the lists, I was obviously immensely happy and couldn't believe my luck! I am extremely grateful to Forbes for placing me on the same lists as worldwide recognised talents. However, I don't believe that success can be defined or quantified by just the number of laurels you receive. Success is created on a daily basis, and everyday is a challenge.

“
Thoughts
become
Things”





Do you feel it is very important to stay fit in today's world? Are you following any particular diet or workout regime? Your 5 favourite workout tips.

Of course! My definition of fitness is based on how active I feel, instead of how much I weigh. Whether it's practicing for a marathon, dancing, gym, or yoga, I like to move around. How I feel physically affects how I feel mentally.

I am currently working out at Physique 57, where their full body barre workouts blend dance-inspired cardio, strength training exercises, and stretches that are designed to burn fat and transform your entire your body.

THE 5 WORKOUT TIPS I FOLLOW ARE:

- Plan your workouts for the week
- I love to get my workouts of the day in the morning, so that I don't feel any guilt during
- I prefer having a workout buddy, just for that added motivation
- Do something that you enjoy, and which excites you to get up in the morning
- When I'm running, I like to listen to podcasts

You are known as India's 'macaron queen', tell us tips to make a perfect macaron, and also your favourite flavour?

My favourite flavour is the passionfruit macaron!

A perfect macaron has unbroken feet, a smooth, crisp & glossy top shell with a chewy inside, no cracks and a filling that is in perfect balance with the size of the macaron shell. Some tips for a perfect macaron:

1. SILICON MAT OR PARCHMENT PAPER

Some bakers prefer using the silicon mat and some prefer the parchment paper. I recommend using a silicon mat. You can use a regular silicon sheet or the ones meant for macarons, both work well. When macarons are baked on a parchment sheet they normally get slightly brown at the bottom which shouldn't happen. If you do not have a silicon mat make sure you use good quality parchment paper or wax paper this won't get the bottom brown. If the parchment paper is too thin (not good quality) your macaron shells will be darker at the bottom.

2. MACARON TEMPLATE

I always use a macaron template. It is important your macaron shells are of the same size to make perfect macarons. If they aren't they do not look good and sometimes the filling even oozes out. You do not require a template if you working on a macaron silicon mat.

3. FOOD COLOR

Make sure to use gel-based food colors in your macaron mixture. Using liquid colors may change the texture and consistency of the mixture. I like to keep the macaron shells light in color, see what suits you best.

4. CREAM OF TARTAR

A lot of people skip the cream of tartar in their macaron recipe, however, I never do that. I believe that the cream of tartar is what creates magic and yields perfect macarons. Macarons are perfect only when your meringue is foamy & stiff. Cream of tartar makes sure the egg whites are whipped well and does not deflate easily while you folding in the other ingredients. If the whipped meringue (egg whites) deflate easily the macarons will not form its feet and may even not get a shape (flat macaron shells).

5. ALMOND MEAL

Make sure to grind & sieve almond meal even if its the best you've purchased. You do not want any lumps or pieces of ground thick almonds. Your almond meal should feel just like flour. What I like to do is add the icing sugar (from the weighed icing sugar itself, no extra sugar but the same icing sugar that was weighed for the macarons) to the grinder while grinding the almond powder. This will keep away the moisture in the almonds, therefore, giving you a light & fine powder (not lumpy).

6. EGG WHITES

You do not require aged eggs for macarons. Just make sure the eggs are at room temperature.

7. RESTING MACARON SHELLS

Once the macarons are piped it is important to let them sit out for 30 mins before baking. The macarons should form a skin on top. Thus, when you touch the top of the macaron it should feel dry with no batter sticking to your finger. Only once the top dries, you can go ahead and place them in the oven. Do not let it sit out for more than 40 to 60 mins. 30 mins is perfect.

You are known as a celebrity chef, so do you take any special efforts when making desserts for them regarding the calorie intake or making it more healthy as celebrities are generally on low-calorie diets.

I believe people are more conscious of eating habits today. Awareness about celiac disease and/or sensitivity to gluten has increased and so has the popularity of foods that support these new dietary requirements. Over the past few years, I've been incredibly focussed on my health. My love for desserts and all things sweet, conversations with friends lead to experiments with different ingredients, cooking without sugar and eventually The Wholesome Kitchen, my second book. We've made a conscious effort that our menu contains something for everyone. We have always had several vegetarian, eggless and gluten-free options on our menu. Recently however, we've launched a whole new menu, with a range of eggless options, even a keto cupcake. We've started shipping eggless macarons all across India too.





You have a huge following on your Instagram of 3.4million on your account @poojadhingra, what message would you like to give for your fans and followers who inspire to be a successful woman entrepreneur like you?

I started with almost no agenda or plan. But what has worked is the authenticity. Be true to yourself and don't simply jump on a trend. Carve a path out for yourself, that's something people truly connect with.

Recipe for guilt-free pastry? PEANUT BUTTER BITES

Makes: 12 pieces, of 25g each

The best snack to keep stashed in your bag – it gives you the energy boost you need to get through your day.

Ingredients

- Milk chocolate, chopped : 150g
- Seedless dates : 50g
- Peanut butter : 40g
- Oats : 30g
- Cocoa powder : 10g
- Water : 15ml

Method

- Grind all the ingredients, except the chopped milk chocolate, into a coarse mixture in a food processor.
- Decant the mixture into a bowl and mix using your hands until everything is well-combined.
- Portion into small balls and place in the fridge for at least 30 minutes.
- Just before you take the chilled pieces out, melt the chocolate over a double boiler or in a microwave. Whisk the melted chocolate until it is absolutely smooth.
- Dip each peanut ball in the melted chocolate and let any excess chocolate drip off.
- Chill in the fridge for 15 to 20 minutes, to allow the chocolate to set, before you serve.

**Healthy
Eating Tip**

Processed from rough, coarsely grounded whole wheat, suji is light and easily digestible, which makes it one of the healthiest grains. Suji has been a staple in the Indian kitchen for ages and the best part is that you can have suji in different ways.



Essential
Nutrients
To Beat
Dark Circles
Under Eyes

If you think that watching your favorite show late during the night is primarily responsible for those dark circles think again. Though tiredness, stress, lack of sleep are often responsible for those dark circles. But the biggest and the silent culprit is the one you never realize. It's your diet. Quite often due to the deficiencies of several nutrients that cause dark circles around your eyes.

In this article, Delhi's top nutritionist and dietitian Avni Kaul talks about essential nutrients to beat dark circles. Here, they are.



Vitamin C

Never underestimate the power and potency of Vitamin C. They are high in antioxidants; Vitamin C assists minimize the damage caused by exposure against the free radicals. It also increases blood circulation and production of collagen, thus helping to restore the skin's firmness and glow. Sources of vitamin C include guava, strawberries, oranges, and cauliflower.



Lycopene

Lycopene is a highly potent chemical found in several fruits and vegetables. High in antioxidants, it's known to have various health benefits like improving eye health and overall immunity. It is also helpful in reducing pigmentation, which will help the reduction of your dark circles. Some of the common sources of lycopene are tomatoes, watermelon, cabbage, and papaya.



Iron

Dark circles, when accompanied by dizziness, tiredness and fatigue could point towards deficiency of iron. If you are deficient in iron, the supply of oxygen to the body tissues is hampered. This makes the skin appear paler which in turn make your dark circles look more pronounced. Green vegetables, pumpkin seeds, lentils, and beans.

By- Ms. Avni Kaul



Vitamin K

Vitamin K is another nutrient that is known for its ability to repair damaged skin, balanced out the skin and heals the skin's injury. Eating vitamin K on a daily basis will particularly help with the disappearance of your dark circles. Turnip greens, cauliflower, pomegranate, and tomatoes are rich sources of vitamin K.



Vitamin E

Vitamin E is another wonder nutrient that your skin and hair need. This is also filled with antioxidants and aids fight free radicals. It is also known to help restore your skin's moisture, decrease pigmentation and slow down the aging process. Sunflower oil, corn, spinach, and almonds are great sources of vitamin E.



Pregnancy
tip

The old myth that you are "eating for two" during pregnancy has been busted. During the first 3 months, your baby is only the size of a walnut and does not need very many extra calories. The rate of weight gain advised is 1 to 4 pounds total in the first 3 months & 2 to 4 pounds each month from 4 months until delivery.

Wellness



Breast Cancer Tests **Every Women** Should Get Done

Breast-cancer-related tests fall into one or more of the following categories:

BREAST SELF-EXAMINATION

A simple breast self-exam helps you to be familiar with how your breasts look and feel so you can alert your healthcare professional if there are any changes.

CLINICAL BREAST EXAMINATION

On observing some disturbing symptoms go for clinical breast exam by a healthcare professional who is trained to recognize many different types of abnormalities and warning signs. This in-office exam will most likely be completed by your family physician or gynaecologist at your annual exam.

MAMMOGRAM

Screening mammograms should be performed annually beginning at age 40 to check the breasts for any early signs of breast cancer. There are two main types of mammography: film-screen mammography and digital mammography, also called full-field digital mammography or FFDM.

DIAGNOSTIC TESTS (SUCH AS BIOPSY)

Women suspected of having breast cancer, as a result of symptoms they might be experiencing or a screening test result should follow biopsy. Diagnostic tests are used to gather more information about the cancer to guide decisions about treatment.



MAMMOALERT

Another screening tool is MammoAlert, “It’s a little lab in a box...a portable system which comes to you,” says Sanjeev Saxena, the founder and CEO of POC Medical Systems, the California-based company that developed the test.

MammoAlert works by performing an immunoassay on a blood sample — by a finger prick, like what diabetics do to test their sugar levels. The sample is analysed for four protein markers known to be associated with breast cancer. The results are available in less than 30 minutes and are relayed via a smartphone app to the test operator, physician, and patient.



iBREASTEXAM

The FDA-cleared iBreastExam is a tool used presently throughout India to detect breast cancer.

iBreastExam is a handheld, wireless device slightly larger than a supermarket barcode scanner. When placed upon a patient’s breast, the scanner’s 16 sensors measure tissue stiffness. Hard lesions — indicative of a tumour — are flagged in real time on an accompanying smartphone app with a reported sensitivity and specificity of 84 and 94 percent, respectively.



MAGNETIC RESONANCE IMAGING (MRI)

An MRI of breast provides additional information and may clarify findings which have been seen on mammography or ultrasound. MRI is not routine for screening for cancer but may be recommended in special situations.

Breast cancer can be resolved, if detected timely.



Yoga tip

Utthita Parsvakonasana is a side angle stretch that helps your body get accustomed to stretching especially advisable to overcome knee pain. Practice the pose in the morning on an empty stomach or the evening after a gap of 4 to 6 hours from your last meal. Hold it for 15 to 30 seconds. It increases your stamina. The pose strengthens and stretches your legs, knees, and ankles. It oxygenates muscles in your body that are often neglected and undernourished.

4 Potential Benefits One Can Get From **INTERMITTENT FASTING**

Just think about waiting 16 to 18 hours before eating again. Or an entire day spent without breakfast, lunch, or dinner. This is what proponents of intermittent fasting do on a regular basis.



Nutritionist Avni Kaul says, in actual terms, intermittent fasting (IF) means cycling through periods of voluntary abstinence of food (or significant reduction of calorie), infused with intervals of normal food intake.

What is Intermittent Fasting?

Unlike some unusual nutritional plans, intermittent fasting needs minimal effort you simply do not eat, or eat very limited quantities, for hours at a time. No meal preparation, counting calories, or restaurant guesswork.

But there are various ways to go about the diet. Some intermittent fasting proponents maintain time-restricted eating, squeezing all the meals into an 8 to 10-hour period, followed by a 14 to 16 hours of the overnight fast. Others opt about the 5:2 diet, which means eating normally for 5 days of the week followed by 2 days of eating 25% of their regular caloric intake (which is around 500 to 600 calories for most of the people). Others normally restrict food intake completely on certain days of the week, relying completely on water, black coffee, and tea to keep off hunger cues.



In this article, Delhi's top nutritionist and dietitian Avni Kaul talks about 4 potential benefits one can get from intermittent fasting. Here they are:

Intermittent Fasting Changes The Function of Cells, Genes, and Hormones

When you do not eat for a while, various things happen in your body. For instance, your body initiates essential cellular repair processes and changes hormone levels to make stored body fats more accessible.

Here are some of the changes which occur in your body during intermittent fasting:

- **Insulin levels:** Blood levels of insulin reduce significantly, which facilitates fat burning.
- **Human growth hormone:** The blood levels of growth hormone could increase as much as 5-folds. Higher levels of these hormones facilitate fat burning and muscle gain and have several other benefits.

- **Cellular repair:** The body induces essential cellular repair processes, such as the removal of waste materials from cells.

- **Gene expression:** There are beneficial changes in various genes and molecules related to longevity and protection against diseases.

Several benefits of intermittent fasting are linked to these changes in hormones, gene expression and functioning of cells.



Intermittent Fasting Help You Lose Weight

Many of you who try intermittent fasting are doing it in order to reduce weight. Normally speaking, intermittent fasting will make you eat lesser meals.

Unless if you compensate by eating more during the other meals, you will end up taking in lesser calories.

Also, intermittent fasting improves hormone function to facilitate weight loss.

Lower insulin levels, higher growth hormone levels and increased amounts of norepinephrine (noradrenaline) all enhance the breakdown of body fat and facilitate its use for energy.

For this reason, short-term fasting increases your metabolic rate by 3.6 to 14%, assisting you to burn even more calories.

In simpler words, intermittent fasting works on both sides of the calorie equation. It improves your metabolic rate (increases calories out) and lowers the amount of food you eat.

All things are taken into consideration; intermittent fasting can be a powerful weight loss tool.

Intermittent Fasting Reduce Oxidative Stress and Inflammation in The Body

Oxidative stress is one of the main steps towards aging and several chronic diseases.

It involves unstable molecules known as free radicals, which reacts with other essential molecules such as protein and DNA and damage them.

Various studies indicate that intermittent fasting enhances the body's resistance to oxidative stress.

Alongside, studies show that intermittent fasting help fights inflammation, another key influencer of all sorts of common diseases.

Intermittent Fasting Is Beneficial For Heart Health

Heart disease is one of the world's biggest killer. It is known that several health markers ("risk factors") are linked with either an increased or decreased risk of heart disease.

Intermittent fasting is shown to improve numerous risk factors, including blood pressure, total and LDL cholesterol, blood triglycerides, inflammatory markers, and blood sugar levels.

However, several of these are based on animal studies. The effects on heart health need to be studied a lot more in humans before recommendations can be made.

By- Avni Kaul



TRENDING LEHENGAS

For This

Festive Season

Lehengas are every girl's favourite attire and with the fashion trends coming up every year, we have some fantastic new options for you to chose from!

1. Belt It Up

Adding waistbelts to lehengas has become very popular since keeps the visual style going seamlessly, highlights your figure and gives a subtle touch of elegance. Also, not to forget, it tucks the dupatta so well that the complete look becomes hassle-free.



2. Statement Blouses

A statement blouse can totally lift up your look and bring attention to your torso and neckline.



3. Poppin Colour

This year has been all about bright and luminescent pop colours! So why not go with the trend?



4. Double Chested Corsets

Another popular style this year, are these double chested cholis or corsets that can give you the royal touch.



5. Go Simple

Sometimes going simple looks the most elegant. Pairing a plain and simple high-neck blouse with a brocade skirt and plain dupatta can do marvels for you.



6. Geo-metric

Lastly, you can try out a geometric Lehenga that has some form of geometric patterns.





Sun Sign Fitness



SAGITTARIUS

Start the month right by committing yourself to healthy living. You're the Archer—you got this! Take aim and shoot! No excuses! Start by looking into your sleep habits, are you getting enough sleep? Too much? Spend the next day outside when the new moon is in your sign. A friendly game of touch football with the family can boost your heart rate and your overall happiness.



CAPRICORN

You love setting goals. In fact, being a high achiever is kind of your thing. However, don't spend so much time setting goals that you forget to follow through on them. You're finally hitting your goals. Thank the new moon in Sagittarius the next day. Now rest and enjoy the holidays. After all that work this year, you've earned it!



AQUARIUS

Okay, we get it. Working out is hard. The gym is far away, Mercury is in retrograde, and there are a lot of shows to watch. But what's great about exercising is that the more you do it, the more you'll want to keep doing it. Enter the world of wellness by trying things that are as unique as you are. Ease your pain with aromatherapy or crystal healing.



PISCES

Life is good! You're feeling good and looking great, Pisces, and your fitness plan is on point. You can't be a fitness machine all the time. Keep sticking to your fitness routine and you'll be back to your old self in no time. Treat yourself to a little self-care in the mornings before the day gets too hectic. When you wake up, make yourself a lovely meal.



GEMINI

The holiday season is rapidly approaching, and it seems like you're taking care of everyone but you. Remember, you have to take care of yourself if you want to take care of others. Take the advice of your friends and doctors to make some positive changes to your lifestyle. No work, no reward! Use the new moon in Sagittarius to analyze what you've done this year. Figure out what worked for you and what didn't.



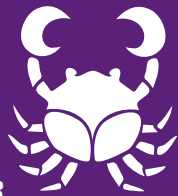
VIRGO

You love the routine you have, and you've never felt better. Go, Virgo! Because you're so disciplined, it's okay to indulge a bit. Go on, eat that pumpkin pie when there's a full moon in Taurus on the twelfth. Don't judge yourself! The holidays are just around the corner. Don't you want to do something fun with your friends? giving you a great idea to do a fun activity with your crew, maybe a charity run or cooking a healthy dinner together? Make sure to schedule a get-together, creating a warm atmosphere.



ARIES

Fitness is your life when Venus enters fiery Sagittarius on November 1. The gym is your home, and honestly, the results have been great. Keep rocking it, Aries, your body thanks you. However, don't get so consumed by your fitness goals that you forget what's important, like your loved ones. Check out some articles on different parts of the body and how you can stay in peak condition. How many muscles are in the human body? Is intermittent fasting really safe? Knowledge is power!



CANCER

Use that boost to tackle your goals. Run a mile on the treadmill. Take a kickboxing class. You've got energy to spare! Burn off your aggression at the gym so you don't explode. Bake a gluten-free cake. It could be your new favorite thing. Do a little wellness check-in when Mercury goes direct, before you get wrapped up in the holiday hustle. Working out is always more fun when you're doing it with a friend.



LIBRA

Something has been weighing heavily on your mind, Libra, and it's interfering with your workout. Remember, your mental health is just as important as your physical health. Call up a friend. They might give you some great advice. It's never too early to come up some New Year's resolutions. Sit down and make a list of your goals when Venus enters hardworking Capricorn. Who says you have to wait until January 1 to start toward your goals?



TAURUS

What was your favorite thing to do at recess? Jumping rope? Playing kickball? You just want to stay in and watch holiday movies. You can—after you do a half-hour of cardio. Push yourself on the twentieth by joining a new workout group. Mercury will be direct, making communication easier and more fun. Your fitness goals will be easier to reach when you have people to keep you accountable. Take a nap. You're going to need to rest up for the weeks to come.



LEO

Bring a buddy with you to the gym, they can give you the morale boost you need to get back on track. Those gym rats don't know what hit 'em. Romance might get in the way of your workout when Venus enters Capricorn, but don't sweat it. The new moon in Sagittarius the next day can help you find creative ways to work out. Sex burns calories, right?



SCORPIO

You have two months before January, Scorpio. Can you complete all your 2019 fitness goals? Absolutely! This time of year is always a little hectic, so use Mars to take a look at your schedule. Where can you make room for your workout? Call up your squad for a healthy meal. Quality time with friends is great

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