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COVER STORY

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Pregnancy apps are convenient, informative, helpful and fun, but they are no substitute for professional medical advice. You can never rely on a pregnancy app for answering your medical questions.







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The Future Belongs To Those Who Prepare For It Today. -MALCOLM X

Editor's Note

This issue of Women Fitness focuses on workout and forever wellness and how it can shape your personality. Whether it is the woman behind the transformed bodies of Alia Bhatt, Katrina Kaif and many more Bollywood actresses, Yasmin Karachiwala is with us this month with an interesting Pilates rapid fire or Dr Neome Shah. Parks who decided that sitting down wherever she pleased after a full days work was right, or who talks on forever fitness.

Our world can become even better when we set an example to women all over the world to life a healthy lifestyle by focusing on nutrition and workout.

Catch with all that is happening at Women Fitness.

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r. Neomee Shah, the founder of Dr. Neomee Shah's Forever Wellness, is an Award-Winning Lifestyle Nutritionist, specialising in Diet and Nutrition for Body, Beauty and Mind.



Additionally, she is a Naturopath, Bach Flower Practitioner, NLP & Mental Health Expert and a Holistic Health Coach. Dr. Shah who is Mrs. India Exquisire 2016 herself has worked as an Official Nutritionist with the Miss India Organisation for Campus Princess, Miss Diva and Miss Universe India.

She believes that the 'Overall Health' is a sum total of your Physical health as well as your Mental Health. Mind and Matter are both Inseparable. Therefore, in order to achieve any of the Weight Loss or Health Enhancement Goals and to have long lasting, sustained results, one must consider and treat both these aspects – Mind and Body.

Her good work has been Recognised & felicitated and she has been conferred upon with many prestigious awards like The Most Preferred Nutritionist Award in 2017 by the Times Group, The Emotional Fitness Expert and Holistic Health Coach 2016, India Todav's Excellence in Health Care Award for Lifestyle **Nutritionist and Holistic** Health Coach, All India Achievers Award for best Nutritionist and Awarded as The Top 100 Coaching Leaders of the World by World HRD Congress.

Women Fitness India joins Dr. Neomee Shah for an enlightening conversation about how the women in our country can be healthier, fitter and happier. You are an award-winning Nutritionist, specialising in nutrition for Body, Beauty & Mind. What all lead to getting the idea of starting Dr Neomee Shah's Forever Wellness?

Well, my journey has been quite interesting. I was born with a deadly respiratory disease- Asthma which eventually even lead to Obesity. And this propelled me to start my quest for health at a very early age. And in doing this, very soon I realised one very important thing- no amount of expensive medications nor the best of doctors could cure my disease. They could only provide me with temporary solutions and pills that would only suppress my disease but not cure it from the roots.

As I continued my quest for health, i discovered some crucial facts about the food that we eat. Our body and its health is directly related to the food that we eat. We are what we eat. And I very clearly understood that in order to fight my Obesity and cure my Asthma from its roots, I had to change my body composition and that would happen only by changing my food habits.

As I kept learning, I kept implementing my knowledge on myself, lost all that excess weight, turned around my health and over time, I got rid of my Asthma from its very roots. As I gained my health back, I strived to take it to another level. I

continued learning and researching and gained a more in-depth understanding that it's not only what we eat that matters but several factors like how the food has been grown, stored, washed, cooked, served and eaten also matters. To add on, the right food combinations, your relationship with food, your mental state also plays an important role in digestion, assimilation and absorption of your food. And all these factors play a very important role in achieving excellence in health and fitness. As I was expanding my knowledge, I kept making holistic & lifestyle changes. Eventually, I could take my health to a level which I had never even imagined! The girl who couldn't walk 10 steps without being breathless is now a marathon runner and a spinathon winner.

I took 15 long years to learn everything. Different schools taught me different things. But I realised that there was a need to integrate all these learnings and hence, I put together My Own Integrated Method towards Holistic Health & Fitness.

This was the time I felt the need to share my expertise and knowledge to help the society and hence I started Dr. Neomee Shah's Forever Wellness to provide a Complete Body, Beauty and Mind Nurture Naturally and Holistically under One Roof.

Basically this was my Calling. And I am very happy that we are able to transform the lives of many till now and will keep doing so in future also.







You are also a Naturopath, Bach Flower Practitioner, NLP & Mental health expert and a Holistic Health coach. How are you able to manage so many roles?

I guess its pure passion! I acquired these skills during my fitness journey when I was on a path of self-discovery. The amalgamation of all these enriching practices has helped me take my health and life to the next level. And now it has become my second nature. Hence, it comes effortlessly and naturally to me when I am treating clients.

What does your workout routine look like?

I work out for all 7 seven days of the week. I feel that if you are not taking a break from eating, then why should you take a break from working out? Yes, but my workouts surely vary each day from intense to moderate to mild. Twice a week, I like to do intense cardio like running or spinning. Twice, I do weight training. Another two days, I do functional workout and once a week, I take it easy and just go for a walk.

After being Mrs. India Exquisite 2016 yourself, you have worked as the official Nutritionist with the Miss India Organisation for Campus Princess, Miss Diva, Miss Universe India. What is your advice on the kind of diet that an aspiring model should have? 5 foods that should be kept to a minimum?

A Beauty Queen cannot be just slim and slender. She has to be strong, fit, toned, well-sculpted, confident and exhibit excellence. Hence, to achieve this complete package, it becomes very important for us to know that 80% of our body is the result of what we eat. So, by focusing on the right kind of food & nutrition for our Body, Beauty & Mind, we can achieve and maintain that bikini-fit, flawless skin, healthy hair along with high energy levels and a positive mindset to meet the demands of our profession. The fine art of eating is definitely not starving but instead eating wellbalanced, nutritious meals and establishing a healthy relationship with food.

5 Foods To Keep To A Minimum-

- Processed & factory-made foods
 - Refined sugar
 - Table salt
- Deep-fried foods
- Coffee, tea, chewing gum



The Fine Art Of Eating Is Definitely Not Starving But Instead Eating Wellbalanced, Nutritious **Meals And** Establishing A Healthy Relationship With Food.



As women, we go through constant hormonal changes in our life. Kindly provide 5 tips to combat hormonal imbalances.

Yes, women go through many hormonal changes throughout their lifetime right from puberty to menstruation, pregnancy to childbirth, then perimenopause, menopause, and post-menopause. Besides, work pressure, family responsibilities, childcare duties add to the stress levels. This results in mood swings, emotional & hormonal imbalances.

5 Tips To Combat Hormonal Imbalances-

- Incorporate lifestyle changes by eating a nutritious & balanced diet, limiting processed sugars, refined carbohydrates, and avoiding packaged foods. Include fiber rich foods like apples, mangos, pears, sweet potatoes, carrots, oatmeal, chickpeas as well as healthful fats like fatty fish, tuna, salmon, sardines, olive oil, flax seeds, chia seeds, walnuts to your daily diet.
- Reduce stress levels by practicing yoga, meditation, and deep breathing. Exercise regularly to regulate your hormones
- Ensure a good night's sleep as your cells repair, regenerate, grow and hormones are balanced while you are asleep 09 | WF INDIA www.womenfitness.org

- Use adaptogen herbs like Ashwagandha, holy basil or tulsi, ginseng etc to balance hormones naturally. Also, medicinal mushrooms like reishi and chaga are some excellent natural foods for balancing hormones
- Include Prebiotic foods like onion, garlic, apple cider vinegar, carrots & Probiotic foods like buttermilk, yogurt, sauerkraut, kimchi, pickles, kombucha in your diet. This will help in balancing the microbiome in the gut and will help you treat your problem from the root. It's rightly said that your health & immunity begins in your gut.

You have previously spoken about 'overall health' which is a sum total of your physical health as well as your mental health. Please elaborate for us.

Yes, I believe that our overall health is a sum of our physical and mental health. Mind and Matter is inseparable. They are like the 2 wheels of a bicycle- needed equally for balancing the overall health. We are made up of what we eat (our food) and what we think (our thoughts, feelings, and emotions). Hence, to live a wholesome life, we should take care of Body and Mind by eating a natural & balanced diet and thinking positive & peaceful thoughts.

Your advice for young girls to handle social media pressure.

My advice would be to use social media as a tool to improve your life experiences, upgrade your skills, reach out to prospective clients and stay abreast of current trends. Not fall into the trap of unfavourably comparing your lives with those of others. Social media is quite doctored and designed to impress. Hence, it's possible to incite negative emotions. But use it for the good and forget about that which doesn't serve your purpose.

Define Women Fitness India.

I think Indian women are some of the fittest in the world. Today's Indian woman is a multi-tasking warrior queen- she effortlessly balances the roles of a mother, a wife, a daughter, a homemaker without compromising on her passions and career, all the while financially contributing to running her household. And to ensure the smooth functioning of so many parallels it takes massive amounts of physical and mental fitness. So, cheers to Women Fitness India!



Share with us 5 food myths that need to be busted.

O MYTH #1

-Egg yolks raise cholesterol levels

O MYTH #2

-Eating ghee will make you fat.

O MYTH #3

-Diabetics have to give up all fruit

O MYTH #4

-Fat free or low-fat versions are better than full-fat version

O MYTH #5

-Brown sugar is better than white sugar

O MYTH #6

-You can't get enough protein on a vegetarian diet

O MYTH #7

-Frequent, smaller meals are preferable to fewer, larger meals



What is your skincare & haircare routine like?

- After a hard workout
- Before going to bed

After a hard workout- the first thing I do is go for a bath. I use my own Chakra cleansing scrub which is made of natural ingredients like Himalayan Pink salts, saffron, coffee, hydrating oils and much more. So, this all-in-one scrub works as my soap, exfoliant, toner, moisturizer, and perfume. My next step is using a simple sunscreen and I'm set. Since I'm always short of time, this works wonders for my skin.

Before bed-I just wash my face with water and apply some Rosehip oil to my face which leaves my skin supple and soft.

For haircare- I oil & massage my head once a week. I wash it every 2 days with a simple Patanjali shampoo. I am a very organic person and prefer to have the least chemicals in my system.

Your efforts have been conferred upon with many prestigious awards like the Most Preferred Nutritionist in 2017 by the Times Group, The Emotional Fitness Expert & Holistic Health Coach 2016 by the Times Group, awarded for Excellence in Lifestyle Nutrition & Holistic Health by India Today and many more. How do you feel about it when your work is recognised and appreciated?

It's very humbling, to say the least. It's also a pat on the back from the Universe saying, "Hey! You're on the right track." It feels great to be recognized and appreciated as I feel I am fulfilling my purpose of spreading health and fitness awareness. I am extremely grateful!

As a Nutritionist, how do you wish to make the women of our country more aware about balanced nutrition minus fad diets?

A balanced is the diet comprising of the 7 major classes of nutrients- Carbohydrates, Proteins, Fats, Fibre, Minerals, Vitamins & Water. A balanced diet has innumerable benefits and helps us keep our body and mind strong and healthy. It wards off numerous diseases and health complications as well as helps us maintain healthy body weight, provides energy for daily chores,

allows better sleep & the ability to combat stress. Therefore, I would appeal to the women of our country to follow an ageold, tried and tested holistic and balanced diet. Fad diets are relatively new in the public mindset. They are a viewpoint of a group of people or community which supports that particular way of eating, which may or may not be harmful. But picking up any fad diet off the internet and trying it on yourself without any further research or consultation is certainly a bad idea. Do refrain from this. Any new diet must be practiced only under the guidance of a professional.

For a young girl who wants to lose about 20kgs, what would be your 5 big tips that can change her life?

First off, I'd like to tell her that accept yourself first and deal with the whole weight loss process with patience. Treat yourself with kindness and then pursue your goal with single-minded focus. Incorporate these tips in your daily life-

- Start by eating clean, fresh, live, wholesome foods and a well-balanced diet. Include complex carbs like wholegrains, fibre rich foods like fruits and vegetables, a good source of protein like chicken, eggs for non-vegetarians or beans, dals for vegetarians, good fats like avocado, olive oil, ghee, nuts and seeds and some probiotics like curd, buttermilk, pickles, sauerkraut to your daily diet. TIP- Snack on raw vegetables and fruits (in limit) as fillers.
 - Avoid processed and factory-made foods like cakes, pastries, sweets, candy, breads, pasta, and pizza. TIP- Avoid everything with a shelf life

• Establish a good relationship with your food. Keep your gadgets aside and be mindful while you're eating. TIP- Eat slowly. Chew your food 32 times as digestion begins in the mouth

• Hormones are balanced when you sleep at night. Try to cultivate the habit of sleeping early at night and waking up early in the morning. This habit will play a very important role in your weight loss journey. TIP—Sleep in a dark room & diffuse essential oils like lavender, rose or geranium

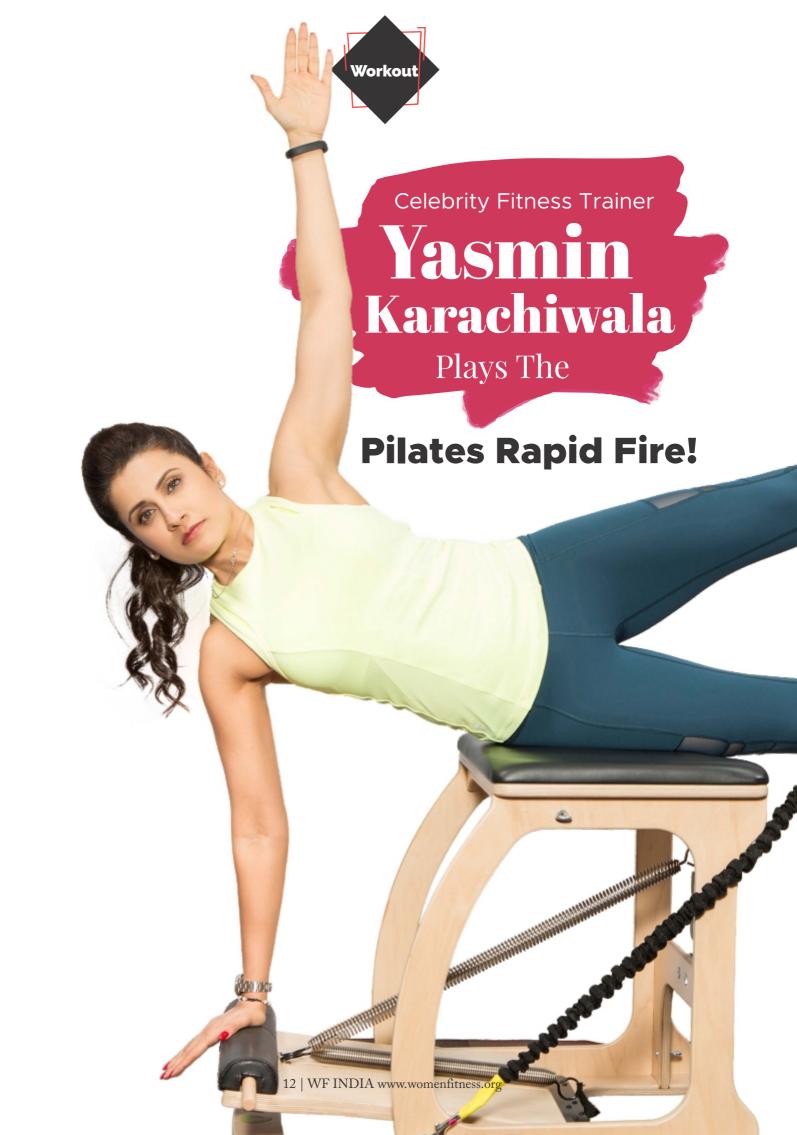
• 72% of the adult human body is water. And water is the carrier of all essential nutrients. Hence, drink an adequate amount of water in an appropriate manner. TIP-Do not stand and chug water down.

Instead, sit down and slowly sip on it.

• Daily one hour of workout or at least a simple walk is essential for your metabolism. Also, inculcate the habit of belly breathing and avoid shallow chest breathing as that also helps in fat burn. TIP- Refrain from a sedentary lifestyle and also practice Pranayama, yoga, and meditation at least 3 times a week

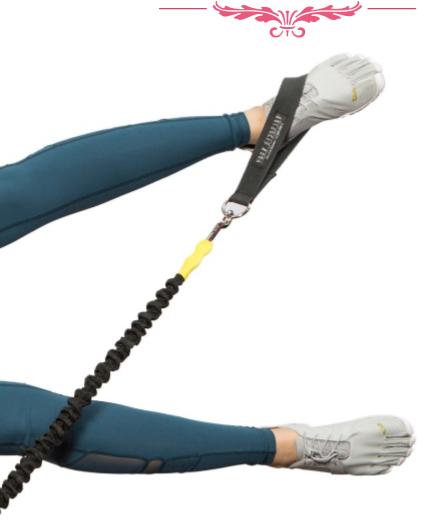
Incorporate all these lifestyle changes and get a head start on your weight loss journey!







Pilates is known for creating long lean muscles, a strong core.



omen Fitness India joins the woman behind the transformed

bodies of Alia Bhatt, Katrina Kaif and many more Bollywood actresses, Yasmin Karachiwala in an interesting Pilates rapid fire.

As the next generation Pilates instructor, what are the key skills you want to instill in your students?

For teaching Pilates, you're going to need a great deal more than enthusiasm for fitness. You'll need to be professionally qualified, with firsthand knowledge of the fitness program, with a higher-level education in human anatomy. You need to understand how the body works, so you can teach your clients the best way to exercise their bodies for the best health benefits. You'll need to be able to tailor your lessons to the individual needs of your clients, either on a personal one on one tutoring basis, or in a class setting.

The essential skills you will need to teach Pilates, according to me would be

1. To be Approachable

As students you need to know clients can approach you with any questions they may have, before, during or after the lessons. For people to learn anything, they need to ask questions, and they will only do that when they feel comfortable asking you.

2. Communications skills are vital

Being educated to a higher level on the human anatomy of the body, That's why you need to be able to communicate your lessons in a manner every client can understand.

3. Ability to lead

Leadership is a skill developed over time. It's not a skill most of us are born with. A natural ability to take charge through a carefully planned, and structured Pilates session.

4. The passion for teaching others

This is something that you can't be taught. You need have a real burning desire to help others achieve excellence in personal fitness. It's the greatest motivator that will help you become the best Pilates instructor you can be. When people see the passion you have for your work, they're going to be more engaged with you and your teachings, with a higher level of motivation, which ultimately leads to a higher level of success.

You're sure to find a career as a Pilates instructor, one with an extremely high degree of job satisfaction, knowing that you're positively influencing the physical health of each and every one of your students.

How can Pilates be used to target bikini-baring parts of the body?

Pilates is known for creating long lean muscles, a strong core. Core moves to prep for baring your belly in a bathing suit. Belly fat is more about your diet than anything else. And while interval training can help burn calories and flatten your stomach, going the same pace every mile won't help. "Pilates puts you in positions that force you to learn to engage your midsection. As you advance to harder exercises, you will burn the unwanted belly fat, and that means as the fat melts off, you'll reveal nicely defined abs, even if you don't have a chiseled sixpack.

When targeting the arms, how do Pilates +2lb weights fire up the guns and build muscle? 2 Pilates arm toners.

The key to maintaining consistency in exercising is having fun while you exercise. This can be done by bringing newness in your fitness routine by either trying different forms of exercise or exercising with new and different equipment.

Working out with toney bands can be one of the most effective ways to tone your arms. They are sleek, stylish and comfortable, and can contribute to adding resistance to any exercise. Flabby arms are a struggle for many people out there. Despite working out on muscles with heavy weights, losing the flab on arms becomes a tedious task which requires a little more effort than your regular daily routine. In such a case, the toney bands can be of great help as they help you burn more calories while also improving core strength. Working out with toney bands can tone your arms more effectively.

YOGA CAN BE USED FOR IMPROVING THE FLEXIBILITY OF THE BODY AND IT WILL ALSO GRADUALLY INCREASE THE FLEXIBILITY OF YOUR JOINTS. WHEREAS PILATES FOCUSES ON TRYING TO RELAX MUSCLES WHICH ARE TENSE AND PROVIDE STRENGTHENING OF THE NUMEROUS MUSCLES OF THE BODY.

Some people confuse yoga with Pilates, what are the differences and similarities between the two practices in your opinion?

Curiosity is probably one of the best qualities that an avid exerciser can possess. It keeps you intrigued and excited to try new and different types of exercises. One of the main differences between Yoga and Pilates is that Yoga can be used for improving the flexibility of the body and it will also gradually increase the flexibility of your joints. Whereas Pilates focuses on trying to relax muscles which are tense and provide strengthening of the numerous muscles of the body.

The purpose of Yoga is to unite the mind, body and spirit. if the techniques are used in the proper environment, Yoga can be a way to heal the body and help to find mental harmony. Pilates has many of the same goals in mind but the major difference between Pilates and Yoga is that in addition to mat work, there can be different exercise machines involved. Pilates works out the entire body in addition to the mind. The focus is on the core of the body so the rest can freely move and this makes makes your body stronger both on the inside and out. The balance is meant to be present between flexibility and strength and this results in stronger and leaner muscles

Many people see the value in both activities and this is why a whole new generation is choosing to incorporate both Yoga and Pilates into their lives.

TOP 5 BEST PILATES EXERCISES to lose lower belly fat?

A bigger belly, however, isn't inevitable, and tummy-toning exercises can help. A pilates workout and training is your secret weapon because it works all of your abdominal muscles: the six-pack rectus abdominis, which runs down your center; the waist-defining obliques, which wrap around your sides; and the deep transversus abdominis, which is often missed in traditional ab workouts. For getting the most out of the lowerabs exercises: Focusing on the activation of your core is the key to success.

TOE DIP

Lie on your back with your legs up and bent at 90 degrees—thighs straight up and calves parallel to the floor. Rest your hands at your sides, palms down. Keep your abs contracted and press your lower back toward the floor.Inhale and lower your left leg for a count of 2 ("down, down"), moving only from your hip and dipping your toes toward the floor (without letting them actually touch it). Exhale and raise your leg back to the starting position for a count of 2 ("up, up"). Repeat with your right leg and continue alternating until you've done 12 reps with each leg.

CRISSCROSS

Start as in the Toe Dip but with your hands behind your head, elbows out to the sides. Curl up to raise your head, neck, and shoulders off the floor. As you inhale, rotate your torso to the right, bringing your right knee and left shoulder toward each other and extending your left leg toward the ceiling in a diagonal line from your hips. As you exhale, rotate to the left, bringing your left knee toward your right shoulder and extending your right leg. That's one rep. Do 6 -8 reps.

Lie on your back with your legs extended along the floor. Raise your left leg toward the ceiling, with toes pointed and hands at your sides, palms down. Hold for 10 to 60 seconds. (If this position is uncomfortable, you can bend your right leg and place your right foot flat on the floor.) Make a small circle on the ceiling with your left toes, rotating your leg from your hip. Inhale as you begin the circle and exhale as you finish. Keep your body as still as possible—no rocking—by tightening your abs. Do 6 circles, then reverse direction for six more. Repeat with your other leg.

Lie on your left side with your legs straight and together so your body forms one long line. Prop yourself up on your left elbow and forearm, lifting toward the ceiling. Place your right hand lightly on the floor in front of uncomfortable, extend your left arm level and flex your foot so your toes are pointing forward. Exhale as you kick, as comfortably possible and pulsing for your toes, and swing your leg back past switch sides and repeat.

SIDE BEND

Sit on your left hip with your left leg bent in front of you and your left hand beneath your shoulder. Place your right foot flat on the floor just in front of your left foot so your right knee points to the ceiling. Rest your right arm on your right knee. Pull your abdominals in, press into your left hand, and lift your hips off the floor. As you come up onto your left knee, straighten your right leg and raise your right arm over your head so you form a line from your right fingers to your right toes. Hold for 10 to 30 seconds. Lower and repeat on the other side.



LEG KICK your ribs off the floor and your head you for balance. (If this position is on the floor and rest your head on your arm.) Raise your right leg to hip swinging your right leg forward as far 2 counts ("kick, kick"). Inhale, point your left leg. That's one rep. Do 6 reps without lowering your leg. Then

Why are some Pilates classes taught on equipment and others on the mat? Is there any difference in their effectiveness. 5 exercises to practice in absence of equipment to do the same.

Pilates is a complete system of exercises designed to build strength and muscle tone, enhance balance and mobility and bring the body into harmony. Although the variety of exercises in the Pilates system target all the major muscle groups, they are designed to particularly work the body's core — or "powerhouse". With reformer Pilates, you may see muscle tone and feel stronger in a shorter time than with mat Pilates, but the truth is that neither is better than the other. Mat training provides a foundation for learning to control your muscles while reformer adds resistance to improve strength.

Mat Pilates consists of bodyweight exercises which are performed low to the ground and involve smooth, fluid movements that are easy on the joints, making them suitable for almost anyone of any age or health status. Reformer exercises are those performed on a contraption that uses springs, gears, straps and ropes to provide resistance. Many of the exercises on the reformer are the same as mat exercises, but performed against this added resistance.

Once you've learned the basic moves and begin to feel more comfortable, you can decide which modality will help you reach your goals — and that may include doing both. For instance, if your goal is weight loss, you'll want to both burn calories and build muscle

Pilates is about balance, and the system was designed to include both mat and reformer practices. "They were created to complement each other

Beside pilates what is your favorite form of exercise?

Fitness is a way of life. No matter what age, exercising should be a part of your daily routine. Fitness is a way of life. No matter what age, exercising should be a part of your daily routine. But which exercises are most suitable to your age. "Don't skip on cardio when you're training for strength. Squats, push-ups and planks will whip your body into shape faster than any other form of exercise." Bodyweight workouts like squats, push-ups, lunges, crunches and planks don't particularly require any equipment so you can get down to those in the comfort of your home.

Hacks to lose belly fat.

Having belly fat not only means having an unappealing body, it also signals higher risk of diseases like type 2 diabetes and heart diseases. Thus, losing belly fat will make you have a better physical appearance and will also make you healthier and live longer. A combination of healthy diet and regular exercise is required to reduce belly fat.

Including a lot of seasonal fruits and vegetables in meals. There are

numerous benefits of eating seasonal foods, including protection from seasonal flu and infections. Try to include a lot of good fat, proteins and complex carbs in the meal

A lot of vegetable in the form of smoothies.

Avocado seems to be one of her favorite ingredients for a healthy green smoothie. This breakfast smoothie contains kale, avocado, banana, spinach, Greek yogurt, orange, chia seeds and is topped with 16 | WF INDIA www.womenfitness

unsweetened coconut flakes.

It's always a synergy between you eating well, getting in couple of consistent workouts a week and these little tricks that do wonders for your gut which eventually lead to you reaching your goals."

"I don't like the word diet. I think we all are smart and making smart food choices is a lifestyle change. I only educate my clients on which food is good and we all know that fried, sweet and alcohol is bad so we should avoid them"

Message for our viewers on our 16th Anniversary who are targeting weight loss.

Move: Be active throughout the day take the stairs, walk around the office just move

Eat smart: We all know what foods to avoid like sweets, fried etc and eat healthy lots of veggies, fruit, lean protein and good fats

Strength Train: Even own body weight exercises you don't need to go to the gym

Hydrate: You need to drink 8 – 10 glasses of water most people don't know but if you are thirsty that means your body is already dehydrated so keep drinking water.

Attitude: Be positive and believe you can do it and you will!

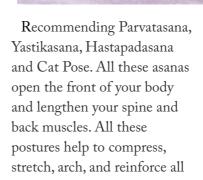






Easy Yoga Poses for Breastfeeding Mothers

ild Exercise in form of yoga is advisable to all women and breast-feeding moms to get back in shape post-delivery, it is an ultimate healer for many pre and post-pregnancy related health issues. Regular practice can stimulate the pituitary gland to cause an increase in the prolactin hormone, which produces more breast milk. The exercises focus on the chest region.



the major muscles of the body. Also benefits the digestive system and respiratory system. These postures help to strengthen your body and your mind. All new moms can use more stamina and strength to give the best to their babies.



The Cat-Cow Pose may help in reopening the chest and easing the tension in the spine. It can prove an effective counteract against the usual hunched up position that most breastfeeding moms adopt while nursing.

- Place your body in a way that your hands and knees with your fingertips pointing to your mat's top and knees hip-width apart.
- Begin with the Cow Pose inhaling and letting your stomach drop towards the floor. Lift your chest and chin upwards with your gaze directed towards the ceiling.
- Broaden your shoulders drawing them away from the ears.
- Moving next to the Cat Pose exhale and pull your stomach towards your spine at the same time rounding your back and dropping your head towards the floor.
- Inhale returning into the Cow Pose and exhale while coming back to the Cat Pose.



Adho Mukha Svanasana

- Come onto the floor on your hands and knees. Set your knees directly below your hips and your hands slightly forward of your shoulders. Spread your palms, index fingers parallel or slightly turned out, and turn your toes under.
- Exhale and lift your knees away from the floor. At first keep the knees slightly bent and the heels lifted away from the floor. Lengthen your tailbone away from the back of your pelvis and press it lightly toward the pubis. Against this resistance, lift the sitting bones toward the ceiling, and from your inner ankles draw the inner legs up into the groins.

- Then with an exhalation, push your top thighs back and stretch your heels onto or down toward the floor.

 Straighten your knees but be sure not to lock them. Firm the outer thighs and roll the upper thighs inward slightly. Narrow the front of the pelvis.
- Firm the outer arms and press the bases of the index fingers actively into the floor. From these two points lift along your inner arms from the wrists to the tops of the shoulders. Firm your shoulder blades against your back, then widen them and draw them toward the tailbone. Keep the head between the upper arms; don't let it hang.
- Adho Mukha Svanasana is one of the poses in the traditional Sun Salutation sequence. It's also an excellent yoga asana all on its own. Stay in this pose anywhere from 1 to 3 minutes. Then bend your knees to the floor with an exhalation and rest in Child's Pose.



Stick Yoga Pose (Yastikasana)

• Lie down in a supine position (straight on the mat). Extend your arms beyond your head and legs are straight and stretched (outstretched). Ensure, there should be least gap between your legs and arms.

• Inhale and feel the stretching from toes to fingers. Maintain the pose if you can.

• Exhale and come to the original position. Perform it 3 to 5 times.







- Stand straight with your feet together and arms alongside your body such that your weight is equal on both feet.
- Now while inhaling extend your arms over your head.
- Now while exhaling bend little forward towards the feet and rest your hands on your feet.
- Then, stretch your arms and spine to bend further and rest your hands either on the floor or beside your feet. The legs and spine should remain erect.
- Stay in this position if you can comfortably while breathing deeply.
- Now while inhaling slowly come back to the standing position with your arms overhead.
- Finally bring your hands down while exhaling.



Pranayama

- Sit comfortably in a cross-legged position and close your eyes.
- Use your thumb from your right hand to close the right side of your nostril. Deeply inhale through your left nostril.
- Use your ring finger to close your left nostril as you release the right nostril and repeat the process.



Nursing the baby can be physically demanding especially during the early days causing numerous health issues.

• Regular yoga practice can positively influence the health and vitality of breastfeeding moms by helping them feel happier and more relaxed.



reastfeeding has super oily foods in order to keep the breast milk production safe. benefits for you as well as for There are certain essential foods which every mother your baby. Knowing the fact that your baby will look up to you for all this needs, it's important to

feed the baby with breast milk exclusively for 6 months. After 6 months of age, once the need of the baby increases, it is important for you as a mother to take care about your diet so you can provide the baby with maximum of the benefits. Healthy and a balanced diet will help you to take care of yourself and your baby while being high on energy. Following a

healthy routine will also help you shed

off extra pregnancy weight.

should look up to while breast feeding.

Although it is advised for new mothers to avoid spicy and



• Green Leafv Vegetables- Green leafy vegetables are rich in vitamin A, vitamin C and iron. They are low-caloric foods, helping you not to gain extra weight, yet supporting you and your baby. They are also rich in anti-oxidants important for both of you and your baby. 21 | WF INDIA www.womenfitness.org

Seasonal Fruits-

Fruits are rich in vitamins, minerals, anti-oxidants. Especially citrus fruits are important as it contains vitamin C which helps in wound healing for mothers who have gone through Csection. It is important to have orange, tomatoes, etc.



• Eggs- Eggs are the perfect source for you to meet your daily protein requirement. They are also rich in vitamin D which is going to help your baby by strengthening his bones.



• Liquids- To ensure a good supply of breast milk, it is important to drink lots of liquids. It will become very important to keep yourself hydrated.

Dehydration is one of the major causes of getting low production of breast milk in mothers. Avoid caffeinated liquids like tea and coffee.



• Whole grains- Whole grains become very important as they are storehouse of energy, vitamins and minerals. Over-all they will provide you with lots of energy which will reduce your post-partum symptoms if any.



• Dairy products- Your breastfeeding period should include generous amount of dairy product in your diet. Being calcium, vitamin D rich it is going to help your child's bone health to be strong and healthy and even over-all structure development.



• Lean meats- They will help you provide DHA and essential fatty acids which is necessary for a growing child, to aid the growth. It also improves milk supply in your body.

How to get your daily requirements:

- Prepare a routine to be followed daily to avoid any problems.
- Eat your greens, at least 4-5 serving a day.
- Have good amount of protein at least 2-3 servings.
 - Include 2 serving of fruit every day
 - Include 3 serving of milk and milk products.

• If you are a vegetarian, include more of zinc rich foods like dried fruits. You may also need to take vitamin B12 supplement as it won't be enough for your baby but under doctor's supervision.



A Galactagogue is food which helps to increase breast milk production. It won't replace lactation. The best way to incorporate Galactagogue in your diet is to follow a well-balanced diet.

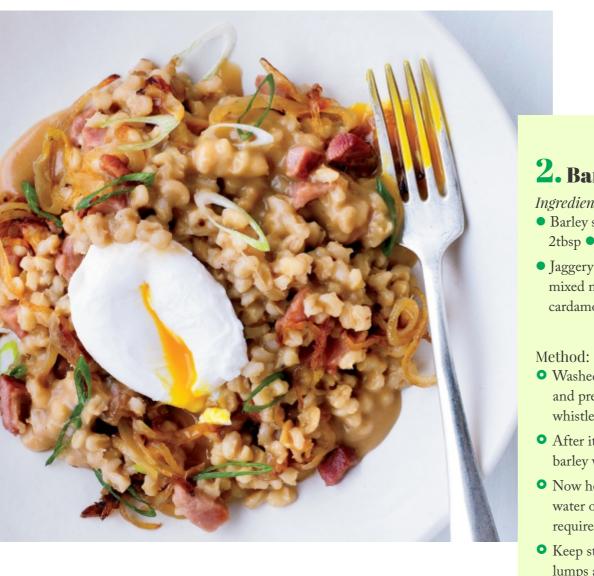
1. Date And Oats Bar

Ingredients:

- Oats- 400g Dates deseeded -20 Water- as required
- Raisins- 200g Sunflower seeds- 100g Coconut oil- 3tbsp
- Sesame seed roasted- 4tbsp
 Cinnamon powder- 2tsp

Method:

- Pre-heat the oven at 200 degrees.
- Place dates and coconut oil together in the oven to let it melt.
- After they have blended, mix them in a blender and add some water as required and keep it aside
- Add all the other ingredients into the mixture and mix it well.
- Spread the granola mixture into a greased oven tray, and heat it for 35 minutes until the top gets golden.
- Once done, let it cool and then cut into bar shape.
- Store them in an air tight container.



2. Barley porridge

Ingredients:

- Barley soaked overnight-2tbsp • Water- as needed
- Jaggery- 1tsp Fistful of mixed nuts • Pinch of cardamom
- Washed the soaked barley and pressure cook it for 3-4 whistles.
- After it cools, grind the barley with little water
- Now heat the mixture with water or little milk if required.
- Keep stirring so that no lumps are formed.
- Serve hot with some dried nuts on the top.

Other healthy recipes:

- Bajra dosa
- Beetroot rice
- Ajwain halwa
- Multi- seed mukhwas
- Hailm ladoo
- Methi oats roti
- Bajra raab, etc.
- By- Kejal Shet

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vegetarian recipes that you can always try at home for yourself and your guests. healthy at the same time could be a daunting task.

flavorful and aromatic. And also, keeping them



Ingredients:

 Prawns (medium size, deshelled and cleaned): 300 gms Poppy Seeds: 50 gms ● Onion paste: 5 – 6 tsp ● Ginger garlic paste : 1 tsp ● Green chilies : 3 – 4 ● Kalonji (Nigella seeds) : ½ tsp • Turmeric powder : ½ tsp • Red chili powder : ½ tsp

• Mustard oil: 3 – 4 tsp • Salt: to taste • Sugar (optional): ½ tsp

- Preparation method:
- Marinate the prawns in turmeric powder and salt and set aside for almost 10 to 15 minutes.
- Heat some mustard oil in a pan and heat it in low medium heat. Add the marinated prawns and sauté it nicely till the prawns turn golden brown in color.
- Take out the sautéed prawns from the pam and keep them aside.
- In the same pan add some more mustard oil and heat. Add the kalonji, 2 slit green chilies and the onion paste. Cook the mixture for two minutes.
- Add the ginger garlic paste, turmeric powder and the chilli powder and mix well with the rest for another two minutes. Then add the fried prawns set
- Then add salt as per taste into it and a paste of the poppy seeds and one green chilli. Mix well for some
- Add the sugar at this stage (optional) and a cup of water. Mix well, cover the pan with a lid and allow it to cook for around 4 to 5 minutes.
- Remove the lid and stir is over the flame for one minute and your prawn postu is ready.
- Check the consistency of the gravy and add some water if you like a thinner gravy.
 - Serve hot with steam rice.

Coconut Chicken Cwrry Moodles

A complete dish in itself, this chicken curry noodle is a bit spicy and makes for a perfect dinner. The tofu and oats add a quotient of health to the entire dish.

Ingredients:

Chicken breast

(diced) : 250 gms ●

Tofu (diced): 100 gms

Oats: 40 gms

Coconut (milk): 40 gms • Siracha sauce :

2 tsp • Spring Onions

: 3 nos. • Garlic

(grated): 15 gms

Ginger (grated): 5

gms • Oil:5 ml •

Salt: to taste

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Cooking Method:

- Boil the noodles and keep aside.
- In a pan, heat oil and fry the spring onion, ginger and garlic until lightly browned. Add the sriracha sauce, salt and 1 cup of water and chicken. Cover the pan and simmer for 10 minutes until the chicken is cooked through.
- Reduce the heat, add the tofu, coconut milk, oats and stir. Add the chili powder, check the salt and adjust to suit your taste.
- Give the curry a brisk boil and then turn off the heat.
- Serve the curry in a bowl with the noodles on top.
- Enjoy hot.



Ingredients:

• Egg (hard boiled, peeled and halved): 4 nos. • Oil (for deep frying): 2 tsp • Garlic (chopped finely): 1 tsp • Ginger (finely chopped): 2 tsp • Onion (chopped finely): 1 medium • Capsicum / Bell Pepper (chopped finely): 1 medium • Salt: to taste • Sugar: 1 tsp • Chili powder: 2 tsp • Pepper powder: 1 tsp

For the batter

• Maida / Refined Flour: ½ cup

• Corn flour / corn starch : ½ cup

• Baking powder: 1 tsp

• Salt : to taste

• Water: as required

• Oil: for deep frying

For the sauce

• Tomato ketchup: 3 tsp

• Soya sauce: 1 ½ tsp

• Vinegar: 1 ½ tsp

• Chili- garlic sauce : 2 tsp

• Green Chili Sauce: 2 tsp

Cooking method:

• Mix all the sauce ingredients and set aside.

• Take all the batter ingredients in a bowl and slowly add water into it and make it into a semi thick batter.

• Dip each egg halve in the batter and deep fry them till golden in color. It should turn crispy. Drain onto some paper napkins or filter paper and set aside.

• Now heat oil in a pan, add in garlic, ginger and fry for a min. Add in onions and sauté for 3 mins or so till golden.

• Add in capsicum and cook for 2 mins. Add in sauce, chili powder, pepper powder, salt, sugar and cook till it is thick and glossy.

• Add in fried egg and toss well for some time, but gently. Add spring onion and mix well and Serve hot.

By- Dt. Sheela Seharawat

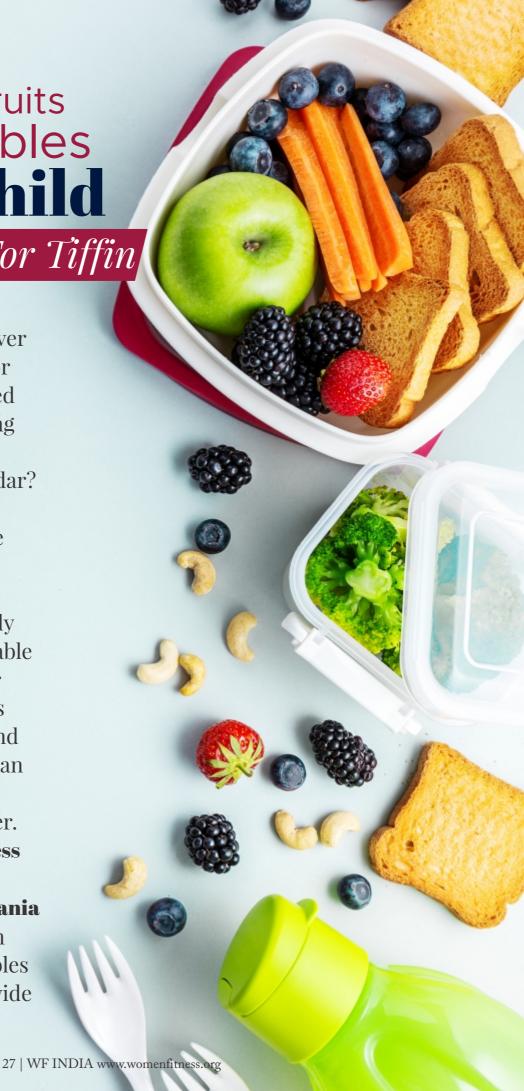


Must Have For Tiffin

ave you ever thought or considered consuming fruits and vegetables according to the calendar? Sounds odd, correct?

There is summer time currently across India. Summer brings lots of challenges for us mainly because of the unbearable heat. But with summer nature also provides us some amazing fruits and vegetables which you can enjoy thoroughly all throughout the summer.

Ms. Avni Kaul, Wellness
Coach, Nutritionist,
Founder of NutriActivania
says by having a season
base fruits and vegetables
for summer could provide
certain advantages.



Some fruits and vegetables grow only during a certain time in the year. And these seasonal fruits & vegetables carry particular nutrients which can help your child get healthier and boost immunity during that season. For instance, watermelon consumed in summers are awesome to beat the heat. While eating watermelon during the winter can be equivalent to inviting the flu as melons contain cooling properties. There is a direct link between eating what's in season and what tastes the best, as these fresh seasonal fruits & vegetables are not been cold-stored or preserved by any means.

Generally, the kids are fussy eaters at times. And it is a challenge for every parent to expect that their child will finish their school tiffin. Mostly, school going kids bring back their lunchbox without emptying it. The main reason is that most children do not prefer food items that do not appeal to them. Be it the color, flavor or fragrance of the food.

So, it is better not to serve them the food which usually the adults eat. Instead, focus on giving your kids the vibrant and colorful food which they will enjoy. Like the seasonal fruits and vegetables. They not only taste better during the season, in fact, your kids will also love to eat them. There are various fruits and vegetables which are found in abundance during the summer time. Which your school going child will certainly like.

Ms. Avni Kaul speaks about some of the seasonal fruits and vegetables, your child must have for tiffin.

Berries

Who does not like berries? They are sweet in taste. They look good. And they have lots of varieties. And during the summers these berries are a great source of antioxidants and provide you with various vitamins. Blackberries, blueberries, raspberries, and strawberries are some of the popular varieties of berries. Your child will surely love them because of its size, color, and taste.



Watermelon

Red colored and highly rich in nutrients, watermelon contains nearly 92% water per volume. It is high in antioxidants, vitamins, and electrolytes. Watermelon is a fantastic source of lycopene which is known to be good for the heart. Children also love drinking watermelon juice.

Cucumber

There is an old saying 'cool as a cucumber' and it is true. This vegetable is very popular on Indian dining tables as part of the 'green salad'. Cucumbers keep the body cool and have fiber which keeps constipation at bay. If your child is fussy about food, just give a cucumber sticks inside the lunchbox and watch them disappear.

Nimbu Pani

This is particularly for those parents whose kids do not drink sufficient water while in school. Pass up those juices and make your kids fresh nimbu pani which they can carry inside their water bottles. Kids simply love the tangy flavor. Vitamin C assists build their immunity. Like most of these amazing foods on this list, lemon aids digestion and helps cleanse the body from within.

Banana

Bananas though found all year round and are filled with minerals, vitamins, and fiber. Bananas if eaten daily contribute to improved eyesight, healthy bones. Also, summertime can exhaust your child rapidly. Thus, eating bananas can fill them with the ooze of energy. Banana is known for its







enerations have known and cherished the role natural and pure ingredients play in beautification, health and replenishment of our skin. These benefits are further sharpened when these natural ingredients are used in a freshly made mask.

A face mask is effective in detoxifying skin, removing dead cells, blackheads & blemishes etc and give skin a clean, tight and healthy feel. Since a face mask stays on face for a longer period the nutrition from natural ingredients like plants, fruits or essential oils are delivered to epidermis and improve our skin. I suggest using such mask twice a month.

I am enlisting some recipes that will help you make fresh, natural and effective face masks at home with commonly available ingredients and best for women under 40.

Oats Face Mask

Base Ingredients :

- Oatmeal:3 tablespoon
- Kaolin:1 tablespoon
- Milk:2 tablespoon
- Almond Oil:2 drops
- Aloe Vera Gel:¼ table spoon
- Chamomile Powder: 4/4 tablespoon
 - Rose Water: 1/4 table spoon
- Chironji Powder:¼ tablespoon
 - Water 1/4th Cup

How to make it:

Mix all the base and active ingredients and beat to produce a smooth paste.

Application of Mask:

Take the paste and apply it on the face evenly and in a uniform layer. Let it stay on face for 15 to 30 minutes. Rinse or wipe it with a soft moist towel. In no time you shall see your skin free from dirt, grime, blackheads etc. The skin will feel stimulated & conditioned.

Know the Ingredients:

Oatmeal has a calming and cleansing effect on the skin. The other ingredients along with Oatmeal stimulate & rejuvenate the skin and bring back vital moisture and oils to the skin.

Avocado Mask

Ingredients:

- Half an avocado
- One tablespoon of yogurt
- One teaspoon of honey

Benefits: Besides being intensively hydrating, this mask also provides light exfoliation. Avocado is known to be rich in healthy fats, vitamins, and antioxidants. Avocado is very hydrating. Yogurt, has alpha hydroxy acid and lactic acid which act as a chemical exfoliant. The honey adds an extra boost of hydration and also locks moisturisation.

Honey Mask

Ingredients:

- Two tablespoons of honey
- The juice from one lemon slice
- One teaspoon of cinnamon

Benefits: This mask is ideal to bring relief from inflammation and reduce dark spots. Honey is known to be antioxidant, hydrating, anti-inflammatory. A word of caution though, cinnamon can cause irritation to some people and might cause allergies. Lemon juice may also cause similar issues and may also make skin more sensitive to sun.

Sugar and Coconut Oil Mask

Ingredients:

- Two tablespoons of brown sugar
- Two tablespoons of coconut oil

Benefits: Brown Sugar is a natural exfoliant besides being a rich source of glycolic acid (an alpha hydroxy acid). This pack helps in exfoliation and delivers smooth, bright skin. Coconut oil boosts hydration so your skin won't dry out after all the exfoliation.

Egg Whites and Orange Juice Mask

Ingredients:

- One egg white
- One tablespoon of orange juice

Benefits: This mask is ideal for acne prone skin. Egg Whites have "astringent and exfoliating properties, and are rich in protein, vitamins, and minerals to bring instant and visible benefits to the skin. As with Vitamin C, the orange juice needs to be used cautiously.

Banana Mask

Ingredients:

- One banana
- One tablespoon of honey
- The juice from one slice of lemon

Benefits: This mask is the ideal solution to brighten dark spots and lighten blemishes.

Strawberries Mask

Ingredients:

- Three strawberries
- One tablespoon of honey

Benefits: This mask exfoliates the dead skin cells and helps reduce acne breakouts. "Strawberries contain alpha and beta hydroxy acids [like salicylic acid] to help exfoliate and brighten the skin. They also contain vitamin C, ellagic acid, and other antioxidants, vitamins, and minerals that can benefit the skin."

These are the mask I have personally tried and can vouch that they will make a difference to your skin

By-Pooja Nagdev





Exclude Sugar from your Diet

To challenge obesity, remove sugar from your life completely and use stevia instead. The herb named stevia can replace sugar and the special thing is that it can be grown in home garden. It is a zero-calorie sweetener and has no side effects. It can be used everywhere instead of sugar.

Intake of Lemon and Honey

Grandmothers say that lemon juice has Ayurvedic properties of weight loss. It is like a boon for those who lose weight. In the morning on an empty stomach, mix 2 teaspoons of honey in one teaspoon lemon juice and drink it with lukewarm water or with fresh water. Doing this, there is a rapid decline in weight.

Avoid Drinking Water During Meals

No doubt drinking water is a good habit. But many people have a habit of drinking water while eating food. Doing this increases obesity. It has a direct effect on your digestive power by diluting the digestive juices. Therefore, water should always be drunk one hour before meal or one hour after meal.

Eat Onion and Garlic

You must have noticed that the stomach of the working people and the people working in the fields is not increased at all. This is due to the consumption of onion, garlic and green chillies. If you include these three things as raw or chutney, then your obesity will also be reduced, and you will be able to melt fat.

Avoid Eating to Stomach Full

We all know that eating
less can lead to weight loss, but it
does not mean that you will start
cutting your food immediately. If you
eat 10 loaves a day, then decrease by
10 percent in the first week and eat
about 9 rotis. Then start
continuously cutting your
food by 10 percent
every week.

Encourage Consumption of Black Cumin

Consuming 2 g/day of N. sativa (black cumin) combined with an aerobic exercise program provides significant improvements in LDL-cholesterol and HDL-cholesterol that are known to influence CVD risk in sedentary overweight females. Black cumin seeds contain high levels of phytosterols. Phytosterols are plant fats that resemble cholesterol from animal fats. When ingested, phytosterols limit level of cholesterol absorbed by the body. Black cumin has also been proven to balance blood sugar levels. It does this by increasing how sensitive cells are to both insulin and glucose, thus ensuring that your body responds well to them. In this way, black cumin helps with weight loss by improving glucose levels and glucose absorption.

Ask your grandmother for more tips, trust me they will serve you well.





your medical questions.

These apps help you in tracking the baby's growth and let you know how far you have reached in your pregnancy. Here is a list of best pregnancy apps, which will make your life a little easy and fun:

know the size of the baby in centimeters as well as it uses visual benchmarks like fruit. For example- If you are 15 weeks pregnant, the size of your baby will be approximately 10 centimeters and weight 70-75 grams.

Many mothers may not have an idea about all these measurements. But, if the app tells you that the baby is of an avocado's size, easy to understand and imagine? Hence, this app has made the growth size quite easy to understand.

It also has more than 15,000 medically accurate articles on every aspect of pregnancy and parenting. The best part is you can download the app for free. 36 | WF INDIA www.womenfitness.org





As the name suggests, this app has all the important information for parentsto-be. It prepares expectant mothers for upcoming doctor's visit. This app also has amazing health reads and it also

offers nutritious recipes for pregnant mommies. Besides this, this app allows you to track your baby's growth and also answers all your pregnancy-related queries.





Hello Belly: Pregnancy Tracker

This cute pregnancy app offers easy tips and guidelines, which will help the pregnant women all throughout the three trimesters. This app gives you 3D

visualizations of what the fetus looks like week by week.

Besides this, it has yoga for you, which will help you keep calm. De-stress yourself with the handy prenatal yoga class, which is always available for you on the app.





Sprout Pregnancy

This app has some great features like neat 3D visualizations that allows you to check and understand how your own baby is developing. You can also see life-like interactive movements,

heartbeat and kicks that gives you a realistic representation of what is happening inside your own belly and your baby's daily progress. It also provides daily and weekly information about you and your developing baby.



I'm Expecting **Pregnancy App**

With the help of this app you can find information about the pregnancy symptoms, the changes that take place in your body and your baby's growth and development.

You can keep a track of your body weight, note down important pregnancy points and set reminders for your prenatal medications or doctor's appointment.

It also contains weekly videos that help you understand what changes take place in your body throughout pregnancy.





Pregnancy Assistant

As the name suggests, this simple and easy-going app has all the important information stored in for you right from week one till week forty. Fill in the details about your last menstrual period and see

your baby's growth, development and all the fascinating details.

It also has a 'notes' section, where you can jot down all your pregnancy-related important reminders. In other words, this app is your handy assistant, which has all the essential information for expecting mothers.

By- Sneha Sadhwani



Sun Sign Fitness





CAPRICORN

Have you been feeling a little restless lately, Capricorn? If you aren't excited by your workout, it's time to change it. Are your muscles tense? Do you have a reoccurring headache? Jot down a few notes about how you feel now and how you want to feel in the future. Should you focus on your physical or mental wellness? Practice some self-care.



AQUARIUS

Organize a friendly game of soccer or create your own Halloween-themed game. Create lasting memories while getting fit. Keep the creativity going by trying something new in October. Take a yoga or karate class. Learning makes fitness more fun! Little changes to your daily life like cooking healthful meals or meditating in the morning make a big difference to your overall health.



PISCES

Teamwork makes the dream work, Pisces, and you couldn't be more grateful for your fitness friends who help you achieve your goals. A hike through a pumpkin patch or a tour through a graveyard makes for the perfect fall day. Take a mental health day to relax and focus on your creative pursuits of reading, drawing, baking, or whatever you love to do. It may not make your heart race, but it will give your mental health a boost.



ARIES

We are officially in autumn, and you know what that means. Sports! Satisfy your need for socializing and being active by joining a team. Whether it's soccer, touch football, or rugby, not only will it be an outlet for your competitive drive, but you'll learn about teamwork as you get fit. How are you feeling right now? What can you do to make yourself feel even better? Plan a fun night with your teammates.



TAURUS

Life is full of tough choices, Taurus. Pumpkin spice or cider? Dressing up for Halloween or no? You're going to have to make some choices about your fitness routine. Let your intuition guide you. Look at your schedule and figure out what you need to focus on and what you can cut out. Sure, you want to try interval training, but maybe you should start with some endurance training? Enjoy the beautiful autumn weather to exercise outside.



GEMINI

Before you head to the gym, take a moment to focus on your body. How are you feeling? How can you feel better? Write down how you feel about everything regarding your health. Beat boredom by trying new workouts. Do some creative activities like writing or painting. This will stimulate your imagination and help you relax.



CANCER

Yikes, Cancer! We know it's the season of monsters, but it looks like a vampire sucked out all your energy. Are you under stress at work? Have too many commitments? Look at your schedule and see what needs to be cut. Could your mental health be the cause of your low energy? Analyze your feelings and emotions for better overall health.



You love a good routine, Virgo, but you might be bored after months of doing the same old thing. Trade your run on the treadmill for a run through the park. Your analytical mind is one of your best qualities, but it can also stand in your way. You are a lean, mean fitness machine, but that doesn't mean you can't improve your routine. Think up more ways to make your workout better.



SCORPIO

You've been planning your latest workout for a while now, Scorpio. You bought a gym membership and some cute workout gear, but you haven't actually exercised yet. If you continue with your new fitness plan, your friends will start noticing the results. You're sexy and you know it, Scorpio. However, if you're not loving your workout, start making changes.



LEO

You're the trendsetter of the zodiac, Leo. There isn't one fad that you haven't made your own. You'll be curious enough to try the latest wellness trends—crystal healing, power smoothies, new workout—anything that strikes you. While you're doing that, look at your current relationship with working out. If getting yourself to the gym seems like a hassle, find ways to make it fun. Create your own yoga poses, try Halloween-themed workouts, whatever gives you moving.



LIBRA

Wow, Libra, you sure are killing it with your fitness game. If you've been stuck on one of your fitness goals, it's time to call an expert for help. Get in touch with a dietitian or trainer and ask your questions. Add a little creativity to your workout. Get into the spirit of the holidays with a zombie run or doing the Monster Mash.

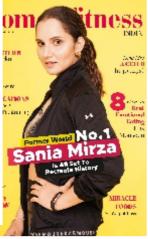


SAGITTARIUS

You are a regular gym rat, Sagittarius. As a fire sign, there's nothing you love more than burning off some energy by playing basketball or swimming laps. An injury or setback could turn you from workout warrior to couch potato. Take time to rest up, but don't quit exercising. The gym is your happy place. Shifting your focus to flexibility training, you'll be surprised by what a little yoga can do for your overall health.









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