

# Women's Fitness

October/November 2018

INDIA

THE  
FOOD  
ISSUE

## Shamita Shetty

On Life,  
Movies &  
Much More!

# 20

Yoginis  
That Rocked  
2018!

**Avocados**

+

**Vegan Desserts**

+

**Protein-Rich  
Smoothies**

+

**Best Of  
International Cuisines**



# DIGITAL NOT ENOUGH?

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Rahul Jhangiani

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Acne. The word that can send many teens and young adults into a rage, especially on occasions like spotting a newly-developed pimple the day before the senior prom! Though it seems unbearable at times to win the fight against acne, there are things that can be done to recover the condition.



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Healthy eating is not just a phase but a complete lifestyle change. When you're on the way of making such a major change in your lifestyle, there are some health foods which come in handy. Here are the Best Health Foods that you can try out in 2018.

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### **Sun-Sign Fitness**

As we head towards October, the festive season has already begun. With widely celebrated Indian festival, Diwali, nearing up, it's time to ramp up your workout routine. Let's find out what will work best for your body this season.

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# Editor's Note



Don't let the fear of the time it will take to accomplish something stand in the way of your doing it. The time will pass anyway; we might just as well put that passing time to the best possible use.

**-Earl Nightingale**

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*Creative Editor*

**Rohit Nayyar**

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*Contributing Editors*

❗❗ Every second woman in India does not put in enough physical activity to stay healthy." says WHO. This could be a result of multiple factors like, lack of health awareness, following unhealthy eating habits & increasing stress. Insufficient physical activity is a leading risk factor for non-communicable diseases like cardiovascular disease, hypertension, diabetes, and breast and colon cancer. India has the highest number of inactive adults in the South-Asia group which also included Bangladesh, Bhutan, Nepal and Pakistan. A total of 43.9 per cent of women in India have been unable to meet the standard physical activity quota.

Try to make a habit of exercising and eating right – not just to lose weight, but also to feel better and live longer. It can be hard at first. In fact, it took years for me to do it in my own life. But now proper nutrition and exercise are always on my mind and part of my routine. Just keep at it, and if you fall off the wagon, pick yourself up and get back on. It's well worth the effort.

Healthy Festivity,

Namita Nayyar

Women Fitness

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**Sneha Sadhwani Sewlani**

**Dhriti Udeshi**

**Avni Kaul**

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**Ankita Malik**

**Nikitaa Parmar**

**Janhatee Agrawal**

Cover Story

# Shamita Shetty

On Life,  
Movies  
&  
Much More!





Photo Credits:  
Rahul Jhangiani

**S**hamita Shetty is a stunning Bollywood beauty who made her debut in “Mohabbatein” with industry stalwarts like Amitabh Bachchan and Shahrukh Khan. Her portrayal of Ishika earned her the IIFA Award for Star Debut of the year.

Her passion for the entertainment industry kept drawing her back and she returned with a popular reality show Bigg Boss, internationally known as Big Brother, on Indian television. She then stormed the nation with her graceful dancing and became the most popular face on the Indian version of Dancing with the Stars – Jhalak Dikhla Jaa.

Recently she did a web series streaming on Voot, Viacom 18 digital platform, Yo Ke Hua Bro.

Apart from being a fine actor and interior designer, Shamita is an avid fitness lover and loves to lead a healthy simple life. Women Fitness brings to you some of the her life secrets, exclusively this month.



*Photo Credits:  
Rahul Jhangiani*

“  
**I’m not gluten intolerant  
but I’ve found that  
avoiding wheat has  
definitely made me  
leaner.**

**Starting out as an interior designer, your journey began with an internship with ace fashion designer Manish Malhotra. But you soon made your film debut in 2000 with the blockbuster Mohabbatein, and won the 2001 IIFA Award for Star Debut of the Year. Share your incredible journey to become an actress? What drew you towards this line of profession?**

I got my diploma in Fashion Designing, post which I did an internship with Manish Malhotra. I thought I would pursue a career in that field but acting just naturally happened, and I thoroughly enjoyed the process. Having started with the best I didn't want to settle with mediocre work so I didn't end up doing too many films. Unfortunately for me the wait between films just got too long and eventually I decided to give myself another career option too. I studied Interior design in London worked with an Architect here for a year and started my own business. Ofcourse Jhalak Dikhla Jaa brought me back into the entertainment field post which I did a web series and I'm currently working on a film, it's been an interesting journey. Many ups and downs ofcourse, but given a chance I would not

want to change anything because I believe every experience has made me a stronger and better person.

**As your Instagram bio says "Actor, Interior Designer, Animal lover, Health Junkie," we're pretty sure you are a multitasker. Introduce us to a day in your routine?**

When I'm not shooting I start my day with a workout, post which I have meetings. In the evenings, I generally like to chill and watch one of my favourite series or movie, etc at home (I'm quite a home bird) or meet a friend for dinner.

**Making your debut with industry stalwarts like Amitabh Bachchan and Shahrukh Khan, did you have the first time jitters or were you confident enough? Also, how was your experience doing the film?**

Luckily for me I had interacted with Amit ji and Sharukh because of my sister so I was not intimidated as such. Adi is a wonderful director and I made some really good friends. So it was a beautiful, learning experience for me that I will always cherish.

**Having a fit and healthy body is of utmost importance, we would love to know what your workout routine is like? Also, how do you innovate your workout while shooting outdoors & travelling?**

I mostly weight train and I have a good trainer who keeps introducing something new in my workout from time to time which is so important, otherwise the body gets too used to the same routine after a while and does not respond the same way. Mostly wherever I travel I have access to a gym so that's great. Or I just do some freehand exercises in my room.

**In a recent interview you spoke about having given up on wheat and lactose. How would you like to explain the effect of this change in your diet? What is your post-workout meal like? How do you manage diet while attending social events which leaves you with lesser choice?**

So I'm not gluten intolerant but I've found that avoiding wheat has definitely made me leaner. I try and avoid packaged gluten free foods though, and keep it as fresh and natural as possible. I'm lactose intolerant and avoiding it has shown me a world of a difference in my

lower tummy especially. So when I'm attending an event I eat before or carry some nuts to munch on if gaps are too long or 2 boiled eggs or some fruit.

### **Beautiful skin and healthy hair call for a religious care? Your pick on 5 must-do's when it comes to taking care of your body to detox?**

- Drink lots of water
- Avoid fizzy drinks or foods with artificial colouring
- Oil your scalp atleast once a week.. coconut oil is great.
- Introduce a teaspoon of apple cider vinegar in water first thing in the morning.
- Avoid too much sugar.. it's reduces your immunity!!

### **Please share details about your next project The Tenant.**

I am playing the lead role of Meera, an alluring cosmopolitan woman whose arrival in a middle class housing society causes a stir. The movie is about a cosmopolitan woman with a mysterious past who moves into a traditional housing society and trouble erupts.

### **You have done many stunning photoshoots! Suggest 5 tips to stand out in a photo shoot?**

Hahahha I think it's definitely the photographers who've made me look good in my pictures, along with my make up artists n hairdressers. So use a good team!

### **Getting dressed for any special occasion can leave a woman completely confused, How do you go about choosing clothing for yourself? 5 must-haves in your wardrobe?**

I work with some good stylists who make my job easy.

5 must haves: LBD, white T, ripped boyfriend jeans, ripped shorts and heels!

### **Social media has bridged the gap between celebrities and fans at a global level. You have over a million followers on your Instagram account @shamitashetty\_official. How do you think it has helped you in connecting with your fans at a personal level?**

It definitely has! Insta is a platform that gives you an opportunity to interact with people directly and know what they think about you. Gives them an opportunity to take a little peak into our world too.

### **Women Fitness has been there for more than last 15 years working with a goal to help women with the best in health & fitness. Share a message for our followers?**

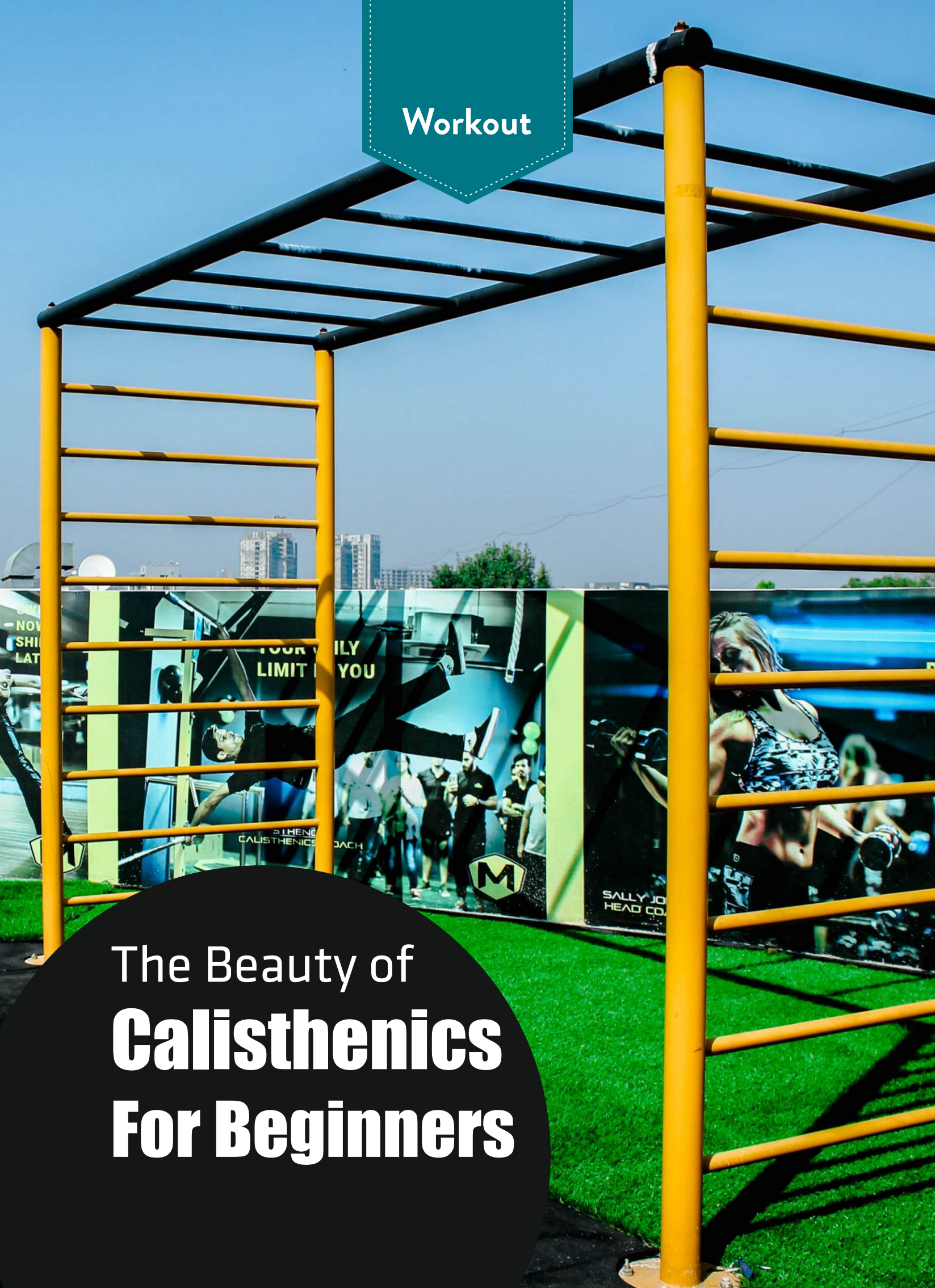
Respect and love yourself first and the world will follow!

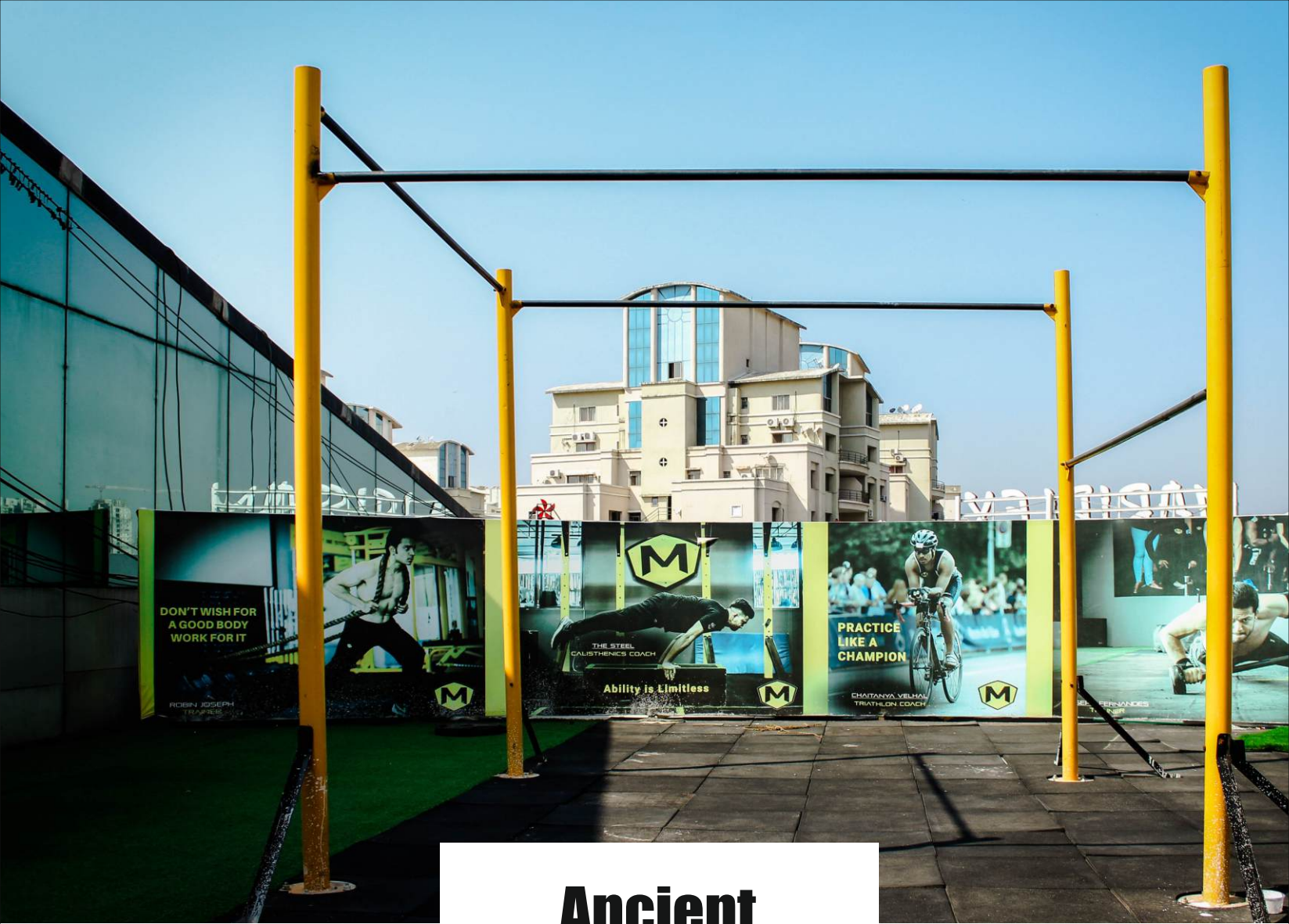


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Rahul Jhangiani*

Workout

The Beauty of  
**Calisthenics**  
For Beginners





## Ancient Greece's most beautiful creation for the world is Calisthenics

**A**ncient Greece's most beautiful creation for the world is Calisthenics, which defines the using of the body weight and gravity to perform exercises which for some can get a bit intense but is a good form of making yourself fit, unlike the mundane gym routines. Calisthenics, which can be incorporated in your core fitness plan can also be a cocktail with your cardio workouts or HIIT workouts. That's what MultiFit through their various programs, incorporate calisthenics in such a way,

to ensure that you are working all your muscles and also provide a healthier way towards fitness.

The art of Calisthenics is not just restricted to the pros who have been deep-rooted with their functional fitness routines but this can also be incorporated by the beginners. You don't just need to stare at the ones who have optimum flexibility at your gyms or rely on YouTube videos for assistance. The days of mourning for a perfect body and mundanity is over as Sally Jones Kapoor, the COO & Co-Founder of MultiFit would provide you the top 5 quick and easy calisthenics workout for the beginners.

For a beginner especially women it can be hard to lift 100% of the body weight like pull-ups and handstand. So here's a basic full body calisthenics workout which can help you to progress for harder movements.

### 1. Australian pull-ups

Australian pull ups is a great exercise to strengthen your upper body for pull-ups, primary muscles used in it are back, biceps, forearms and just grab a pair of paralletes or a parallel bar and lean back holding the bar at your chin level and try to pull yourself up and down.

### 2. Push-ups

In a push-up you lift around 70% of your bodyweight and it can help you to strengthen your chest, shoulders and triceps for a handstand

### 3. Hanging Knee Raises:

One of the best beginner exercise for complete core strengthening, and your add variations to focus more on your obliques and serratus muscles . Just hang on a bar and take your knees up and down .

### 4. Assisted Pistol Squats

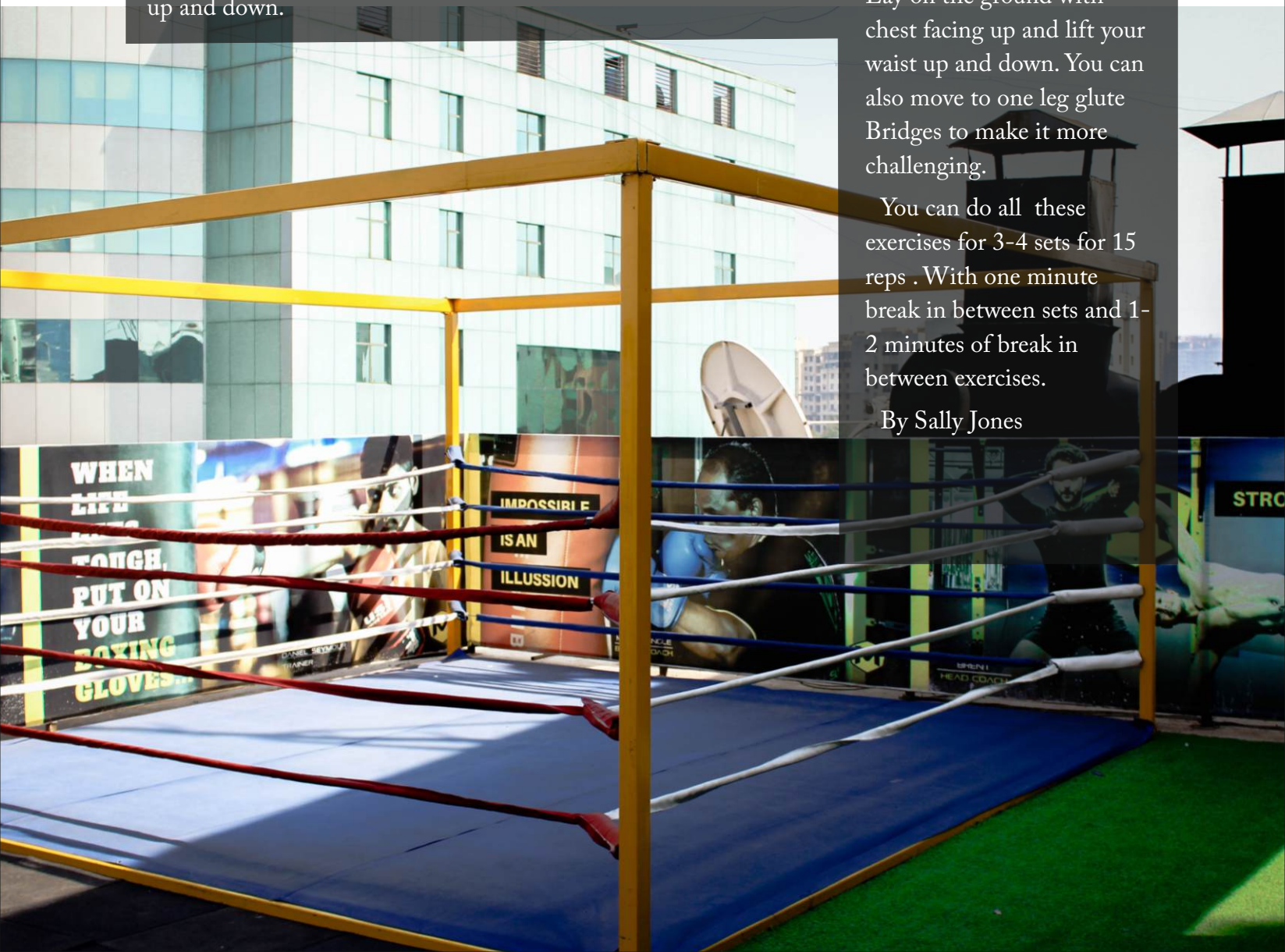
Pistol squats are basically squats with one leg . As a beginner you can start with using a box to limit the range of motion and use a shorter box as you progress and also you can use a resistance band for assistance . In this way you can strengthen your leg muscles to lift added 100% of your bodyweight without bar and weights

### 5. Glute Bridges

For hamstrings ,glutes and core they are one of the best. Lay on the ground with chest facing up and lift your waist up and down. You can also move to one leg glute Bridges to make it more challenging.

You can do all these exercises for 3-4 sets for 15 reps . With one minute break in between sets and 1-2 minutes of break in between exercises.

By Sally Jones



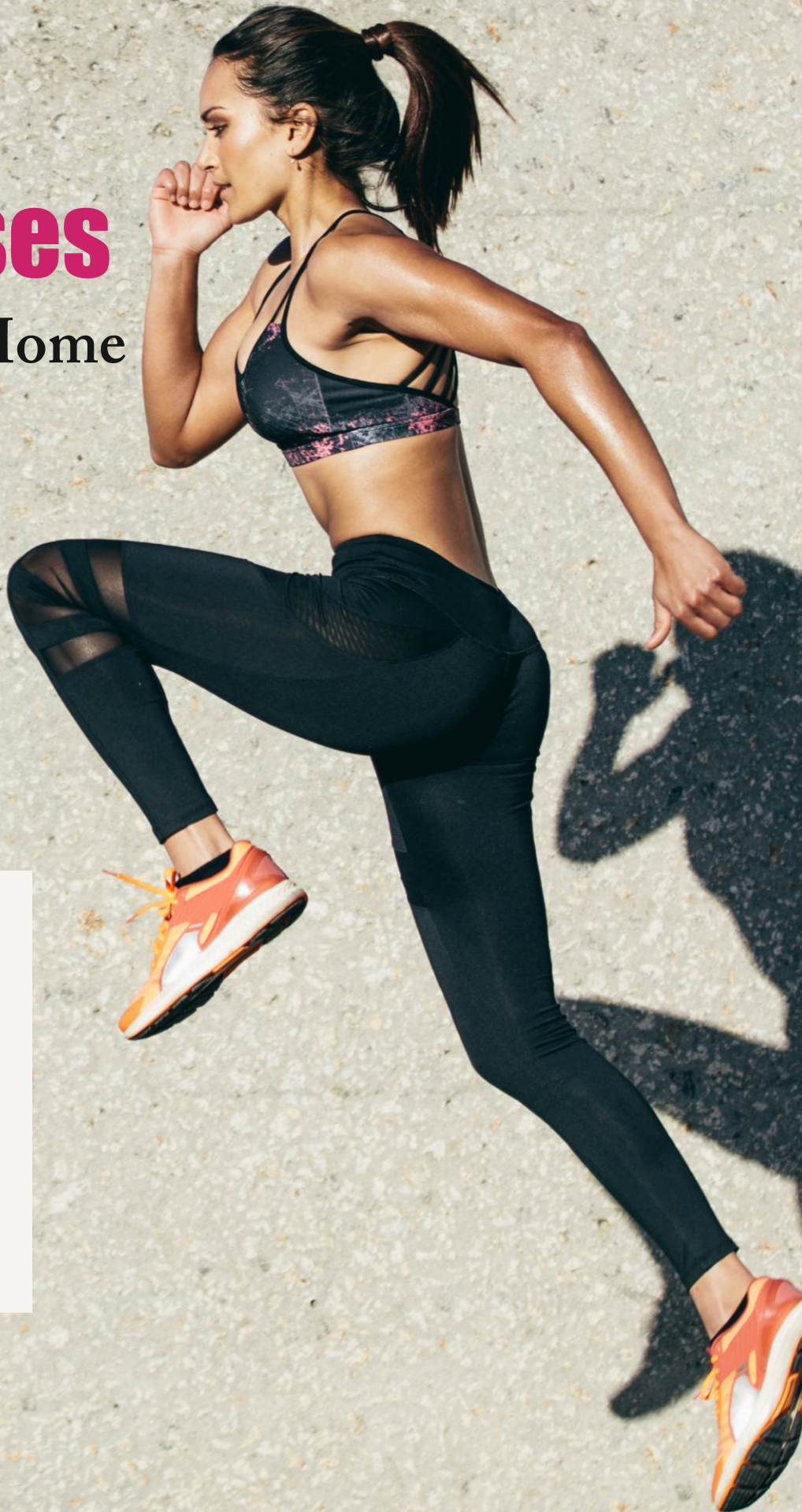


# Tips & Exercises

## To Do At Home

### 1: Spot Jogging

Spot jogging is an effective way to warm up your body and start your workout. It is an effective cardiovascular exercise which will help you increase your endurance a well.



## 2: Burpees

Burpees or squat thrust is an effective full body exercise which will improve your strength and stamina. The intensity of this exercise is very effective for fat loss.

The basic movement is performed in four steps and known as a “four-count burpee”

- Begin in a standing position.
- Move into a squat position with your hands on the ground. (count 1)
- Kick your feet back into a plank position, while keeping your arms extended. (count 2)
- Immediately return your feet into squat position. (count 3)
- Stand up from the squat position (count 4)

## 3: Plyometric Lunges

Plyometric lunges are very effective to tighten your lower body and shape your legs.

How to do the Plyometric Lunge:

**Step 1:** Start by standing with feet shoulder width apart. Next, step forward with your right foot. This is the starting position.

**Step 2:** Begin exercise by lowering body down until your forward thigh (right thigh) is parallel to the ground and back knee is almost touching the ground. As soon as you reach this point, explode back up as high as you can off the ground.

**Step 3:** Land softly on your feet with a bend in your knees, immediately drop back down into a lunge and explode back up. Repeat as necessary and then switch to the left foot in front.



## 4. Bodyweight Squats

Squat is the most effective exercise that you can do at home which will help you gain lower body strength and also burn more fat

**How to do the Bodyweight Squat:**

**Step 1:** Stand straight up with your feet shoulder's width apart.

**Step 2:** While bending at the knees push your hips out and bend down. Picture yourself sitting on a chair.

**Step 3:** Once your hips have become lined up with your knees, return back to starting position.

## 5. Push-ups

Push-ups is a good exercise for your chest, triceps and anterior shoulder. It helps your tone your upper body and build upper body strength.

**How to do a push up:**

**Step 1:** Fall on the ground with your feet and hands supporting your body. The distance between your hands and your feet and hands must be slightly wider than shoulder width.

**Step 2:** Lower your upper body by bending your elbows in outward direction

**Step 3:** Pause for 2 second when your elbows are at 90 degree angle.

**Step 4:** Push your body up by pushing through your hands.

**Note:** If you are a beginner, you take support of your knees by placing it on the floor.

## 6. Plank

Plank is a good exercise to strengthen your core muscles and build core body strength. It can easily done at home.

The most common plank is the front plank which is held in a push-up-like position, with the body's weight borne on forearms, elbows, and toes. Hold that position as long as you can. Keep increasing the time as you progress. You can even add more challenge by using support of only one leg.

## 7. Rest Not More Than 60 Seconds Between Your Sets

As working out at home has limitations on how we can add more intensity to our exercises. One way of doing that is by resting only for 60 seconds between your exercises. This will help you keep your heart rate up and increase your intensity.





## **8. Drink More Water During Your Exercise**

We often tend to neglect water while exercising especially when we are exercising at home. It is better if you keep a water bottle with you while exercising. Water will help keep you hydrated and also improve your performance while exercising.

## **9. Use resistance Bands To Increase Your Intensity**

Resistance bands are good investment if you are exercising at home, They are easy to carry and you it will help you add more intensity and variations to your exercises.

## **10. Invest in a pair of dumbbells**

It is a good option to keep 1kgs and 2 kgs dumbbell at home. It will help you make your workouts more challenging and improve your strength. You can also include exercises like bent over rows, shoulder press, bicep curl and triceps extensions to your exercise regime as you have a pair of dumbbells with you at home.

By- Siraj Shaikh



# Trail Running

## The Ultimate Running Workout

**A**re you bored of running on challenging roadways that almost manage to hit away your knees? Its time you say sayonara to your normal running episodes and welcome running on trails. An amazing way to add some diversity to your mundane treadmill routine, trail running is nothing but an efficient cardio and strength circuit that will make you a sturdy and a more-functional trail runner.



Trail running has a multitude of positive benefits that can facilitate you to run faster and avert unwanted injuries. Even if you are getting trained for a road race like a marathon, running a majority of your miles on the trails can provide a huge boost to your fitness. This form of running is a very fantastic way to condense workout repetition as you get an opportunity to alter your stride. As you go around corners, up hills, navigate impediments and run down hills, your pace will alter. Foot strike, length of stride and pace will differ too, plummeting repetition.

For a better understanding of the run, leaf through the below mentioned exercises that need to be a part of your trail running training:

### **1. Step-Ups**

Step-ups play a major role in teaching you the technique to drive one leg at a time to recover running power. They also aid in building knee, ankle and hip steadiness and facilitate in fortifying glutes and the whole posterior chain—which is vital owing to the fact that runners are normally quad-dominant. These can be executed on a box at a gym, on a park bench or even off the edge of a patio deck—with or without dumbbells or kettlebells in each hand.

**How to perform step-ups:** Making use of a box or bench at a fitness centre or a bench at a park, you must start exercising with both feet placed on the floor. Now step up with one foot, keeping the ankle and knee in a proper position and your hips being in a square alignment. Step up onto the box and back down. Duplicate the workout with the opposed foot, and carry on with the episode of interchanging feet. Do all reps on one leg prior to swapping to the other.

## 2. Alternating Limb-Lift Planks

Holding a plank builds vital core forte. By lifting one limb at a time you must work on trunk steadiness to fight back over-rotating, particularly while you run downhill. These single-arm/single-leg-raising planks aid in building midline firmness necessary to counter all of that.

**How to perform Alternating Limb-Lift Planks:** With your butt muscles and abdominals being engaged to prevent your back from curving, you must push into a plank position on all 4 limbs. This should be followed by having your foot position wider than you would in an old-style plank for additional constancy. Hold

plank for fifteen seconds, then slowly lift one arm straight in a position that is forward-facing you, and hold for five to ten seconds. Rest for about twenty seconds. Go back to your plank position, hold for fifteen seconds, then lift the other arm and hold for five to ten seconds. Take a breather and relax before repeating the same with each leg.

Although the workout is tough, but the results will be directly noticeable on your next run.

By- **Sailendra S Raane**





## Fitness Tip

*Swimming freestyle (the classic front crawl) tends to be the easiest stroke to ace, resulting in a big calorie burn (30 minutes of vigorous freestyle burns 322 calories— only the butterfly gives you a better burn, at 354 calories). Backstroke (the flip side to freestyle with a windmill-like stroke) targets the core and hip flexors because it requires intensely tightening of torso and to keep the hips in line with the upper body while swimming. If you are targeting leg firming, do the breaststroke (where arms and legs sweep out in wide arcs), which requires bigger, more powerful kicks that, unlike other strokes, work muscles in the outer and inner thighs.*



## Pregnancy

# Dressing Up

## To Hide The Belly Bulge

**W**omen post pregnancy face the challenge of what to wear to cover up their tummy and diastasis.

Just remind yourself, it's time to change your choice of clothes to look different, stylish & out of the world.

Let's have a look at the tips to style that post-pregnancy belly.

### **1. Go for Shapewear**

These soft, comfortable and tight-fitting undergarments come in a lot of variants, taking full control of your tummy area. You can easily get away with those body-hugging dresses that were forever part of your wish list. Choose a bra that is not loose or sagging but makes you uptight and give the right definition. Opt for a high-rise underwear as they help you a great deal.



## **2. Wear leggings or skinnies**

Make Leggings your best friend. They are a great fit & comfortable and serve well in tucking up your belly a bit. They come both as knee length and full length choose according to season and requirement.

## **3. Dress Smart**

Becoming a mother doesn't mean you can't look classy. Understand your problem areas and your strengths. Wear dresses that steer the attention away from your tummy; it could be just a flowy design or pattern with vertical lines. Stay away from body-hugging clothes, unless you're sure of pulling off a bulgy stomach. Sleeveless vests work well for all seasons. For winter, you can wear over a sweater while you could look for a lightweight version for summer. Look for tops that are banded at the hemline. A top like this should hit at the hip, creating a blouson effect that easily covers up any tummy bulge. You can wear a banded top with jeans on the weekend or with a straight skirt at work. Peplum tops, t-shirts with twist, asymmetrical tops, an empire waist blouse or dress is an easy way to hide any extra weight in your midsection. Do not hesitate to go for a wrap dress as they are easy to wear and hide your tummy.



#### **4. Long flowy skirts and dresses can be a great option**

Go for long pleated skirts as they are comfortable and can be worn with a thick pair of tights or leggings and boots in the winter! Skirts with an elastic waistline are best. And as a bonus, you will probably still be able to wear these skirts after you lose the weight! Choose dresses that

#### **5. Wear Dark Colored Clothes**

Black is the slimming color! Wearing dark colored dresses to hide belly will always work. If you love an outfit and are not sure if it goes with your figure? Simply go for it.

#### **6. Planning to wear a Saree**

Select light weight fabrics like cotton, raw silk, linen which are easy to drape and help your skin to breathe. A Saree in the right fabric will hide your body flaws and make your look sexy and graceful. Choose monochrome designs to make your baby bump unnoticeable.

So go ahead, put on your best pair of footwear, makeup, accessories and step out feeling like a bombshell that you certainly are.



## Pregnancy Tip

*Out of every 100 women who give birth, about 13 are bound to experience postnatal depression. These mums are bound to experience an ongoing period of low mood, lethargy, tears, hopelessness, perceived inability to cope, broken sleep pattern, excessive worrying about the baby, focus on baby's 'imperfections'. Recovery from postnatal depression is definitely possible, and seeking help for the same is important.*

Healthy  
Eating

# 3 *Smoothie* *Recipes*

You Just Cannot Miss



# 1. Coffee & Cinnamon

*Hi-protein Power Smoothie*

## Ingredients:

(all solid units in kgs)

(liquid measures in ml)

Toned milk-220 ml

Vanilla protein powder 1

measure-0.020, Coffee

powder 1 tsp-0.003

Cinnamon powder pinch-

0.002, Ice cubes medium-3

nos.

## Method:

1. Combine all ingredients except cinnamon powder in a blender for about 40 -50 seconds. 2. Pour into a glass. Sprinkle a pinch of cinnamon powder on top mint spring & serve.

# 2.

## Choco-Peanut Butter

### Ingredients:

(all solid units in kgs) (liquid measures in ml)

Toned milk-200 ml

Chocolate protein powder 1 measure-0.020

Peanut butter 1 tbsp-0.01

Ice cubes medium-3 nos.

### Method:

1. Combine all ingredients in a blender for about 40-50 seconds. 2. Pour into a glass. Garnish with mint on top & serve.

*Hi-protein  
Power Smoothie*



# 3.

## Ingredients:

(all solid units in kgs) (liquid measures in ml)

Toned milk-180 ml, Strawberry protein powder-0.020, Frozen strawberry-0.020, Frozen blueberries-0.030, Ice cubes medium-3 nos.

## Method:

1. Combine all ingredients except mint leaf in a blender for about 40 -50 seconds. 2. Pour into a glass. Garnish with mint leaf on top & serve.

By- Hwealth Café



## Strawberry & Mixed Berry

*Booster Hi-protein Power Smoothie*



# Nature's Superfood

# Avocado!



**A**vocados are a pear shaped fruit with alligator-like skin. The skin needs to be peeled before eating. If the avocado is not ripe, peeling the skin is very difficult. It also means that the fruit will be too hard and not ripe enough to eat.

To pick out the perfect avocado, look for one that has medium softness. It should be just a bit squishy and not too firm. Avocados ripen quickly, so don't buy one that's

already brown and too soft as you won't be able to eat it.

Although they are often thought of as a vegetable due to their lack of sweet flavor, avocados are actually a fruit. In addition to being loaded with healthy anti-inflammatory fats, avocados contain around 20 vitamins and minerals and a wide range of highly nutritious plant compounds. They make a great first food for babies and can be added to smoothies, salads, baked goods, and

dips and condiments.

Here's some of the reasons why you should include avocados in your routine;

1) Avocados contain oleic acid, which is a type of monounsaturated fatty acid that has been linked to cancer prevention.

2) In addition to monounsaturated fatty acids, avocados contain other plant compounds that help reduce blood pressure and cholesterol such as beta-sitosterol compounds, potassium, magnesium, and lots of fiber.

3) A single avocado provides anywhere from 11 to 17 grams of fiber depending on its size. Fiber is needed for proper digestive health by moving matter through the gastrointestinal system. Eating more fiber has been shown to improve digestive conditions such as irritable bowel disease (IBS).

4) Fiber also plays an important role in diabetes by maintaining proper blood glucose levels. Fiber slows the rate in which glucose is dumped into the blood. When glucose levels are dumped into the blood all at once, it causes an insulin spike. Eventually the glucose will run out, causing a drop in blood sugar levels. The brain then sends out signals of hunger to the body in attempt to stabilize levels by eating more glucose. Fiber acts as a control device by sending a slow and steady stream of glucose into the blood, which prevents glucose spikes and crashes.

5) Lastly, avocados contain a high amount of antioxidants that fight free radical toxins before they can accumulate in your tissues and form tumors. Avocadoes contain two primary antioxidants known as beta-sitosterol and carotenoids that have been shown to prevent prostate and skin cancer, respectively!

## Avocado Salad

The acidic dressing, crunchy pine nuts, creamy avocado, and smoky parmesan combine for a variety of flavors. It's like the kale salad for people that aren't sure if they like kale salads! With only 5 minutes of prep time, you can't go wrong.

## Ingredients

- 150 gms Baby kale (or regular kale with ribs removed)
- 1/4 cup Olive oil (preferably extra virgin for more flavor)
- 1 tbsp Lemon Juice
- 1.5 cloves Garlic (minced)
- 1/4 tsp Sea Salt
- 1/4 tsp Black pepper
- 1/2 cup Parmesan cheese (shaved or shredded)
- 1 medium Avocado (cubed)
- 1/2 cup Pine Nuts/Almonds (preferably toasted)

## Instructions

- Place the chopped kale into a large bowl. Set aside.
- In a small bowl, whisk together the olive oil, lemon juice, minced garlic, sea salt, and black pepper, until a dressing forms. (Alternatively, place dressing ingredients into an airtight container and



shake vigorously.)

- Pour the dressing over the kale leaves and toss to coat. Use your hands to massage the dressing into the leaves for a minute or two (pick up a bunch, squeeze, and repeat). Do this until the kale softens and begins to wilt. (It will happen fast with baby kale, and takes a little longer with regular kale.)

- Add the parmesan cheese, chopped avocado, and toasted pine nuts or almonds. Toss again.

### **Avocado Kiwi Cucumber Smoothie** **Ingredients**

- 4 cups filtered water (or crushed ice)
- 1 cup romaine lettuce (sub spinach or any dark leafy green)

- 1 tbsp fresh parsley
- 1/2 cup cucumber, peeled
- 1/4 cup kiwi fruit, peeled and chopped
- 1/2 avocado, pitted and scooped
- 1.5 tsp Stevia/Honey

### **Instructions**

- Place ingredients in a blender and blend until smooth. Garnish with fresh mint leaves and serve cold.

(Lasts several days in the fridge. Mix or shake well before serving.)

By- Dhriti Udeshi



# Scrumptious

# Vegan Desserts

## For This Diwali

**I**t is quite a common misconception that vegans cannot indulge in chocolaty goodness, gooey cakes and other decadent desserts. Even the idea of egg- and dairy-free desserts screams ‘flavourless’ for most non-vegans. But, the truth is far from it! You can absolutely be a vegan and still spoil yourself with the most scrumptious sweet treats. In fact, there are 100 percent vegan versions of almost all your favourite desserts.

Here are some easy recipes that you can follow to make the most delicious vegan desserts at home, using plant-based protein powders as the main ingredient:



### **Chocolate Peanut Butter Protein Smoothie**

You might not always have the time to fix yourself an elaborate dessert, say after workout or late at night, but that shouldn't stop you from treating your taste buds with something sweet. Just whip up a dessert smoothie for yourself using your favourite chocolate-flavoured vegan protein blend.

The only ingredients you need for this smoothie recipe are plant-based chocolate protein powder (2 scoops), unsweetened almond milk, soy milk or skim milk (1 cup), 1 banana, peanut butter (2 tbsp), and 3-5 ice cubes. Combine all of them in a blender and process until smooth.

Ready in just a minute, this delish cold, creamy treat will make you forget that it's actually healthy!



## Four-Ingredient Protein Brownies

Yes, you can whip up the most delicious vegan protein brownies with just four ingredients – plant-based protein powder (1-2 scoops), cocoa powder (¼ cup), almond or peanut butter (½ cup) and 3 medium overripe bananas.

Start by preheating your oven at 350 degrees and then, melt your nut butter in a microwave or on a stovetop. Blend it with the remaining ingredients until smooth, pour the mixture into a greased cake pan and bake for around 20 minutes. Once the brownies are cooked through, remove them from the oven and rest them to cool before slicing into pieces.

The dense, creamy texture of these chocolate brownies might actually make you forget that they do not contain sugar, flour, butter or oil.

## Cinnamon Roll Mug Cake

Craving for something sweet, but don't want to go through the cumbersome task of baking yourself a cake? Worry not, as you can make this cinnamon roll mug cake in just 5 minutes.

Mix 4 tbsp all-purpose flour, 1 tbsp sugar, 2 tbsp plant-based protein powder, ½ tsp cinnamon and ½ tsp baking powder together in a bowl. Add 6 tbsp water, 2 tsp coconut oil and ¼ tsp vanilla to the dry mix and stir until combined. In a separate bowl, mix ½ tsp cinnamon and 1 tsp sugar, and set aside.

Take a mug now and sprinkle its bottom with a third of the cinnamon-sugar mixture. Pour ½ of your batter in the mug and then again sprinkle a third of the cinnamon-sugar mixture. Repeat the process to finish the remaining batter and cinnamon-sugar mixture. Place the mug in the microwave for 1 ½-2 minutes until the cake is slightly spongy but not doughy.

Once it is cool, top it with a dollop of vegan cream cheese or simply relish the cake as is.



## Chocolate Protein Peanut Butter Cups

If you're not a big fan of baking, this is the perfect recipe for you. It yields 24 sweet little delights that you can store in your refrigerator and enjoy for the next couple of days.

In a blender, blend together softened virgin coconut oil (½ cup), chocolate-flavoured vegan protein powder (2 scoops), peanut butter (½ cup), unsweetened cocoa powder (¼ cup), vanilla extract (1 tsp) and liquid Stevia (12 drops) until smooth. Fill a mini-muffin pan with 24 liners and pour 1 tbsp of the mixture into each. Keep the muffin pan in

the refrigerator for the fudge to firm up.


After 45-60 minutes, de-mould the muffin cups and dig in to enjoy your cool, sweet treat!

As you can see, it is really simple to prepare vegan desserts that are just as nutritious as satisfying, tasty, and enjoyable. So what are you waiting for? Put your apron on and open that pack of plant-based protein powder to prepare some delectable, yet healthy treats to satisfy your sweet tooth!

By- **Shivam Hingorani**



## Nutrition Tip

A photograph of a white plate featuring a piece of salmon topped with a thick layer of fresh green herbs. The salmon is served over a bed of creamy mashed potatoes. The plate is garnished with fresh spinach leaves, several small round potatoes, and a slice of lime. A piece of rustic bread is visible on the right side of the plate. The background is a light-colored wooden surface.

The exact amount of protein you need is dependent on the protein quality of diet. Plant-based protein contains less essential amino acids compared to animal-based protein, and the essential amino acid content is a major determinant of the anabolic response to a protein. If you consume a lot of plant-based protein, you need to eat more total daily protein to compensate for the lower protein quality.

A November  
Affair

# Tanishaa Mukerji

## In A Fitter, Healthier & Happier Avatar!

**B**est known for her work in Bollywood movies, Tanishaa Mukerji has also gained recognition in South Indian movies with her contribution in Tamil and Telugu Films.

She has also been a part of movies like – Neal N Nikki, Popcorn Khao Mast Ho Jao, Sarkar, Tango Charlie, One Two Three, Sarkar Raj, Kantri, Tum Milo Toh Sahi, Anna, etc. Her performance in the superhit movie – Sarkar by Ram Gopal Verma was

highly appreciated.

She has also participated in various reality shows such as Bigg Boss 7, Fear Factor – Khatron K Khiladi, Comedy Nights Bachao, Gangs of Hasseepur, Entertainment ki Raat and many more.

An adventure enthusiast, Tanishaa is an intermediate level diver with a record of 22 dives. Tanishaa recently had a mind-blowing fitness transformation, which we're sure all of you are intrigued to know about.





Therefore, Women Fitness India recently caught up with the stunning actor, bringing to you all the details about her new found lifestyle and how she feels fitter, healthier and happier now!

**You have been a part of the Indian Film Industry with numerous movies to your name, be it Neal N Nikki, Popcorn Khao Mast Ho Jao, Sarkar, Tango Charlie or Sarkar Raj. Did you always have your sights set on entering the Entertainment Industry or did it happen by chance?**

I always wanted to be a part of the film industry! When I was young I used to watch my mom prepping for her film shoots like doing makeup and getting ready to go for her shoots on the set and I used to always say to her that, “mum when I grow up you’re going to stay home and relax and I’m going to go for shoots on set to become an actress just like you.” I believed that acting and filmmaking was always in my blood and I wanted to do movies that will entertain people.

**You have transformed yourself into the wonderful, fit woman that you are today. What inspired you to challenge your limits? 3 things that were instrumental in achieving this fit body?**

I have always been fit; I think I just let the ball drop for the last couple of years. But a few incidents in my life made me

realize that I would be more confident if I became fitter. The 3 main aspects that made me change my outlook towards fitness and work harder for my body were –

Firstly, with my biological clock ticking and wanting to be fit and be able to have kids after the age of 40. Secondly, when I was trying horse riding, I ended up with a terrible catch in my back and that really shook me. I thought I was fit and that small jerk from a horse affected my back so badly, it made realize that I am not as fit as I think. Lastly, my friends and loved ones played a huge role in pushing me to get back to being fit as I used to be earlier.

So, these 3 things have been very instrumental in changing my body and helping me achieve a healthy lifestyle.



**I** believed that acting and filmmaking was always in my blood and I wanted to do movies that will entertain people.

**In a previous interview, you said that you have not become skinny but only added muscle and lost fat. What was your workout routine then and what is it like these days?**

Yes, the intention was not to become skinny, but the intention was always to be fit. In order to be fit, you need to be more muscled; more toned and have more inner strength. I am becoming healthy now with my workout routine and I am achieving a level of flexibility, strength, core-strength, weight muscle toned that was lacking earlier.

Also, I realized something that we all have this notion that working out is enough to become fit, however working out is not a complete solution. It’s like you may do cardio for a couple of hours but that is not going to help you if you are not watching on your eating habits.

Earlier my work-out routine used to be Pilates and I did see the change in me. However, I think it wasn’t just my work-out but also my diet. And once I figured out my diet, it really changed the way my body looked. It’s all about understanding the right nutrition that your body needs and I think a lot of people don’t understand nutrition and its importance – not even the trainers. You really should approach an expert who will give a holistic approach and not just guide you to lose fat.



**You are an intermediate level diver with a record of 22 dives and are also learning horse-riding. Your passion for adventure was pretty obvious when we saw you as a finalist on Fear Factor: Khatron Ke Khiladi. Has it been a part of you from childhood or is it something that you learnt about yourself on the way?**

I have been a huge fan of the show since the beginning. Also, I love adventures and taking up new challenges, so when I was offered the show, I jumped into the opportunity without sparing a thought and took it up as a challenge.

Honestly, there were times when I have opted for things with my sheer gut feeling and Khatron Ke Khiladi was one such decision.

**Healthy eating is all about creating healthy habits. Do you make it a point to eat healthy at home? An off-day lunch with your friends would be?**

I am a huge foodie and I do believe in eating especially when I go out with my friends but I always stick to healthy options from the menu and luckily for me I am someone who doesn't like deep fried or oily food, instead I prefer something like smoked salmon. I have always been a relatively healthy eater!

**Share a few mantras, from your own beauty regime, for healthy skin and hair?**

My skin care regime is all about moisturizing and applying tons of sun block. And that is only because if you do not keep it simple, you will not do it every day. I believe in using right products for personal care. I go for regular facials and resort to DIY remedies for my skin at home. For instance, I use a mixture of Lemon and cucumber juice for tan removal and use egg yolk for hair.

Also, I cannot compromise on my hair and I make sure to take a good care of them.

My hair care routine is regularly oiling my hair and if you color your hair, it is important to get protein treatments done on a regular interval.

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

I absolutely love spas. I love getting massages and pedicures on a weekly timeline. When I want a little extra I'll do a nice body wrap or an Ayurveda therapy.

My favorite pass time is to sit with my puppy Leo reading a good fantasy fiction novel with a cup of cinnamon tea which relaxes me completely.

I also love catching up with my close friends or just enjoy some good music. But what makes me instantly happy is spending time with my nieces and nephews and getting cute hugs from them. They just manage to cheer me up even in my worst moods.

**What does your workout routine look like?**

I do an intense one-hour workout every day. I alternate between cardio, weight training, and Pilates. I also brisk walk, jog, cycle and do yoga when I am traveling. So, my exercise routine varies, and I like to keep it that way. The change keeps me excited about working out and doesn't let boredom set in. I enjoy doing Pilates with my trainer Namrata Purohit. It's one exercise which keeps me motivated to stay fit and strong.

**With many actresses undergoing fitness transformations like Parineeti Chopra and Sonakshi Sinha, do you see a drift in the outlook towards fitness in the women of our country today? What do you think has led to this change?**


Definitely, there has been more emphasis on fitness today with women especially in our film industry. Back then a lot of actresses didn't think about fitness as it was not so relevant for them in terms of getting a role or fitting a character. Today because roles are expanding and because fitness has become so conversational in our country, the conversation in Bollywood needs to be about fitness. Besides, the Bollywood industry also the represents our country on an international level, so how can the industry be unfit. Also, today Cancer has become very prevalent in India, there has been increase in a number of cases of women having breast cancer or diabetes that has pushed women to change their fitness mantra and that is why more women are getting into healthy lifestyle management.

I think it is great that Parineeti and Sonakshi have transformed themselves in to getting more fit and have inspired a lot of women to follow the fitness path.



“

**M**y fitness  
mantra is  
to have a  
holistic outlook! I  
believe in dedicating  
one hour every day to  
do some kind of  
workout.



**Your fans are always so excited to see you on-screen, so do share with us your goals for the year 2019?**

I have some exciting plans for 2019, I had done a very interesting short film based on some prevalent issues that our country is facing today. As an actor, I want to do more work like this which is reaching out to people and is creating a huge social impact. I am also planning on producing a few projects which are in pipeline. I want to be part of this Industry not only as an actor but also as a creator.

I have also acted in a film called Code Name Abdul which is releasing soon. I am eagerly looking forward for these films to come up on screen and releasing in mediums where people can interact with me on a larger scale.

**Being a part of the Indian Film industry since your childhood, share with us the three best and three challenging things that you had to face.**

I think I was part of the film industry since my childhood because of my parents and the best part about it was that it felt like a big family. I have been

close to all my mother's and father's friends from this industry and we share a very close bond even today. As a kid, I use to visit sets to see the shooting, which helped me gain a different perspective than others. As my father was a director, I would go along with him for his shooting and I got to experience a lot of things! Also, another part of this industry that I loved was our family studio, we had a stable of horses and I used to love meeting my favorite horses. I used to also meet my grandfather at the studio which is one of my fondest memories.

My upbringing was very different from others. In school, a lot of people did not understand our background. And back then, the film

industry was not considered as a valid career profession by most of them, unlike what it is today. So we did face a lot of preconceived notions from people at times but thanks to social media we have been able to open up a lot of our personal lives to the world and get a different perspective of which actors actually are today. And it is not just the character that you play on a screen but there is so much more to our lives.

**Lastly, one fitness/health tip for our viewers at Women Fitness?**

My fitness mantra is to have a holistic outlook! I believe in dedicating one hour every day to do some kind of workout. It can be anything from walking, playing sports or any cardio exercise at the gym to keep my body and mind active.

I don't want to be preachy, but one must make it a habit to stay fit. Fitness must be a part of one's living. Also, to look good on the outside, one must be healthy and happy inside.

So eat healthily, exercise daily, drink a lot of water and sleep well. These basic things will take you a long way.

Experts Talk On  
**Best World  
Cuisines**

**T**o define the best cuisine is like trying to identify the best dress for a woman. It is impossible to find a particular type of food that will suit everyone. Human beings have individual taste and choice and what may be one

person's favourite dish may be detested by another.

However, if one were to pinpoint the most popular cuisine in terms of sheer acceptance of the palate then the following certainly stand out:

# 1. Chinese

Chinese food has a distinctive culinary style all its own. The emphasis is on fresh, seasonal ingredients, prepared with a minimum of fuss and beautifully balanced for color, texture, and presentation. The emphasis is on satisfying the four senses of sight, taste, smell and touch. Chinese food can be divided into five different regions – Northern, Western, Eastern, Central and Southern, each with distinctive cooking styles. It is no wonder that this cuisine is the second most popular in terms of global acceptance.





## 2. *Mediterranean*

Considered to be one of the healthiest food options, it heavily uses ingredients which are considered beneficial to the human body such as olive oil, wheat and other grains, fresh fruits and vegetables, and a certain amount of seafood; low in meat and dairy products. Having said that, this region, comprising of countries like Egypt, Turkey, Greece, Italy and Provençal French and Spanish – has also spawned some of the highly popular dishes such as Pizza, Sausages, – which are not necessarily health giving. But this cuisine remains one of the most acceptable in the world.





3.

## *Thai & Neighbouring Countries*

Thai cooking places emphasis on lightly prepared dishes with strong aromatic components and a spicy edge. Thai food as demonstrates intricacy; attention to detail; texture; color; taste; and the use of ingredients with medicinal benefits, as well as good flavor, as well as care being given to the food's appearance, smell and context. In 2017, in a poll conducted by CNN, seven Thai dishes made it to the list of "most popular food" – more than any other country. There are five main regions in Thai cooking – viz Southern, Northern, Central, Isan or North Eastern and Bangkok.

A white ceramic cup filled with a thick, golden-brown soup sits in the upper left. To its right, a white bowl with a blue floral pattern around the rim is filled with a vibrant yellow chicken curry. The curry is topped with fresh green cilantro leaves and chunks of ripe mango. The background is a light-colored surface with scattered fresh green herbs and a piece of ginger root in the bottom left corner.

## 4. *Indian*

The sheer variety and taste profiles of the food of this ancient country drives Chefs across the world crazy with the explosion of flavour at every corner of this sub continental cuisine. It is the only food that has not only got its own identity but has imbibed food cultures from across the world and made it uniquely its own. With influences of Dutch, Portuguese, English, French and Muslim cooking, India offers a wide variety of dishes and has a distinctive touch. No country in the world has refined vegetarian food to give it an incredible taste as India has. With over twenty clearly identifiable regions, Indian food is probably the most heavily drawn upon cuisine in the culinary world. The subtle and delicate flavour of spices and wide variety of ingredients used makes Indian food one of the top most recognised and acceptable food in the world today.

By- **Saloni  
Rupani**

A grid of 20 round cakes, each decorated with a variety of fresh fruits and flowers. The cakes are arranged in a 5x4 grid. The decorations include strawberries, blueberries, raspberries, blackberries, kiwi slices, orange slices, yellow chrysanthemums, purple daisies, and green grapes. The cakes are set against a light background with scattered crumbs and small flowers.

**Foods  
To  
Avoid**

**For A  
Clearer  
Skin!**

**A**cne. The word that can send many teens and young adults into a rage, especially on occasions like spotting a newly-developed pimple the day before the senior prom! Providentially, most people merely outgrow acne as they get past those hormone-fueled teenage years, although it can linger to be a problem for some well into adulthood.

Though it seems unbearable at times to win the fight against acne, there are things that can be done to recover the condition. Altering your diet is one thing that could be cooperative and knowing what not to eat is a key section of this tactic. These are some of the worst things you can eat if you are pursuing a war against acne.

### **Diet soda**

There are many more motives to evade diet soda than averting acne, but since that's our topic, let's look at it a little more closely. The ingredients in diet soda can cause swelling in the body, which among other things, can prompt break-outs. This stuff may also lower your body's pH, which can also root worsening acne.

### **Salsa**

Salsa has expanded incredible ground as a popular condiment in the India in recent years. Although salsa is generally a very healthy food, unfortunately it also contains a lot of acid, thanks to ingredients like tomatoes and vinegar. This does not necessarily mean you have to swear off salsa completely, but it's recommended that you avoid overdoing it. It should be fairly easy to work out how much you can get away with eating before it causes problems for you.



### **Sugar**

Yes, this is surely a major-league nuisance since so many of the things we love are laden with sugar. Sugar can upsurge the production of hormones that can contribute to break-outs, so cutting down is certainly not a bad idea. You'll also enjoy extra health benefits by reducing your sugar intake, counting reducing your risk of diabetes, heart disease and obesity.

### **Salt**

Much like sugar, salt seems to be an ingredient that's worked its way into just about everything. Salt is obviously something that should be avoided by those with high blood pressure, but it can also be trigger acne break-outs. Salt is often iodised, meaning it has been infused with iodine to make sure people get sufficient quantities of this important element,

### **Greek yogurt**

Like salsa, Greek yogurt is something that's become much more popular lately. The health benefits normally associated with Greek yogurt are definitely notable, but if you're struggling with acne, this may be one to put on your list of foods to avoid. The ingredients in Greek yogurt can increase hormone levels which is one of the key causes of acne.



but as with kelp, the increased iodine intake can lead to worsening acne.

### **Gluten**

There's a lot of debate these days about gluten and whether it may or may not be healthy for you. Gluten is a protein found in wheat and other grains which causes inflammation, which can then lead to break-outs. For those with sensitivity to foods with gluten, staying clear of this is a no-brainer. Fortunately, many excellent substitutes for food containing gluten are now available.

### **Caffeine**

Caffeine is an ingredient most people perhaps associate most readily with drinks like coffee and tea, but it shows up in many other brews and foods as well, which may not be as clear. Soda, chocolate and pain killer medicines may also encompass substantial amounts of caffeine. Caffeine can arouse the release of hormones which can lead to acne breakouts. It can also interrupt your sleep which decreases your body's usual ability to detoxify itself, which may further upsurge your risk of skin problems.

### **Peanut butter**

A favorite for many people including me, this otherwise healthy food can be tricky due to the natural oils that are existing which can lead to clogged pores. In other cases, a mild allergy to peanuts could also lead to break-outs. Swapping to other nut butters or numerous substitutes may be a good answer for devoted peanut butter fans.

By-Ankita Malik

## Weight Loss Guide



# *Top 9* **Foods To Eat & Avoid While On The Move**

**W**hen you're on vacation, the temptations to overdo the eating and drinking are everywhere, after all the specialties of your destination, the buffet breakfast at your hotel and treats are always at the ready.

But a sensible and practical diet doesn't have to and shouldn't fall on the way side when on vacation.

When you think of eating on the road, chances are you probably think of fast food first. But just because you are travelling doesn't mean you have to eat foods that will leave you feeling depleted, bloated and tired.

Over-indulging will leave you feeling sluggish and likely with a few extra pounds, but if you know how to eat smartly and make better food choices, it will have a positive impact on your leisure time.

So here are my Top 9 tips on eating Practically, Healthfully yet pleurably on your next getaway:

## **A. Before Your Trip**

**1.** Go online to scope out restaurants, cafes and grocery store along your route to get an idea of what your options are. This way you will be prepared and find better healthier options so you won't end up eating what you found last minute.

**2.** Do a grocery run to stock up on healthy go to options. For example: Peanut butter sandwich, Home-made trail mix (dry fruits, cranberries and seeds), roasted chickpeas, peanuts and chana, dry bhel, protein bars, nuts and spice bars, granola bars, vegetable sandwich etc.





## B. During the trip

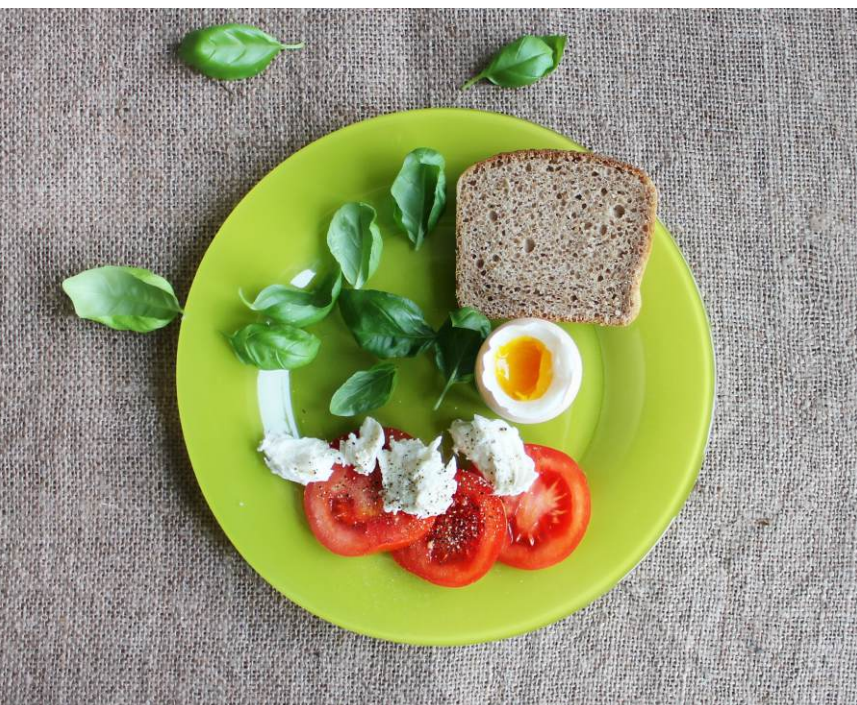
### 1. Healthy Eating Starts Where You Stop

- If you are on the move and stop at a fast food joint, your food choices will be limited to fast food only.
- But if you stop at a grocery store it will offer you whole or healthy foods like fruits, nuts, salad bar, protein bars, sandwiches, wraps, juices, dry fruits etc.
- Think twice on where you stop!



### 2. Eat Frequently And In Smaller Amounts

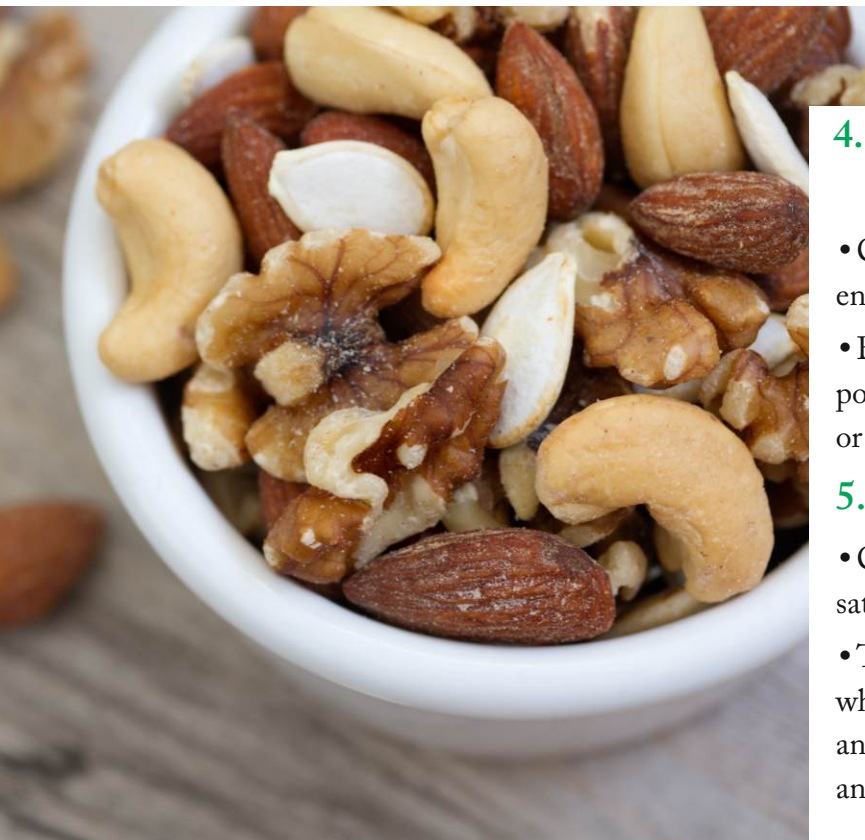
- Eating small amounts of healthy food throughout the day sends a signal to your brain that the food supply is plentiful, so it's okay to burn through those calories quickly.
- Limiting your calorie load at a single sitting also gives you lots of energy. Eating too many calories at once will make you sluggish and sleepy.



### 3. Don't Skip Your Breakfast

- Skipping breakfast will leave you hungry and irritated for the rest of the day.
- Load your breakfast with fresh fruit smoothies/milkshakes (apple, peaches, kiwi, watermelon, cantaloupe, cherries, mangoes etc.)
- Try to choose healthy from the breakfast buffet while you are out.
- Choose eggs (omelette/scrambled/boiled) or vegetable paratha or south indian (idli/dosa) or a bowl muesli with milk.





#### 4. Always Take Your Supplements With You

- Carrying your supplements along with you ensures that you will follow your diet at least 30%
- Be it Green tea, apple cider vinegar, wheatgrass powder, chia seeds, nuts, pumpkin/sunflower seeds or flax-seed, make sure to use them often.

#### 5. Have A Healthy Snack

- Choose a snack which is protein rich and satiating.
- This will help you cut down on extra calories when you go out. Try having boiled eggs, hummus and raw veggies, peanut butter sandwich, chia seed and fruit smoothie or yoghurt and nuts.

#### 6. Make Apple Cider Vinegar Your Best Friend

- Have 1 tsp. of ACV with one glass water and a lemon wedge before each meal to fire the digestive juices and boost your metabolism.

- Healthy Eating On A Trip

#### 7. Make healthy swaps

- Now-a-days, healthy swaps are all around the market. Go for greens, veggies and fruits instead of starchy items like rice & potatoes.
- Avoid fried items and opt for grilled and baked.



#### 8. Be Guilt Free

- Indulge into your cravings once in a while and enjoy! Holidays are meant for relaxing your mind and body.
- Don't be harsh on yourself.
- Eat mindful not mindlessly!

#### 9. Keep Moving

- You don't need much to stay healthy: Just 2.5-3 hours of physical activity per week! Spread this throughout the week and you get 30 minutes of just "leisurely walking" each day.'

By- Manoli Doshi

# Janhavee Agrawal

Shed 20 Kgs Following This

## Diet & Workout Plan

**J**anhavee Agrawal had always been an overweight kid but she knew that she needed to change that. So she soon started with dancing, cycling, but couldn't continue and jumped back to 80kgs. Again applied the same approach because at that time she wasn't a gym girl.



But soon she realised its importance and successfully dropped her weight to 60kgs and now there is no looking back for her.

### Janhavee's Workout Plan

I am at intermediate level and I'm fond of weight training. So, I train 5-6 times a week.

I follow push, pull and legs split of workout.

My week starts with legs and shoulders, as I am

aiming for hypertrophy so I go with heavy weights with 6-8 reps in 3-4 sets. But I surely do pre-operative sets before final sets with medium weight.

Then I do abs (floor exercises) and cardio for the second day. It takes 50-60 min.

3rd day is Chest and triceps (pushing muscles).

4th day again I go for Abs and cardio.

5th day back and biceps (pulling muscles).

6th 45-60 min of extreme stretching session.

I always make sure to do mobility movement before my workout as this eases out our joints and increases the flow of fluid in joints.

Towards the end of the workout I do 10 min of stretching, holding each stretch for 15-18sec.

### Janhavee's Diet Plan

I believe in sustainable eating, which one can follow for their lifetime.

I am following moderate carbohydrates diet, which has 50-80gm of carbs, 100gm of protein and 100gm of fats.

My morning starts with a bulletproof coffee. Then in lunch, it is mostly eggs, cheese, paneer, a cup of dal or mix vegetables.

Then in between coffee, or lemon juice or some vegetable smoothie.

Pre-workout take black coffee and Post workout is 1 scoop of whey with some fats, 10gm of coconut oil mostly.

Then dinner which is generally same as lunch.

You can too follow Janhavee's example and achieve incredible weight loss. Today, she is stronger, more powerful and healthier.



## Yoga Tip

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*Child Pose is a gentle and easy way to stretch the lower back. To get into the pose drop down onto your knees, spread your knees wide and bring your big toes together. Sit your hips back onto your feet or heels and reach your arms forward onto the ground.*



*Wellness*

**How  
Yoga Is Great  
For Students**

In Their Academics And  
Helps Handle Stress In  
Their Lives

**M**ost people, including students are facing high stress levels today. The youth tends to become stressed about too many things, like attaining the perfect grades, a media-created perfect body, building and maintaining relationships, admissions, examination stress, dealing with problems that might be at home, temptation to 'fit in' by indulging in substances like alcohol and drugs etc.

Yoga has proven to make a huge difference in combating these stress levels, and promoting calmness, confidence, focus, concentration, memory, self-esteem, healthy competition, better relationships, creativity, patience, acceptance and optimism – all leading to better grades and academic performance.

The brain continues to develop throughout early to late teenage years. The prefrontal cortex is the area behind the forehead and is known for its ability to plan, organize, and regulate mood. The development of the prefrontal cortex gives one the ability to concentrate and think, rather than act on impulse, and is critical to being successful throughout life stages—whether in academics, career, or relationships. Yoga helps stimulate and nurture this part of the brain, in addition to other parts of the body with the help of asanas (yogic postures), pranayama (breathing techniques) and meditation. Yogic practices also help bring about a

balance between the sympathetic and parasympathetic nervous system.

Problems and stress are an inevitable part of life. But the way one handles stress is what's important. Yoga teaches one to be confident and face the challenges that crop up at different stages in life.

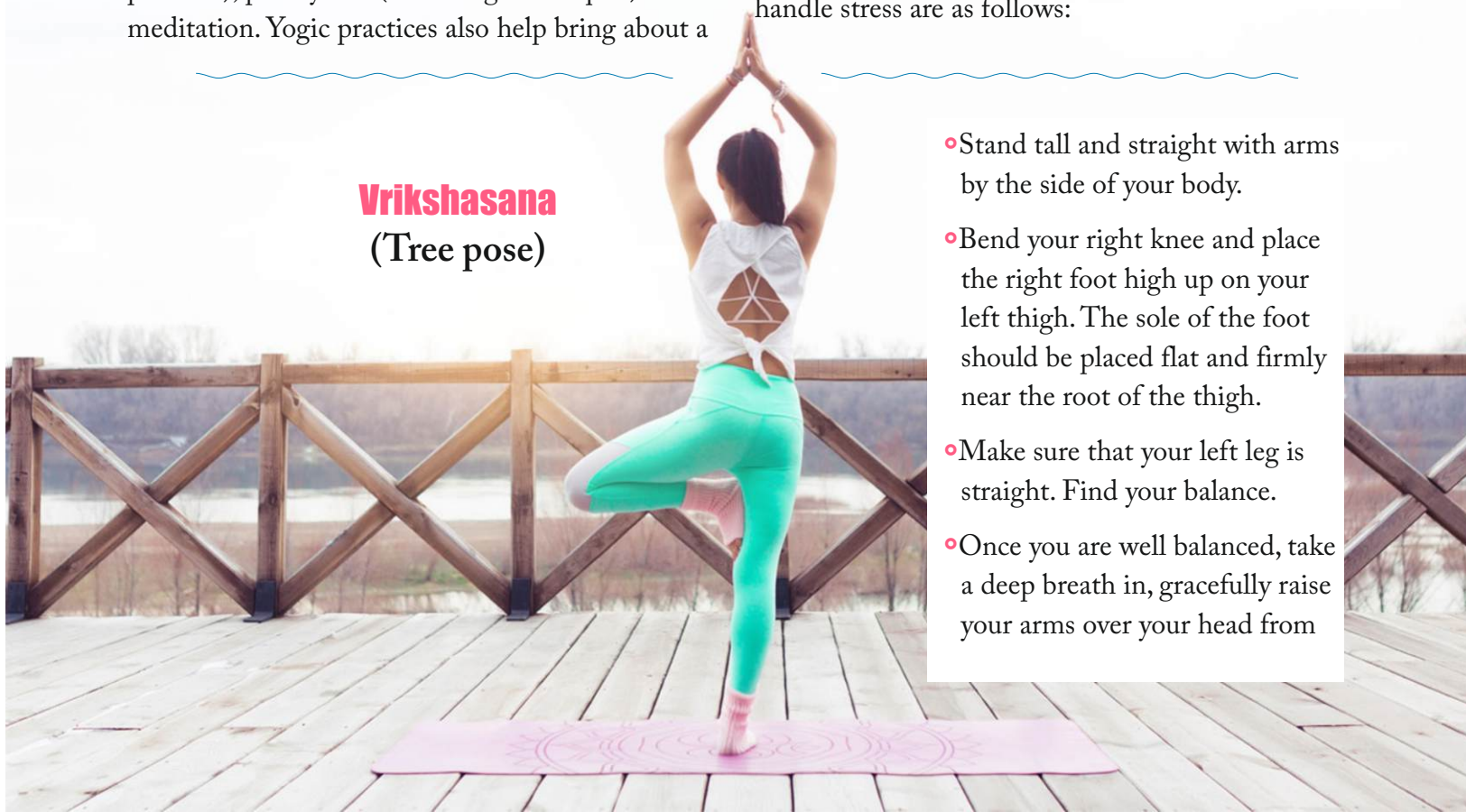
The mind, body and breath are interconnected; yoga brings about a healthy balance between these three aspects of a human being. If yoga, in addition to a healthy lifestyle is introduced at an early stage, it moulds the person into becoming not just a better student, but eventually also a better employee, boss, sibling, spouse and a better human being on the whole.

Participating in yoga class and making it a regular routine develops a strong connection to body awareness and movement. The practices help improve coordination, balance, strength, and flexibility, and teaches the student that every individual including herself is unique and different, and she starts to respect and honour this difference and uniqueness. This avoids comparison and stress, encouraging her instead to focus on attaining her goals.

Some of the yogic practices that help students at excelling in academics and at the same time help handle stress are as follows:

## **Vrikshasana** (Tree pose)

- Stand tall and straight with arms by the side of your body.
- Bend your right knee and place the right foot high up on your left thigh. The sole of the foot should be placed flat and firmly near the root of the thigh.
- Make sure that your left leg is straight. Find your balance.
- Once you are well balanced, take a deep breath in, gracefully raise your arms over your head from



the side, and bring your palms together in 'Namaste' mudra (hands-folded position).

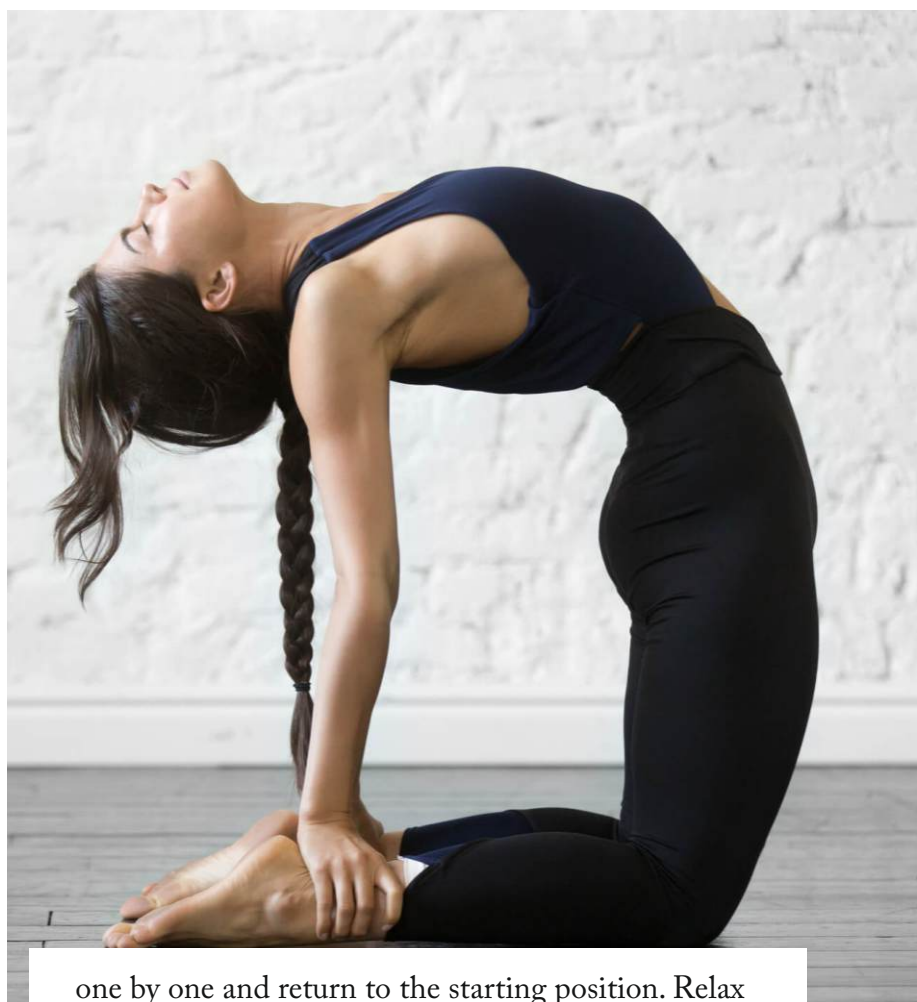
- Look straight ahead in front of you, at a distant object. A steady gaze helps maintain a steady balance.
- Ensure that your spine is straight. Your entire body should be taut, like a stretched elastic band. Keep taking in long deep breaths. With each exhalation, relax the body more and more.

- With slow exhalation, gently bring down your hands from the sides. You may gently release the right leg.
- Stand tall and straight as you did at the beginning of the posture. Repeat this pose with the left leg off the ground on the right thigh.

**Benefits:** In addition to making the legs strong, this pose is great for improving focus, concentration, mind body coordination, memory and balance.

## Ustrasana (Camel pose)

- Stand on the knees. Keep the thighs fully straight.
- Keep distance between the two thighs and two feet in such a way that they are parallel to each other.
- Lean in the backward direction. Slowly move more backward. Reach the right heel with the right hand, and the left heel with the left hand. Avoid straining the body.
- Push the hips in the forward direction. The thighs should be kept vertical.
- Then bend the head and the spine as backward and as far as possible without straining.
- Relax the body and the muscles of the back.
- Support the body weight equally on the legs and arms.
- Keep the arms in such a way that they anchor the shoulders to maintain the back arch.
- Stay in the same position for as long as you find it comfortable.
- Then release the hands from the heels



one by one and return to the starting position. Relax and take deep breaths.

- After repeating 2 times, this pose must be followed by Paschimottanasa.

**Benefits :** Backward bending is about facing our fears, which goes a long way toward quieting those distracting thoughts in our head.



## Paschimottanasana (Seated Forward Bend)



- Sit up with the legs stretched out straight in front of you on the floor.
- Keep the spine erect and toes flexed towards you.
- While inhalation, slowly raise your both the arms straight above your head and stretch the spine upwards.
- Slowly exhale and bend forward from the hip joint, chin moving toward the toes keeping the spine erect.
- Place your hands on your legs, wherever they reach.
- If possible hold of your toes and pull on them to help you go forward.
- Stay in this position as long as you can.
- After the exertion limit reached inhale and raise up stretching up your arms straight above your head.
- Breathe out and bring your arms down placing the palms on the ground.

**Benefits :** Immensely helps in calming the mind and avoiding negative thoughts. Also helps in better blood circulation while activating the spinal nerves.

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## Setu Bandhasana (Bridge Pose)

- Lie down on the back.
- Fold the knees and keep the feet hip distance apart on the floor, with knees and ankles in a straight line.



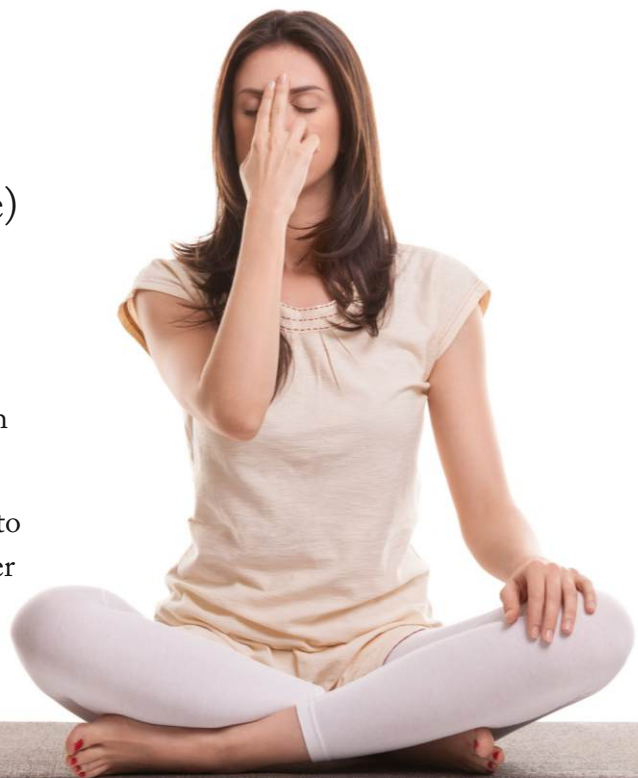
- Keep the arms beside your body, palms facing down.
- As you inhale, slowly lift the lower back, middle back and upper back off the floor; gently roll in the shoulders; touch the chest to the chin without bringing the chin down, supporting your weight with your shoulders, arms and feet. Feel the buttocks firm up in this pose. Both the thighs are parallel to each other and to the floor.
- Fingers can be interlaced and placed on the floor if possible.
- Keep breathing easily.
- Hold the posture for a minute or two and exhale as you gently release the pose.

**Benefits :** In addition to strengthening the back muscles, this asana improves blood circulation, calms the brain, reduces anxiety, stress and depression.

## Nadi Shodhan Pranayama (Alternate Nostril breathing technique)

Nadi Shodhan pranayam should be done in Padmasana. But if not possible, it can be done with crossed legs as well

- Sit comfortably in padmasana or crossed legs, with your spine erect and shoulders relaxed.
- Place your left hand on the left knee, palms open to the sky or in Chin Mudra (thumb and index finger gently touching at the tips).



- Fold the index finger and middle finger of the right hand inwards, and place the ring finger on the left nostril, and thumb on the right nostril.
- Press your thumb down on the right nostril and breathe in through the left nostril.
- Now gently press the ring finger down on the left nostril and raise the thumb to exhale through the right nostril.
- Breathe in from the right nostril and exhale from the left. You have now completed one round of Nadi Shodhan pranayama. Continue inhaling and exhaling from alternate nostrils.
- Complete 9 such rounds by alternately breathing through both the nostrils. After every exhalation, remember to breathe in from the same nostril from which you exhaled. Keep your eyes closed throughout and continue taking long, deep, smooth breaths without any force or effort.

**Benefits :** This kriya cleanses your 'nadi' or subtle life force channel and encourages better focus. By releasing the accumulated stresses in the body, it creates a soothing effect on the entire nervous system, and brings in calmness and concentration.

Make sure you finish your practice by lying down in Shavasana (Corpse pose).

Shavasana is done by lying down on the back with the palms facing the ceiling and about one foot distance between the feet.

Relax every part of the body as you inhale and exhale. This helps calm the brain and the body.

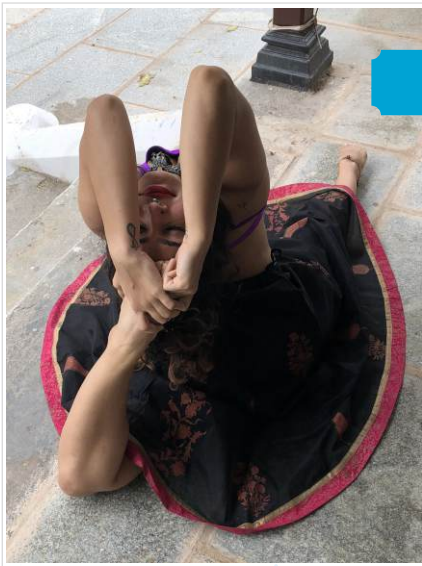
Relaxation is as important as physical activity and allows the cells to repair themselves and prepare the body and mind to function better.

Hence in addition to regular physical activity, nutritious food and other healthy habits, importance should be given to adequate sleep and rest as well, for the student to perform well in academics as well as succeed in handling the stresses of life.

After Shavasana, one can sit up straight, close the eyes gently and chant Om three times. This further calms the mind and stimulates the pituitary gland which is known as the master gland. This gland plays a major role in regulating vital body functions and general wellbeing.

By- Nikitaa Parmar





### 1. Natasha Noel

As her Instagram bio states she's a true "Breaker Of Stereotypes".

**@natashanoel001**

Yoga is a Mind-Body-Spirit practice which combines the physical asanas with breathe control, meditation and relaxation. Hence everything that you do naturally calms your senses and helps release stress.



### 3. Deepika Mehta

Ashtanga Yoga is the forte of this gorgeous yogini.

**@deepikamehtayoga**

Yoga helps in managing stress as it tunes one in into the present moment by connecting to the breath and the sensations of the body.

# Top Yoginis in INDIA



### 2. Sunaina Rekhi

She considers herself the artist and yoga an art form.

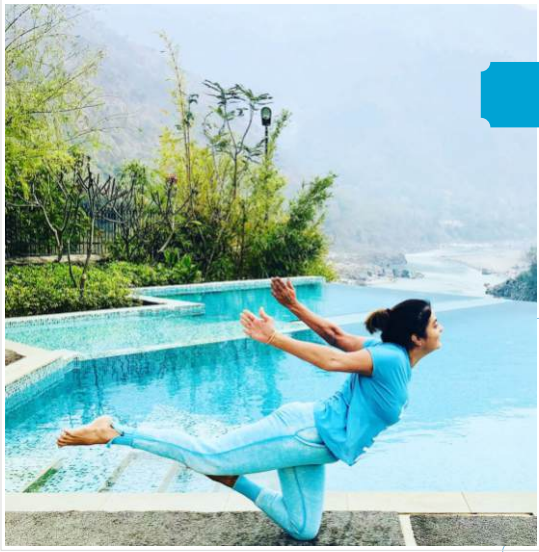
**@sunaina\_rekhi**

### 4. Vidya Malvade

Apart from being a stunning actress, she does fantastic yoga too.

**@vidyamalavade**



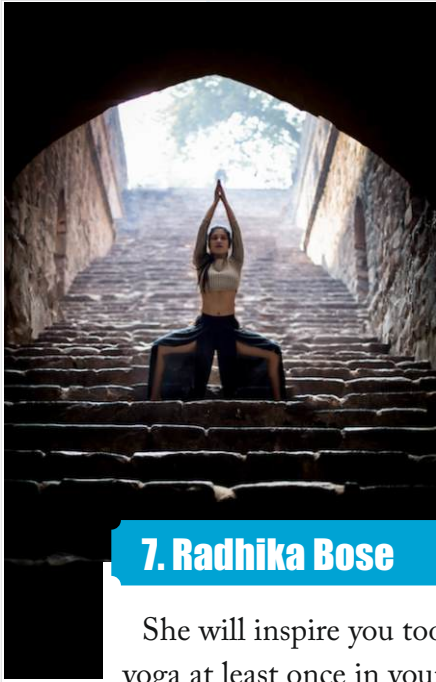


## 5. Sheeba Akashdeep Sabir

An actor, a mother and a yogini, Sheeba is a certified yoga teacher.

**@simplysheeba**

Yoga has changed my life.. it has re-booted me – mind/body and soul.. it has brought down my stress levels because yoga basically micromanages my head space – as my body and breath align it just makes my brain reach a meditative state which de-stresses me.



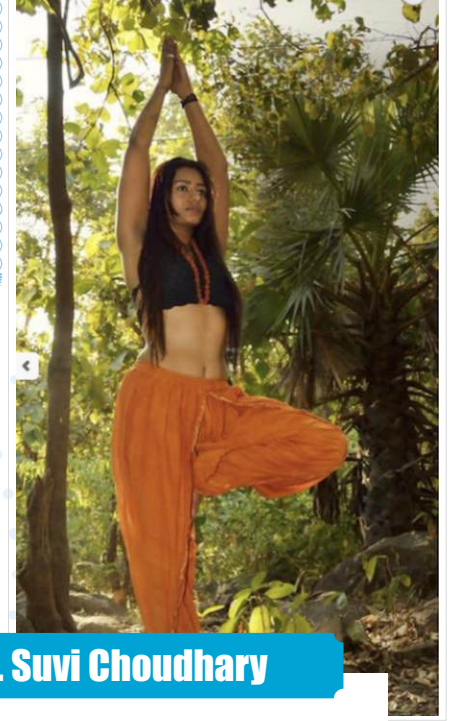
## 7. Radhika Bose

She will inspire you too try yoga at least once in your lifetime.

**@yogasini**

When you let go of anything holding you back, and place all your energy on the mat, your stress automatically dissipates. The focus on the breathing, body parts moving in sync relieves you of all the pain and stress. All you need is intention to let go and be in tune with your body.

# Top Yoginis in INDIA



## 6. Suvi Choudhary

Famously known as the Gypsy soul, she has great command over her body and flow.

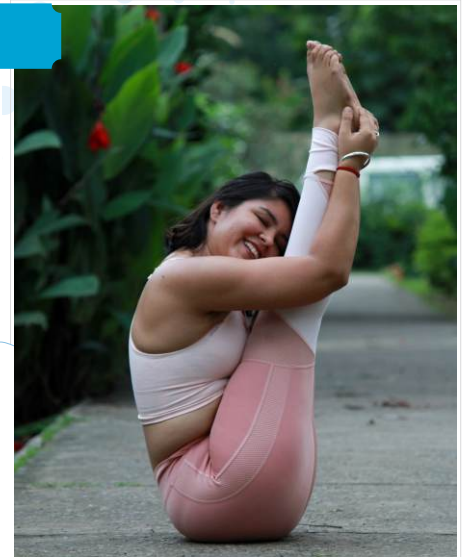
**@suviastangayoga**

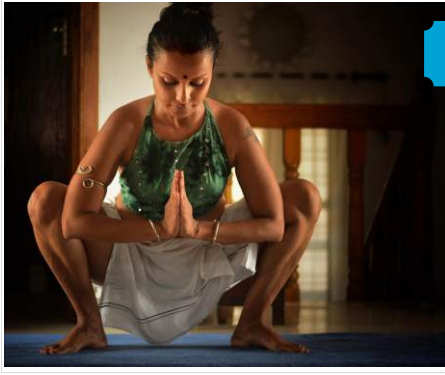
## 8. Surbhi Sharma

Along with being a yoga teacher she is a rhythmic gymnast, which beautifully transforms in her movements.

**@\_surbhisharma**

I started practicing yoga for the physical aspect, like most people do, but slowly I started feeling the changes in my mind, it not only helps us physically but helps coping up with daily stress and anxiety. It shifts the focus from the outside world to the inside. Helps in staying calm and relaxed, just live in the present moment.





## 9. Stuthi Raghavan

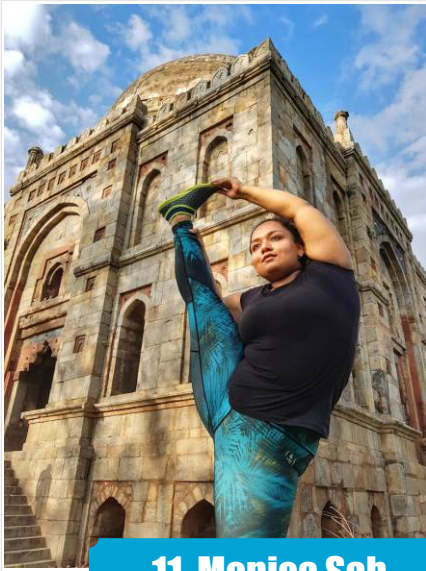
You are bound to be spellbound by the beauty of her yoga practice.

**@stuthiraghavan**

## 10. Anshuka Parwani

Favorite amongst celebrities, she has popularised Yogalates in India.

**@anshukayoga**



## 11. Monica Sah

She not only teaches yoga, but preaches body positivity.

**@monica25101990**

“Yoga for me has been a way to find my inner self, to relax even the deepest storms I never knew I had and it has been a guiding force to my new life journey. Stress comes in all shapes and sizes and one can almost never fully relate to other’s issues. For me, yoga has definitely helped find comfort in the fact that life is a lot more than goals, targets and achievements. It has helped me calm my inner self enough to be able to appreciate every moment of every day.”



## 12. Nidhi Mohan Kamal

She is our very own desi yogini, who loves to talk about the strength of Yoga.

**@nidhimohankamal**

“Sadly most people see Yoga as just a physical exercise. The reality is Yoga is a complete way of life. Yoga helps you to take control of your mind and body so that you can connect between with your soul better. Even if you only look at the physical practice you can’t achieve a pose if you’re not fully aware of your body, breath and Drishti. So subconsciously you learn to stay in the moment and take control of your mind. Rest you’ll know for yourself once you practice.”



# Top Yoginis in INDIA



### 13. Ruchi Raj

Hatha Yoga Professional who seems to love fashion and travel.

**@ruchirajofficial**

If Anyone want the best of themselves, I think, they might want to hit the mat and give yoga a try. Yoga is a bliss. A mind-body practice that combines physical poses, controlled breathing, and meditation or relaxation. Yoga really helps to reduce stress, lower blood pressure and lower your heart rate. It controls all the negitve vibes & helps one spend their day with a really peaceful, calm mind & with really positive, cheerful attitude towards everything.



### 15. Aishwarya Nigam

A Physiotherapist and yoga lover, she brings on the best of both worlds.

**@fitphysioaishwarya**

For a very long time, I dealt with pre menstrual stress syndrome along with a lot of period pain (dysmenorrhea). On practicing yoga continuously for a year I had considerable relief. Practicing Yoga gives me a control over life and sets the positive tone for the day. I exactly know what I'm about to do next and that keeps me off from the everyday stress.

## Top Yoginis in INDIA



### 14. Pallvi Sharma

Her sassy yoga pants are hard to miss, and so is her yoga practice.

**@twistedgalpal**

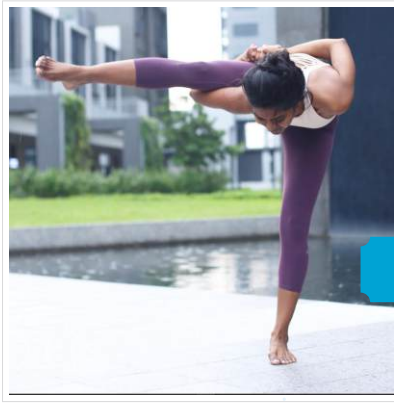


### 16. Apoorva Jayarajan

She is not just a yogini, but an Acro Yoga Practitioner. She brings in an all new level of energy.

**@apoorvajayarajan**

To me yoga is my go to when I'm feeling low, out of sync, physically or mentally uninspired, or stressed out. What yoga does – as you connect your breath to the mind to the body and in turn to look inwards and search, question and simply what you're feeling, why you're feeling and that gives you the answers. Physically it reduces tension in your muscles, increases the good blood flow in your body, makes you more alert and responsive, works on feel good hormones internally, promotes relaxation and increases mindfulness.



### 17. Sanya Sekhar

She is true God's Child, who has progressed her way back through an injury.

**@sanyasekhar**



### 18. Sakshi Gupta

She will inspire you to set good intentions every month and believe in self-love.

**@sakshiguptayoga**

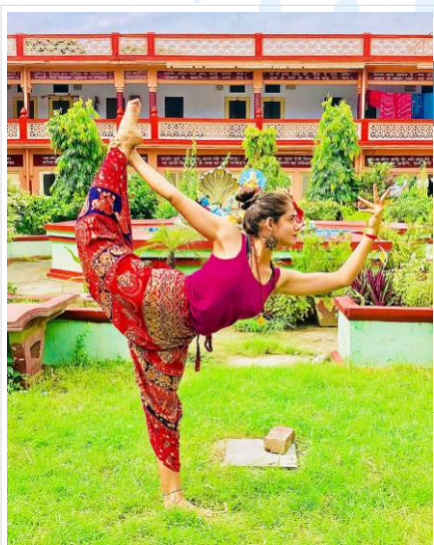


### 19. Ishwari Patil

This beautiful Yogini definitely knows how to pull the strings, whether its Yoga or the gym.

**@\_ishwari\_**

# Top Yoginis in INDIA



### 20. Dolly Sharma

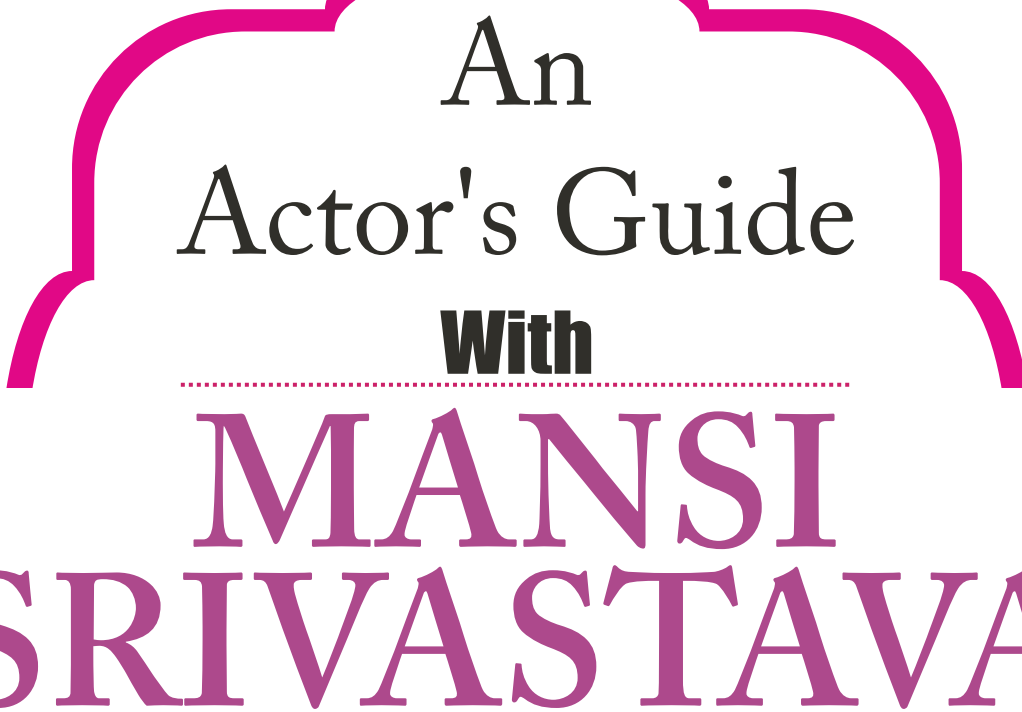
She recently appeared on MTV Roadies Extreme and caught everyone's eyes, because of her excellent flexibility.

**@yogantrikshakti**

Yogantrikshakti taking care of your inner, outer body.. It's a flow of breath like a river in nature.

The simplest and best yogic remedy for tension and stress is pranayama. Our breath is directly connected to our emotions and feelings. Same vritti pranayama, which is basically equal breathing exercise really helps in calming down from a panic attack or for centering ourselves. Abdominal breathing which involves big, deep belly breaths activates our parasympathetic nervous system and helps in bring the cortisol levels down. Just 5-7 breaths and you will immediately feel calmer and more relaxed. Both these pranayama are easy to do and the best part is they can be done anytime and anywhere.





An  
Actor's Guide  
With  
.....  
MANSI  
SRIVASTAVA  
.....





**M**ansi Srivastava is a well-known face in the Indian TV

industry, having played the pioneer role of Heer in Zee TV's show Rab Se Sohna Isshq and the lead role of Shivani in Do Dil Bandhe Ek Dori Se, among many more. Currently playing the lead role of Bhavya in Star Plus's Popular Show Ishqbaaz, lets get to know her up-close, on all her favourites and how she feels about being a celebrity!

**How do you go about handling your celebrity status & how does it feel like being one?**

It feels good and responsible. I don't really try to get it too much to my head. I am normal just like any layman. I feel more responsible though.

**Which of these dominate your shopping bag: clothes, accessories, perfumes, or anything else?**

Clothes dominate my shopping bags, the most.

**With neck to neck competition, how do you go about with every shot to make it the best, what's your secret?**

I take one scene at a time. Try to be in present and complete with conviction what I have in hand, but of course we need to be prepared for future too. I keep attending few dance and acting workshops to actively be in touch with the craft.

**What kind of role do you feel most comfortable with?**

The one where you get into a character and the character's skin and you feel comfortable in. But if you can't get a hang of that role or the characteristics of that role then one can't be comfortable with the role. But yes I love to do comedy roles.

**When did you decide to become an actress and take it up as a full-time profession?**

When I was in school I knew I wanted to be in this line. Then slowly I started taking part in plays, in theatre and that is when I knew, I want to be an actor.

**If you weren't an actress, what would you be?**

I would be either a CA or may be would have done MBA and had been working in corporate.

**Which character is close to your heart among the ones that you have played? And why?**



Fitness is very important. I don't get much time from shoot these days but I try that in whatever time I get and whenever I am able to do some exercises.

Shivani from 'Do Dil Bandhe Ek Dori Se', my first show as lead on Zee TV is the closest to my heart. I loved the story of that show plus it was my first show so I am attached to it. Bhavya is also very close to my heart. It's a very different kind of role and challenging too so I like to keep it close and keep cherishing it even in present.

**Which show did you love the most to work on?**

I am really enjoying working in 'Ishqbaaz' right now. The whole team is great, plus, Surbhi, Shrenu and I enjoy each other's company. There is no jealousy, etc.

Also I had the most fun in 'Peterson Hill' the comedy show and made a life long friend in that show, Sucheta Khanna. She is like a lifeline to me.

**You are from Gurgaon, right? Are you able to visit your parents regularly? And when you come back to Bombay, what do you miss the most about being at home?**

I am from Chandigarh. I was born in Gurgaon but then as an infant only shifted to Chandigarh. I have been brought up there only, basically Panchkula. Well frankly speaking I am more attached to Mumbai now and feel home sick when I leave Mumbai and go elsewhere. That's the spirit of Mumbai. My parents keep visiting me often.

**How do you manage to control your diet when you are on the set? What do you usually eat on set?**

On the set it is very difficult to control your diet as someone or the other is always munching around or ordering something tasty or the lunch everyone gets is tasty and lot of variety. So unless you don't keep a target for yourself, you can't achieve dieting on set. I usually eat homemade food whatever I get, sabzi, rice, other than that I like to eat roasted khakhra and makhaaney.

**What does Fitness mean to you? How much dedicated are you to fitness? Your fitness routine?**

Fitness is very important. I don't get much time from shoot these days but I try that in whatever time I get and whenever I am able to do some exercises. I mostly do skipping, yoga and some cardio, abs and squats.





**Describe yourself in three words?**

Simple, funny and caring.

**Which was your last holiday destination you visited? Tell us, your best memories from there? Also, what is your favorite holiday destination and why?**

Hong Kong was my last. Also it is my favourite till now. You can shop and party both in Hong Kong. I do want to visit Amsterdam and Santorini soon, because of it's beauty and culture.

**What is your beauty routine like? What beauty products do you swear by?**

My beauty routine is cleaning the makeup I put everyday nicely and applying night cream before going to bed. Moisturiser in the morning after shower is a must and sunscreen too. I drink lots of water and stay happy. Don't stress

# What Our Expert Says!

By Dt. Manoli Mehta



**1. I would like to know how we can get rid of PCOS and what steps can be taken in the middle of having it. It's soooooo**

**hard on my self-esteem. My body hair is crazy and I feel like a gorilla. I've tried laser hair removal to no avail. It always grows back. What can I do?! I'll do anything.**

If you have PCOS you are not alone! It is a hormonal disorder affecting many women across the globe leading to abnormal weight gain, hormonal imbalance, facial hair/ acne, mood swings etc.

So give yourself some time and take right actions for it. PCOS is curable and treatment for it usually starts with lifestyle changes like diet, and exercise.

Firstly, consult a gynecologist or a certified nutritionist for a customized diet/health plan.

Secondly, there are several ways in which you can reduce facial hair growth if you have PCOS. Facial hair is probably caused by increased testosterone levels (male hormone)

You should consume a diet which is rich in protein and high in fibre. Try avoiding sugar for at least 30 days and limit the intake of refined carbs. Engage in regular physical exercise. You will start seeing the change in just 30 days, trust me!

**2. I've had pcos since last 7 yrs, Weight management is a huge problem. What to do?**

PCOS and the symptoms that come along with it can be frustrating and stressful.

Losing just 5 to 10 percent of your body weight can help regulate your menstrual cycle and improve PCOS symptoms. It can also improve cholesterol levels, lower insulin, and reduce heart disease and diabetes risks.

Weight loss can restore the normal function of the ovaries and result in normal hormone production. This may in turn lead to improvements in symptoms of PCOS.

Consult a gynecologist or a certified nutritionist for a customized diet/health plan. Incorporate a healthy lifestyle by increasing your protein and fibre intake, limiting your junk food, avoiding binge/stress eating, practicing mindfulness and increasing water consumption.

Try to go on a Sugar free challenge (say no to all kinds of sugar refined/natural) for at least 30 days and you will see the change in your body for good.



**3. My question is if our hormones are disbalanced then what should we do to get them balanced? Coz doctors told me that my monthly periods are irregular because of this only ..... Can u please help me out.....?**

Hormonal imbalances have become increasingly common with today's fast-paced modern lifestyle. Hormones have profound effects on our mental, physical and emotional health.

These chemical messengers play a major role in controlling our appetite, weight and mood, among other things.

Fortunately, a nutritious diet and other healthy lifestyle changes may help improve your hormonal health and allow you to feel and perform your best.

Combat hormonal weight gain by adopting a healthy diet and exercise plan. Stick to lean meats, healthy fats, complex carbs, whole grains, and fresh fruits and vegetables to help prevent PMS and encourage healthy blood sugar levels and weight loss.



**4. I am totally confused about which foods to eliminate from my diet. Every time I check online, it says we need to avoid dairy products, refined flour and so many other things. Please tell me what should be and what shouldn't be a part of my diet?**

I know how confusing it is to search for the right answers on the net! Don't worry, you have come to the right place.

Always consult a practicing gynecologist or a certified nutritionist for a customized diet/health plan.

Kindly note that nothing from your diet should be completely eliminated. But remember Moderation is the key!

You can avoid sugar (say no to all kinds of sugar refined/natural), simple carbs like rice, wheat, maida instead go for jowar, bajra, nachani, oats, daliya/broken wheat, buckwheat, quinoa etc.

Try incorporating more green veggies to increase more fibre intake. Avoid processed and packaged foods. Lastly, swap processed dairy for organic, or better yet, try going dairy free with almond or coconut milk.



**5. Its anushree sharma here I am 25 years old.. My weight is 69 kg and my height is 5.4" I am suffering from pcos from 4 years. Earlier I was taking medicines met4min but now I have stopped taking it. My periods are normal but I have facial hair growth problem. Please advice what should I do?**

As a nutritionist, one of the most common conditions I encounter is hormonal imbalance. While hormonal imbalance can be taxing, the good news is that there are



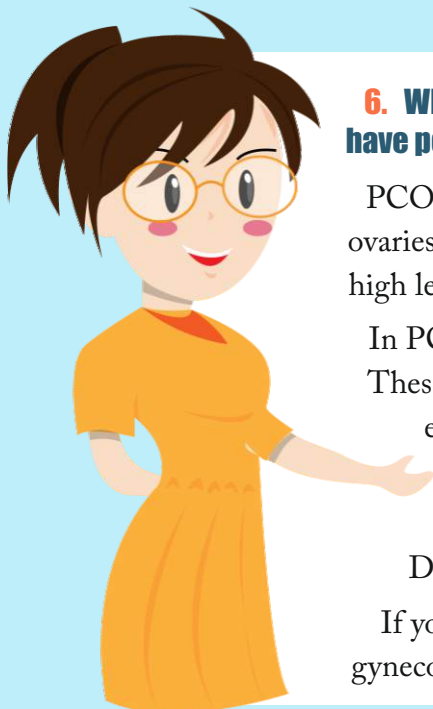
plenty of dietary and lifestyle changes that can aid healing.

There are several ways in which you can reduce facial hair growth if you have PCOS. Facial hair is probably caused by increased testosterone levels (male hormone)

In order to reduce the symptoms, you can do the following things:

Eat a wholefood diet, minimize your intake of sugar, wheat, grains and gluten, and take a probiotic under the guidance of a medical practitioner.

Eliminate excess sugar and fructose, all processed and packaged foods that contain additives, sweeteners and avoid diet foods.



## 6. What is PCOS and how does it affect the body? How do I know I have pcos?

PCOS is a “syndrome,” or group of symptoms that affects the ovaries and ovulation. Its three main features are: Cysts in the ovaries, high levels of male hormones, irregular or skipped periods

In PCOS, many small, fluid-filled sacs grow inside the ovaries.

These sacs are actually follicles, each one containing an immature egg. The eggs never mature enough to trigger ovulation.

How pcos affects your body- Weight gain, Irritable mood swings, Infertility in severe cases, Low metabolism, Disturbed sleep.

If you see any of these symptoms then kindly consult a gynecologist.

## 7. I have a lot of mood swings when I get my periods and I end up eating a lot junk food. What should I do?

A decrease in estrogen levels during a woman's monthly cycle may trigger mood changes in some women.

Some females may reach for comfort foods that are high in fat, calories, sugar, and salt in an effort to feel better. Sadly, eating these foods backfires and makes women feel worse. Sodium increases water retention and bloating.

Sugar, excess fat and calories will lead you to pack on the pounds. Combat hormonal weight gain by adopting a healthy diet and exercise plan.





**MuscleBlaze Protein Bar**

Price: Rs. 120

2.

**NourishVitals Granola Snack Bar**

Price: Rs. 449



**WOW Life Science Apple Cider Vinegar**

Price: Rs. 499

3.

# Best Health Foods



**NourishVitals Wheatgrass With Aloe Vera Juice**

Price: Rs. 649

4.

5.

**Pintola Classic Peanut Butter**

Price: Rs. 335



**Soulfull Millet Muesli**

Price: Rs. 230

6.

7. **True Elements Rolled Oats**

Price: Rs. 325



8. **Farm Honey Wild Honey**

Price: Rs. 288

9. **Wingreens Farms Peppermint Green Tea**

Price: Rs. 250



To Try Out

10.

**Happilo Premium Dried Afghani Figs**

Price: Rs. 273



11. **Easy Life Quinoa Seeds**

Price: Rs. 118

**Wingreens Farms Cheesy Jalapeno Sauce**

Price: Rs. 99



13. **Rostaa Hazelnuts**

Price: Rs. 442

# Sun signs



## Taurus

You may not be totally comfortable with surprises or changes, but if it's a change for the better, why not? Make your workout, your schedule, and your diet more effective and easier. Easier is good. In October, get up and get out for your walk or run. Stretch. Do the chair yoga video and feel wonderful. A day hike or long walk in a garden or park is good. Stretch and shine!



## Aries

You know what works best for you. You know what makes you feel the most powerful. Go with what is making you happiest. It might not burn the most calories or add the most muscle, but so what? Your progress will come from whatever is most satisfying. Have a powerful run or swim on October 31, Halloween, and hand out more candy than you consume.



## Gemini

There are a lot of great suggestions and good advice out there to improve your health and fitness. Number one on the list is to simply keep going. Even a little bit each day is enough to keep the ball rolling. Keep your heart in it and make great progress now. Get up and get out in October for your run or walk. End November strong and frisky. You're doing great!



## Cancer

Get healthier and fitter and have more fun at the same time. Really. Is a new team sport calling you? Is it more time shooting hoops? Maybe it's just more chatting with people while you're all on the treadmills at the gym. Look and feel better by working harder on your own. Don't burn out, but try to see if you can raise the bar a bit. You know your limits. Stock up on smoothie supplies and juices. Electrolytes matter. Consider more fresh salads and fruits, too.

## Leo

See more results from sticking to your workout routine, or are you just thinking about starting? This is a great time. Few things feel better than deciding to take care of yourself and then doing it. Be more proactive about your own health and fitness - and be glad every day. List the healthy foods and snacks you need. Morale-building comfort foods matter, too. Get serious about the basics. Maybe replace or update your shoes, yoga pants, or swimsuit?



## Virgo

Push hard to be healthier and fitter. It might not be a physical effort. You can develop a stronger mental attitude, too. Accept fewer excuses and get a bit more disciplined. Rest days are part of the plan, too, so you can push harder tomorrow. You know what you need to do to keep getting stronger and build stamina. Every step matters. Exercise time is party time!



## Libra

Look better, feel better, and be happier. Even if you work out on your own, chances are that you and your workout friends or teammates can all see a burst of progress. Be persistent and gentle with yourself. You're improving. Try a new yoga class or running, hiking, or gardening, club. Push yourself and feel strong and beautiful inside and out. Then discover some new sports and nutrition magazines or websites that will inspire you more.



## Scorpio

Getting healthier and fitter is at the top of your to-do list. It's there because you have your heart set on it. What is more gratifying? Nothing. Just keep getting better. Get up and get out in October. Move and keep moving. Push yourself, if appropriate, but respect your limits. Do more reps or more laps. You're tough. Work through fatigue, rest and recover, and rock it!



## Sagittarius

Double down and concentrate on your own health and well-being. If a lot of people are doing different things or taking different approaches to exercise or diet, that's fine. They're them. You are you. Work hard and enjoy being you. If it's party time, make it active, healthy dance time. That means healthy snacks, too. Sweat and smile!





## Capricorn

You're willing to do whatever it takes to become fitter and healthier right now. It shouldn't require any heroic efforts, though. Be firm and patient with yourself. That should be more than enough. Keep on keeping on. You've got this. What do you need to work on? Stamina? Muscle tone? Show up and move more. Work harder when you can. You have the discipline to do this. More reps, more laps, more minutes, more steps. Yes!

## Aquarius

Keep that self-motivation going and you'll soar through this month getting healthier and fitter. Be smart about your workouts and rest periods and make more progress than ever. Feel virtuous, relaxed, and happy day by day. Run, walk, or do chair yoga and know that it's easy.



## Pisces

The healthier and fitter you are, the more things you can get out and do. You know that. You don't have to expend all your attention and energy on hard workouts. Be fair with yourself but don't slack off. Enjoy feeling more energetic and having more fun. Feel fantastic and know that all your hard work and those steps are adding up. Keep moving!



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