

# Women Fitness

March 2020

INDIA

Best 5 Ways  
**To Improve  
Posture**  
At Home



How To  
Choose Right  
**Day Care  
Centre**  
For Your  
Toddler



Talking Fashion With  
*Fashion Designer*

**Boss Lady  
Looks**  
That Never  
Go Out  
Of Style



*Priya  
Chhabria*

Eat Right For  
**Your Appetite**  
It's Time To  
Watch Your Diet!



**Cardio Yoga**  
A Yoga Cardio Blend



# DIGITAL NOT ENOUGH?



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**Self-care is never a selfish act — it is simply good stewardship of the only gift I have, the gift I was put on earth to offer to others.**

—Parker Palmer

## Editor's Note

#LoveurSelf, campaign for Valentine's day was conducted on Women Fitness website, it turned out to be a grand success. It's true, caring for yourself is the foundation of your true strength and stability, without which you are of no use to anyone. And it's the only thing which will propel you forward on your journey and hold you steady when you inevitably stumble. In order to be successful at anything in life, you need to first believe that you deserve to be.

This month cover special is Priya Chhabria, of Priya & Chintans fame. She specializes in couture wear for men and women with exquisite Indian embroideries blended with western cuts. Her immense passion for design, love for Indian embroideries helps her strive for perfection.

If you are in hunt out for that "Boss Lady Looks" we have a special by Malini Agarwal, of MissMalini fame. For those looking for answers to, choosing the right day care center and drinks to help lose weight don't forget to buy this issue.

Love ur Self,

Namita Nayyar

Namita Nayyar

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Cover  
Story

# Priya Chhabria



**P**riya Chhabria, a commerce graduate from Sydenham

College of Commerce and Economics, completed her diploma in Apparel Design & Manufacturing from P.V.Polytechnic, S.N.D.T. in 2002. After winning “student of the year” and best surface treatment for her graduating collection at Chrysalis, she won an internship at Sheetal and Sheetal Design studio where she trained and worked under Hemant Trevedi and Aki Narula. She went on to win the “British Council Femina Most Outstanding Young Designer” award, through which she was sent for a short training project at the famous UK brand “Monsoon” in London which gave her an international outlook to design and quality.



She was partner and head designer at “Priya & Chintans” from 2003, where she has designed for famous celebrities like Salman Khan, Sridevi, Vidya Balan, Isha Koppikar, Amrita Rao, Kangana Ranaut, Neha Dhupia and many more. Priya & Chintans was a part of various fashion weeks in India and various shows in the United States as well.

Priya’s forte is designing Indianwear for men and women, where she merges Exquisite Indian embroideries with Western cuts to give her collection an International appeal. She has an eye for detail and uses highest quality in luxury fabrics and intricate embroideries to give the client a product that speaks style, elegance and high quality.

With an urge to take the Indian Fashion Industry by storm with her unique concepts and designs, Women Fitness India joins the stunning Priya Chhabria for an interesting conversation about fashion, food & fitness!

**Somewhere Down The  
Line I Decided I Needed To  
Rethink And Do What I  
Love And What Excites Me.**



**Your fashion journey began with a diploma course in Apparel Design & Manufacturing from P.V. Polytechnic, S.N.D.T. in 2002. What was your inspiration behind entering the world of fashion? Did fashion excite you from your teenage years or later became a part of you?**

I actually got my Bachelors degree in Commerce and economics, where I Majored in accounts. I always had a creative side to me but I always aspired to do an MBA and specialize in marketing. Somewhere down the line I decided I needed to rethink and do what I love and what excites me. I got a couple of clothes made with my sister and we exhibited them to sell to friends and family.. I enjoyed the process and decided to give fashion a shot. Now I feel it's a part of my DNA .. it's all I do and breathe.

**You went on to win the “British Council Femina Most Outstanding Young Designer” award, through which you were sent for a short training project at the famous UK brand “Monsoon” in London which gave you an international outlook to design and quality. How has it helped you in enhancing your own work and designs?**

‘Winning the award was one of the best things that happened to me. Going to London, working at Monsoon, and getting to see old Archived garments at the V&A museum, along with a short course at London College of Fashion and just hanging out in one of the world's fashion capitals is inspiration in itself. I think after that trip, I always tend to blend something from the West and use Indian crafts or fabrics to create a modern yet Indian silhouette or look.

## **I Always Tend To Blend Something From The West And Use Indian Crafts Or Fabrics To Create A Modern Yet Indian Silhouette Or Look.**

**You were a partner and head designer at “Prriya & Chintans”. How did that help you in gaining experience and exposure before launching your own independent line? According to you how has fashion evolved over the years?**

Prriya & Chintans was the first label I founded. We had 4 flagship stores between Mumbai, Delhi, New Jersey & Atlanta. With celebrities like Salman Khan, Sridevi, Vidya Balan, Amrita Rao, Neha Dhupia, and many more walking for us, the brand reached great heights and we showcased couple of times at the Fashion Weeks in India. It taught me a lot and my style and creativity has come a long way ever since. Over the years fashion has evolved in many ways, sustainability has become a big part of it today. But I see more, that people have evolved... they are more willing to experiment, they are more aware with the growing exposure to the internet and social media.

**With such big success attached to your name, tell us about your upcoming fashion projects? What will they be based upon? One dress code for women that will never go out of fashion and suits every women?**

I will be launching my spring summer collection soon, followed by extensive travel and trunks shows all over the world – Nairobi, all of United States, London, Hong kong, Singapore. If we are speaking western wear, I love a white shirt and blue jeans on women, or the shirt can be replaced with a white tunic. A basic black dress depending on your body type can be worn and accessorized differently for different occasions. Indian clothing wise, a chikankari suit or Anarkali, a Benarasi sari, a jeweled tone or black gown and a pastel and one bright colored outfit will help you through all weddings and festive events. However, the silhouette has to enhance the body type and hide the flaws.





### Three components that are key essentials in your fitness regime? Your forever target area.

Three components are: a balance of strength training, weight training and cardio. [cardio for me is playing badminton or swimming more than running on a treadmill].

A good warm up and cool down, A banana and coffee shot before my workout, and a good balanced meal of protein, carbs and fat after.

Forever target area: stomach, back and shoulders.

### What does your first meal of the day look like? 5 foods to kick start the day?

I usually start my day with almonds and banana.

Kick starts to the day

- Banana
- Almonds and dates
- Chia seed pudding
- Avocado on toast
- Omelette

### Cheat meals that you can't resist?

I have a sweet tooth.. can't resist a tiramisu or Tres leche.

### Your favourite Indian wear attire(s) for women this season? 5 Tips for active dressing for working mothers?

I love Saris, so we have created an outfit that looks like you've worn a sari but is all stitched up and easy to wear.. I call it a Sari Kurta. It is worn over pants, easy, comfortable and elegant.

### 5 tips:



I genuinely feel you are what you dress. That doesn't mean you dress for others, but you reflect your personality through your clothing. So, when you head to work, you always remember that and dress well.. everyday!

**1.** Clothing has to always be comfortable.. but that doesn't mean wearing loose clothes.. I think the silhouette should enhance your best parts and hide the flaws, depending on the body type. If you have a small waist enhance that.. or if you are big on top with skinny legs, wear fitted pants and an anti fit top.

**2.** The fabric needs to be easy to maintain, which creases less unless it's linen which looks best because of its creases.

**3.** Work clothes need to be comfortable but also something that could carry out to a do after, maybe carry an accessory like a scarf or a necklace to enhance it.

**4.** Versatile clothing, get separates that can be worn in multiple ways. A white shirt, a shirt dress, dark trousers / pencil skirt are essentials of western work wear.

As far as Indian work clothes, A Chinese collared tunic, a shirt style kurta, an a line cut Kurta teamed with palazzo pants, jeans, chudidhar ... dupattas are nice too but maybe slimmer stoles are easier to manage. Again work dressing depends on your profile and work place.

**5.** Dress for the role, but always elegant! Everyone wants to be respected for what they do, thus they should always dress elegant over sexy. Stylish yet elegant clothing will always leave a different impression.



### Do you follow any skincare and hair care routine? Share your 5 skin care rituals.

I am blessed to have inherited good skin and hair from my mom, But after 30s and now 40 it's important to take care of it. For my skin, I always use sunscreen during the day. And for my hair, I eat well and use as little heat on it as possible.

**1.** Sunscreen is the most important thing to be worn everyday! And a good spf 30+, 15 minutes before you step out. And a light moisturizer before you sleep.

**2.** I am vegetarian, so I eat a lot of greens, salads and fruits which reflects on my skin and hair. Nuts and dried fruits are very important for the skin and hair..especially Brazil nut for hair.

**3.** I wash my hair with no sulphate products 3 times a week, followed by conditioning and I let them dry naturally with no heat.

**4.** A good nights sleep. I sleep 7-8 hours every night.

**5.** Breathe, meditate and stress less! Don't take life too seriously, and the happier you are from within, it will reflect on your skin.

### 5 pieces of fashion advice for the brides of 2020?

1. Do not blindly follow trends, see what looks good on you and your personality. Let your outfit reflect your persona.

2. Plan all the outfits together, which means, try to take different silhouettes, embroideries, colors and styles for each event. That way you have a different look for every event.

3. Keep your favorite colour for the wedding outfit... that's your main day.. wear the colour you love (of course not black!)

4. Experiment with silhouettes and styles for Sangeet and mehendi, you don't need to wear a lehenga for every event! Chose style over heavy embellishment.

5. Don't over accessorize, and don't overdo the makeup. The entire look should enhance your face, and not overpower it.



### Your brand has a global reach already, where do you see it in the next 2 years?

I'm planning on expanding my reach in the states. I have a base in Chicago with my partner at Raaz couture. We plan to branch out to Houston and California. I also plan to launch a home furnishing line in a year's time.

### Message for your fans at Women Fitness?

Staying fit and healthy physically and mentally is key to happiness today. It doesn't mean to be as thin as models or a zero 0-2-4.. it's just staying active and keeping healthy. Fashion is what you like on yourself, learn to love yourself and everything will fall in place.



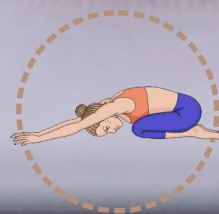
# Best Ways To Improve Posture At Home

**I**t is important to consider that having good and right posture is about more than looking good. It facilitates you in developing body strength, elasticity, and stability. These can all contribute to reduced muscle discomfort and more energy all through the day. A correct posture also has the ability to condense anxiety levels on your muscles and ligaments, which can further cut your peril of injury.

Refining your stance also aids you become more conscious of your muscles, making it almost effortless to correct your own posture. As you work on your posture and become more mindful of your body, you might even witness certain disparities or areas of muscle tightness that you weren't earlier aware of.

If you are under the impression that posture correction requires you to hit the gym on a regular basis, you must give your considerations a second thought.

Mentioned below are a couple of at-home workouts that will nothing but fine-tune your posture within the comforts of your personal space.



## Child's Pose

This resting pose elasticities and stretches your glutes, spine and hamstrings. The child's pose facilitates you to release any kind of tension in the areas of your lower back and neck.

How to perform this workout

- You must start the exercise by sitting on your shinbones with your knees being together, your big toes touching, and your heels spread outwards to the side.

- By folding forward at your hips, you must gradually walk your hands out in front of you.

- This step must be followed by sinking your hips back down towards the direction of your feet. If you feel it is difficult for your thighs to go all the way down, you must consider placing a pillow or folded blanket under them for some support.

- You must mildly place your forehead on the ground or consider turning your head to one side.

- You must ensure to keep your arms stretched or you can rest them alongside your body.

- Inhale deeply into the back of your waist and rib cage.

- Unwind in this pose for up to five minutes while you continue to respire deeply.



### Forward Fold

This standing stretch helps to release any form of tension in your spine, hamstrings, and glutes. It also expands your legs and hips. While you do this posture exercise, you should feel the whole back side of your body opening up and expanding.

How to perform this workout:

- Start this posture correction exercise by standing upright with your big toes touching and your heels being marginally apart.

- Continue by bringing your hands to your hips and consider folding forward at your hips.

- Now you must slowly release your hands toward the flat surface or you can consider placing them on a block. It is completely ok if your hands are not able to touch the ground. You must just go as far as you can.

- Slightly bend your knees, relax your hips joints, and let your spine to stretch.

- By tucking your chin into your torso you must allow your head to fall heavy to the base.

- You must remain in this pose for about one minute.



### Chest Opener

Performing this exercise lends you the opportunity to open and expand your torso. This is particularly beneficial if you spend most of your day just sitting, which tends to make your chest move in the inward direction. Reinforcing your chest also aids you in standing up straighter than you could do before.

How to perform this exercise

- You must stand with your feet being about hip-width apart.

- Intertwine your fingers with your palms being pressed together by bringing your arms behind you. You can hold a towel if your hands aren't able to properly reach each other.

- You must consider keeping your spine, neck and head in the same line as you look straight ahead.

- Breathe in as you elevate your torso towards the direction of ceiling and get your hands towards the flat surface.

- Inhale deeply as you hold this pose for about five breaths.

- Release the pose and unwind for a couple of breaths.

- Replicate the exercise for at least ten times.

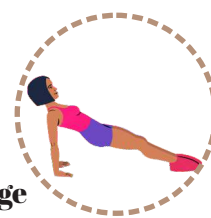


### Cat Cow

Performing cat cow helps to stretch and massage your spine. It also facilitates to release any form of tension in your chest, neck and shoulders along with encouraging circulation of blood.

How to perform this exercise:

- Start the fitness training by coming onto your hands and knees with your weight being evenly stable between all the four points.
- Breathe in to look up, dropping down your abdomen toward the direction of the flat surface as you consider spreading out your spine.
- Breathe out and arch your spine upwards toward the ceiling and tuck your chin into your torso.
- You must continue this move for a time frame of at least one minute.



### Reverse Plank Bridge

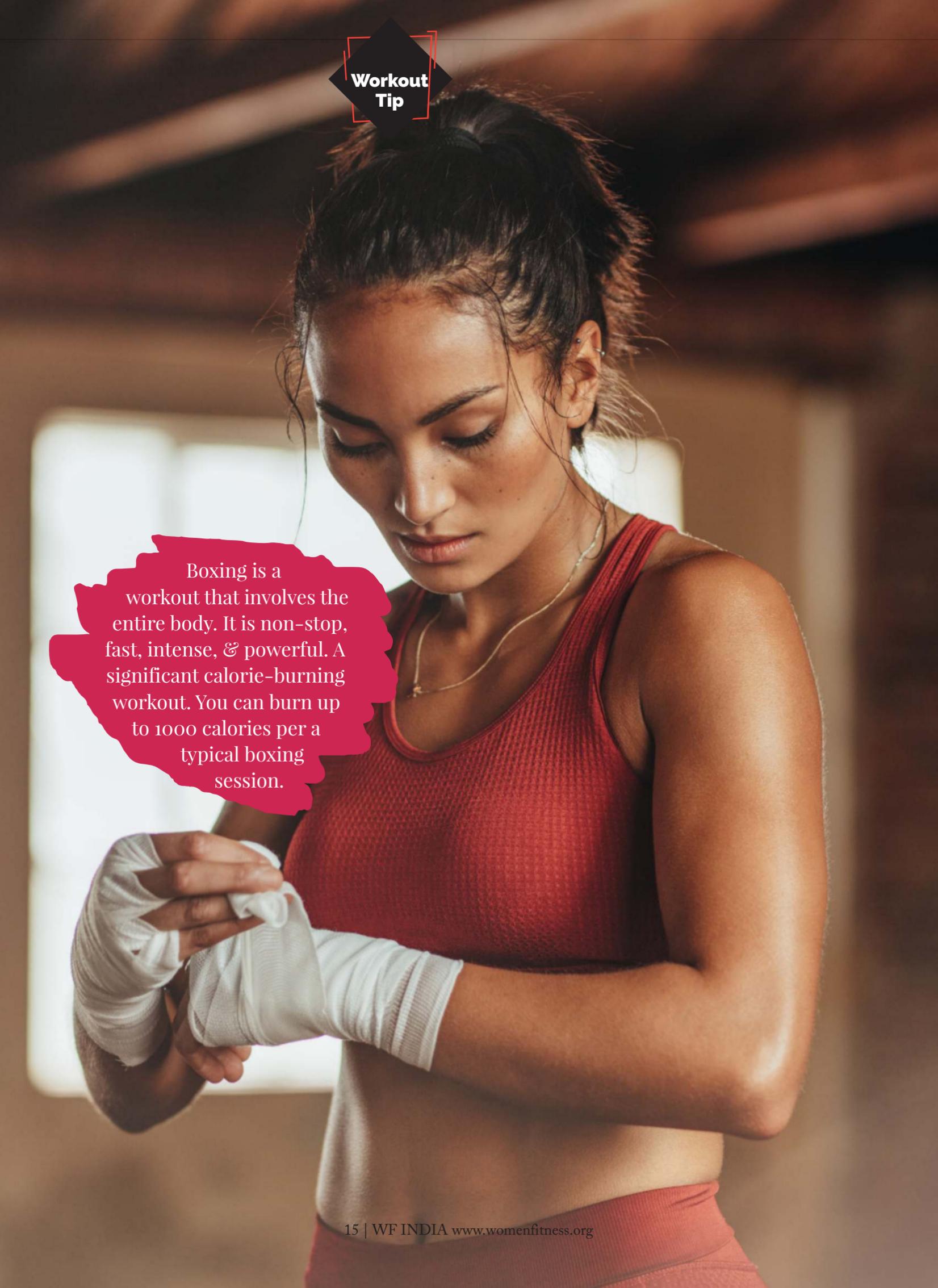
Performing this exercise helps to activate specific muscles while extending important muscles like your pectoral muscles and the muscles present in your neck. This workout needs the following:

- By keeping your arms straight you must pull your shoulders backwards.
- By getting your shoulder blades close together, you must tuck your chin.
- Gently push your torso upwards and spread your spine.
- Your fingers can be pointed in the forward or backward direction.

It is important to note that bad posture is a common snag for most people, as we reside in a world full of activities that lead to faulty posture. Postural dysfunction is when our spine is positioned in unusual or abnormal positions for lengthy periods of time, happening as a result of one's day-to-day activities. Some common reasons behind poor posture include stooping in a chair, bending your back, inappropriate understanding of correct posture, leading an inactive lifestyle, failing to have a proper workout routine, poor core steadiness, and looking down at your computer and/or cell phone for prolonged periods of time. However the above mentioned physical trainings will meticulously aid you in correcting a poor posture.

By- Mr. Sailendra Raane





**Workout  
Tip**

Boxing is a workout that involves the entire body. It is non-stop, fast, intense, & powerful. A significant calorie-burning workout. You can burn up to 1000 calories per a typical boxing session.

# How To Choose **Right** Day Care Centre For Your *Toddler*

**T**he National Early Childhood Care and Education (ECCE) policy established in 2013 by the Ministry of Women and Child Development in India. According to this, childcare centers like day-care centers, creches, nurseries and preschools need to follow certain regulations. These regulations are meant to ensure a sound foundation for early growth and development in young children.



## **Choosing a Creche for Your Little One**

Look for a crèche with:

- **A Good Location.**

The ideal place would be close to your home or workplace.

- **A Good Reputation That Is Accompanied By A Warm And Stimulating Environment:**

Find out the good daycare centres in your locality by talking to fellow moms, parents in your child's school, or on online support groups. Always stop by during the afternoon or evening time (usually a pickup time) to talk to other parents whose children are in the daycare so they can give you a fair idea of how the daycare centre operates.

- **Transparent, Well Established Policies And Open Communication.**

- **A Structured, Child-centric And Age-specific Curriculum.**

One size does not suit all so make sure there are age specific curriculum and activities. Ask the centre managers about this and they will be able to share a timetable with you. Look out for a blend of activities such as a visit from a potter, clay-modelling, splash pool, games, outdoor time, storytelling, dramatics, etc.

- **Qualified, Dedicated, And Professional Staff:**

Personally, meet the teachers about their educational qualifications too, and their ideas on early education. Make casual small talk with cleaners and other caretakers to get a general vibe of the place.

- **Clean And Safe Facilities With A Valid Operating License:**

Cleanliness is something that cannot be compromised on and needs special check, especially in a country like India. Young babies' immunity is just developing, and they always need to be kept in safe and hygienic surroundings.

- **Good Security Arrangements:**

Check how many entrances/exits the center has, and how each one is guarded. Inquire about who are allowed upon the campus and what kind of checks or screening they need to pass. Also look for CCTV cameras, both outside the campus as well as inside the rooms. You can also ask to see some footage, so you know they work.

- **Food Facility:**

Ask your day-care center how they manage feeding schedules and their facilities for storing and heating breast milk. If your baby is on formula, ask if they know how to sterilize feeding bottles correctly and mix the formula in the right proportion. If your baby has started solids, talk about food you can pack from home.

- **Teacher-child Ratio:**

Ideally, a group of 12-15 preschoolers require 2 teachers and 2 nannies to manage them. Visit the centre to focus on the temperament of the nannies more than the teacher. If they look to be disgruntled lot, you may want to stay away from that day-care.

- **Health Security And Safety:**

Are there people who know how to do CPR or the Heimlich maneuver, should it be necessary. Find out if the center required children to have basic immunizations. See how aware and sensitive they are regarding food allergies and if your child needs to take regular medication. Ask them about pest control and how they keep away common pests like flies and mosquitoes.

Even after you've done your own exploration, don't lie back and relax. Take your baby and see how he/she feels about the general atmosphere of the place, and don't forget to listen to your instincts. After all we want is our little one to be happy, safe and healthy, till they're back in our warm embrace!





Healthy  
Eating

**Eat Right**  
For Your Appetite  
*It's Time*  
To Watch Your Diet!

**H**unger is the sensation of weakness or uneasiness you feel when you need to eat. Essentially, hunger is your body's technique of telling you that it needs food. There are a few instances where a person might feel hungry all the time. They may find that they don't feel full after eating, or that the desire to eat continues throughout the day. Hence, it's important to understand your hunger type before you eat anything.

Our bodies have two types of hunger alarms – a true hunger alarm and a false hunger alarm. However, irrespective of the type of hunger, it's important to eat right and know how to respond to your body's hunger signals.

## 1. True Alarm i.e. Real Hunger

- When your stomach growls and you feel low on energy, it's real hunger. This type of hunger grows slowly and you feel satisfied after having your meal.

- When such hunger strikes it's important to choose healthy food options, control your portion size and eat mindfully.

## 2. False Alarm i.e. Emotional Hunger

- When your stomach is quiet and there are no physical signs, but you have specific cravings like chocolates, chips or ice-creams, the hunger is more emotional in nature. In this type of hunger, food doesn't totally satisfy you and you want to eat more & more.

- At such times, you should divert your mind, or simply relax and train your brain to not eat. Instead of giving in to your craving right away, you could call a friend, go for a walk, or set a timer for 10 minutes and only then decide whether you really want to eat.

- Have a glass of water. Usually, one feels hungry due to dehydration and having a glass of water can curb these false alarms.

- If you decide to go ahead and treat yourself, eat mindfully. Take a deep breath before you start eating, and pay close attention to each bite. Taste the sweetness on your tongue. Feel the texture & aroma of the food. Does it trigger any old thoughts or memories connected with that particular food? Many researches show that the first bite is the most enjoyable part of the meal. If you pay attention to what and how you're eating, you may find that you feel satisfied just after a few bites.



Whichever type of hunger we may be experiencing, many times we try to suppress it by popping pills to avoid the consumption of unwanted calories and resulting weight gain, all the while ignoring the voice in our head telling us to skip that second slice of chocolate brownie or a second scoop of ice cream! But the important question to ask is, where is this voice coming from? It's not coming from your conscience, but from the masses of bacteria in your stomach! Many studies have shown that our gut bacteria produce enzymes & hormones that tell our brain to either grab some food or stop eating. Increasing probiotics like yogurt in your diet is an excellent way of balancing the healthy gut bacteria, which helps in weight management. Women who are looking to lose belly fat can also benefit from healthy probiotics. The British Journal of Nutrition published a research study that shows probiotics can reduce the hormone Leptin, an appetite-regulating hormone, and therefore, decrease intestinal bacteria which is

related to obesity. Probiotics also produce certain short-chain fatty acids which work as a natural fat burner & help control appetite.

Adding L-glutamine to your diet is another excellent way to control hunger. Glutamine is an amino acid that is found in many foods including chicken, eggs & dairy products. It is the most important amino acid in the body, and is usually found in our muscles & blood. L-glutamine supplies energy to our brain & it also suppresses the hormone Ghrelin which sends the signal to our body to have more food.

So instead of popping pills which can have adverse effects on your body and create hormonal imbalance, you can add some healthy supplements to your diet and continue on your weight loss journey. Make the right dose of prebiotics, probiotics & L-glutamine the new success mantra of your 2020 weight loss journey and enjoy extraordinary benefits!

By- Ms. Nisha Bajaj



# 8 Post-Workout Meals To Try Out Today

**W**ith the start of 2020 and those well-intention New Year resolutions staring you squarely in the eye, it comes as zero surprise that gyms witness maximum attendance during the month of January. Choosing the right foods after your workout can help you recover more quickly, build muscle and get ready for your next workout.

Here's a quick guide to making the most of your post-workout nutrition.

When you work out, your muscle use their glycogen energy stores. Some of the muscles use their glycogen energy stores. Some of the muscle proteins also get damaged, especially during strength workouts.

Eating the right combination of carbohydrates, protein, vitamins, and minerals helps speed the process of rebuilding the used glycogen stores, as well as repairing muscle proteins.

If you thought that eating right before working out was all that matters, you might want to hold that thought. Post-workout meals are equally important as they help regain your energy and give your body strength after your energy-draining workout. They can also help with reducing muscle soreness, improving immunity and boost the ability to utilize body fat.

Dt. Manoli Mehta brings you some options of post-workout meals you can try!



## 1. Boiled Eggs

## Oatmeal With Banana and Almonds

2.



## 3. Whole Grain Toast with Almond Butter

## Greek Yogurt, Berries and Granola

4.



## 5. Fresh Fruit with A Protein Bar

## Idli with Chutney/sambar

6.



## 7. Grilled Chicken With Veggies

## Egg Bhurji With Toast

8.

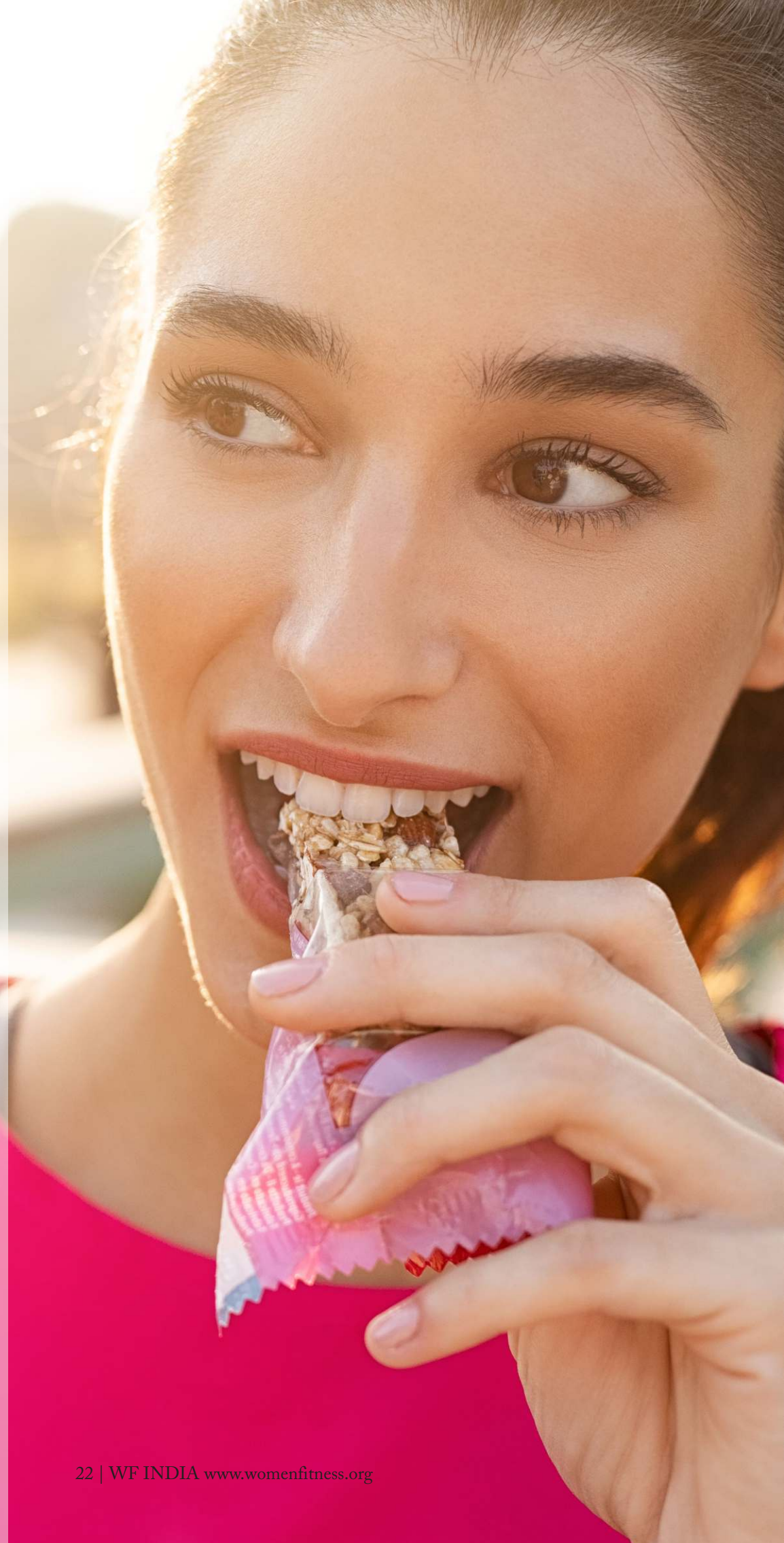


Fueling your body pre and post workout is more important than any other meal. If you don't fuel your body before a workout, you won't have energy to give maximum performance. If you don't fuel your body post-workout, you won't be optimizing muscle recovery and building muscle.

If you work out and really want to see results you need to follow the proper diet or you'll find it hard to see those abs you're working hard for. A good place to start is to start eating pre and post workout snacks and take it from there. You'll feel more energized at the gym and will start feeling less sore in the morning. Stop those zero carb diets, start focusing on healthy eating habits and eating the right amount of macronutrients your body needs for energy, muscle growth and repair.

Drinking enough water before, during, and after your workout can also help with recovery and your next day's performance. Depending on the intensity of your workout and the temperature of the environment, you may also need an electrolyte drink to replenish sodium and potassium lost in your sweat.

By- Manoli Mehta





Weight loss  
Tip

It is not possible to tell if someone has an eating disorder just by looking at them. While some eating disorders typically cause weight loss, others do not. For example, the hallmark of binge eating disorder (BED) is periods of overeating without purging.



# Boss Lady Looks That Never Go Out Of Style

**“A Woman Is Never Sexier Than When She Is Comfortable In Her Clothes”**

- Vera Wang.

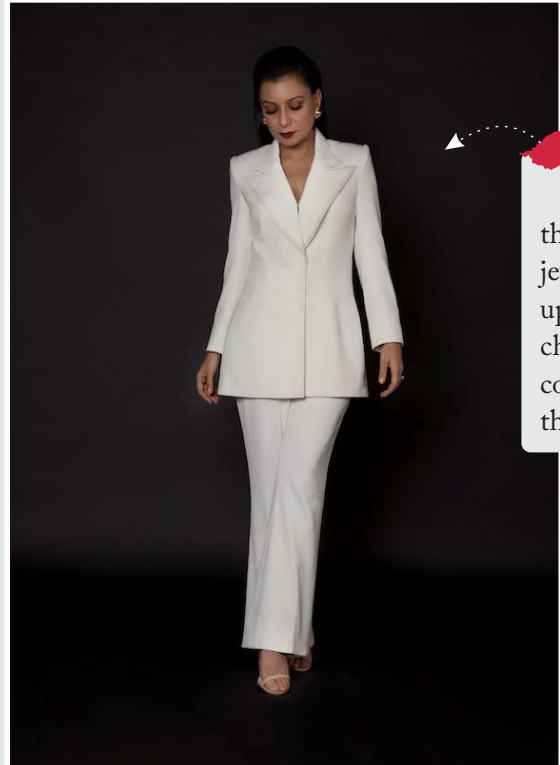


This quote has been so relatable, in my opinion.

I love my job and I'm so glad I get to do something I enjoy every day. And while playing dress up might be every girl's dream, it sure does get hard at times because aside from having to be on my toes and attend several events, I have to also figure out the answer to the eternal question of "What to wear?" Dressing well and looking presentable is so important, but so is being comfortable because that's what ultimately makes you feel confident. And in my case, it takes a dream team, whom I refer to as

my personal squad, to put together a great look for every single event and appearance. Thanks to my stylist, Rishika Devnani and her team as well as my makeup artist, Swati Das, I am able to look my best every day!

Now considering I'm privy to all of the behind-the-scenes discussions that have allowed me to pick up a few things over the years, I have decided to put together a few style tips that have helped me bring my A-game, style-wise, every time.



### Boss Lady Style Tip #1

Opt for classic formal outfits and make them stylish by accessorising with a belt or jewellery. A plain outfit can also be jazzed up with an interesting pair of shoes. If you choose to wear heels, make sure they're comfortable, especially if you have a job that involves a lot of running around.



### Boss Lady Style Tip #2

You can mix casual elements like T-shirts and sneakers with formal wear, or pair a tee with a knee-length skirt/high-waisted shorts. You can also choose to pair dress sneakers with a suit and make it more comfortable and stylish.



### Boss Lady Style Tip #3

Don't be afraid to play around with colour! It brightens up a simple formal outfit and makes it look more stylish and makes you more approachable.



### Boss Lady Style Tip #4

If you love Indo-western wear, pair a kurta with denims. Even a casual Indian kurta pantsuit is eternally comfortable and gives off super boss lady vibes!

### Other must-try styles include

coloured/checkered blazer with skirts, shorts, culottes or pants; blazer dresses; denims with a nice white or coloured shirt; straight wide leg pants with a casual top; shirts under dresses or jumpsuits.

*Pro tip:* While it's good to experiment with styles, I personally believe in comfort first. Always choose comfortable, fuss-free clothing and make sure the fabrics of your garment are breathable.

### Tips for Hair and Makeup

I usually like fuss-free hairstyles like a ponytail, braid, top knot, straight or wavy hair.

When it comes to makeup, I like to keep it natural and neutral. It is the best and on-the-go but if you want to jazz it up you can play around with a winged eyeliner or a fun lipstick should do the trick!

I hope you all were able to take a few pointers from this but at the end of the day, dress what suits your style and body type the best! Also, I would love to hear about any style related questions you might have. If you're going to try any of these looks, don't forget to tag me on Instagram @maliniagarwal and @missmalini!

By- Malini Agarwal



**Beauty  
Tip**

Nail salons that have been insufficiently cleaned or performed bad sanitization practices, as well as ones with inadequately trained nail technicians, could be a breeding ground for bacteria and a dangerous place for you to “unwind.”

Wellness

# CARDIO YOGA

A Yoga Cardio Blend

**I**t's true, a yoga session offers many benefits than one, but along with leaving you feeling rejuvenated and refreshed, you might also feel the need to get a major cardio boost. Sounds familiar right?



While yoga is characteristically categorised as a “light-intensity physical activity,” a couple of poses tend to meet the criteria for moderate- to vigorous-intensity activity. How about converting your favourite yoga postures into a vibrant cardio workout? Yoga has on offer a multitude of relaxing poses which may not do much in pumping your heart rate, however, yoga can be a challenging exercise, particularly if you cherry-pick the right poses and do them in an incessant flow, which will advance your heart rate and will certainly count as ‘cardio.’ The yoga inspired cardio workout is full of some of our preferred yoga stretching and strengthening movements – but each one with a bout of body-weight cardio in between. Cardio yoga workouts like Side Plank, Boat Pose, Chair Pose, Crescent Lunge and Warrior 2 to name a few will burn calories at a much faster rate and will lend you a rapid, dynamic, feel-good stretch, all while efficiently toning up muscles all over the body.

Below mentioned are a couple of functional Yoga Poses that can be turned into an effective cardio workout:



### **Plank Pose:**

The plank posture is known to strengthen your core, operatively tone your arms and glutes, and is already an exceptional full-body exercise on its own. To add a cardio workout, one must consider incorporating mountain climbers and plank jacks.



### **Plank Pose Arrangement Tips:**

- Your shoulders must be stacked over your wrists
- You must consider engaging your core in order to keep your shoulders, hips, and heels in a diagonal line



### **Mountain Climbers:**

From Plank Pose, you must draw your right knee in a way to tap your right-side elbow. Now gradually get your feet back together, and shift to tap your left knee towards your left side elbow. You get to select your speed! You can either stay slow and gradual with it, or you can take it up to a jogging pace to actually get your heart pumping. You must practise 10 rounds.



**Plank Jacks:** In this type of cardio yoga, you must hold a strong Plank Pose. When you are all set to begin, you must hop both feet away from each other and then back together. By keeping your shoulders fixed over your core and your wrists ensure they are engaged throughout. You must practise 10 jacks.





## Chair Pose:

This pose fortifies your back, glutes and quadriceps, while you spread your shoulders and chest. You must be seated with your hips being as low as they will go while at the same time elevating lifting your chest up for a very sturdy variation of this pose.



### Alignment tips for Chair Pose:

- You must sit your booty back till the time you can peek over your knees and see your toes
- You must occupy your low abdominals with a small tuck of your pelvis to guard your lower back
- You can consider bringing your hands to heart centre, if you experience a strain to spread your chest up with your arms elevated and your hips being low.



### One-Legged Squat: From your Chair

Pose, you must hover your right foot in the forward direction and bend it. Start to elevate and lower your hips about an inch in each direction. By keeping your core strong, you must scout for a fairly rapid pace. You must consider practising ten squats on each side.



**Squat Jumps:** Nothing like a little plyometrics to get your heart pumping! You must gather your energy in Chair Pose and must consider squatting low to jump as high as possible. Totally spread out your body with your back and legs being straight, as you jump up. Now safely land back in Chair Pose and perform the moves again. You must practise ten reps.





### **Boat Pose:**

This posture is known to reinforce and tone your overall core encompassing your back and aids to lengthen your spine. Stabilizing here on your tailbone also facilitates in improving your equilibrium and body coordination.

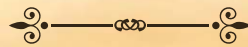


#### **Boat Pose Alignment Guidelines**

- You must actively draw your shoulders away from your ears in a way that your spine stays in the upright position
- You must lean back so you have about a forty-five-degree angle in your hips



**Mermaid Crunches:** This pose lends you an imagination of being a flawless mermaid swimming through the ocean. From Boat Pose, stabilize yourself on your right-side hip. Stay stable as you spread out to a Low Boat position on your right hip and then gradually crunch your elbows towards the direction of your knees. Practice ten crunches on either side.



**Swim Kicks:** To perform this posture, you must spread out to Low Boat, suspending your chest and legs just above the mat with your palms being faced up towards the sky. By imagining that you are swimming quickly, you must kick your heels and gradually count to ten. Rest by lying totally on your back. Practice three, 10 count rounds.

Adding a little bit of cardio to your everyday yoga asanas will certainly raise your heart rate, thus elevating your stamina and fortifying your heart.

By- Ms. Shalini Bhargava



# Best *Spice Infused* Drinks *To Have That Will Help Your* Weight Loss Regimen



## Cinnamon Water

Cinnamon, also known as Dal Chini is used in several Indian meals. But you will be amazed to know this sweet-bitter tasting spice can assist you to lose weight too. Yes, you read it correctly. Particularly if you are trying to reduce that belly fat, you should try cinnamon water. Cinnamon assists you lose weight by suppressing appetite, regulating blood sugar and strengthening your metabolism.

## How to Prepare Cinnamon Water

Boil 1 glass of water with cinnamon in it. Drink this water every night before you go to bed. Have this for at least 20 to 30 days to get the benefits.

**W**hen one thinks of a weight loss program it often forces you to feel that it will be an arduous task to achieve. Strict diet plan, long hours of physical exercise and some other restrictions. These thoughts often make one switch plans as it all looks daunting task to do at times. After all, it is never easy to alter your habits that have been developed over a considerable period of time.

Nutritionist Avni Kaul says to lose weight discipline is required but not necessarily a strict regimen that demotivates you to proceed further.

Do you know that spices that add flavor and essence to your meal can also help you to reduce your weight and along with provides you multiple health benefits?

Here, Kaul is talking about the link between spices and weight loss. The following are the best spice-infused drinks that you should have that will help your weight loss regimen.



## Jeera Water

These small flavored seeds are an important ingredient in Indian meals. These seeds are helpful in solving health-related problems such as poor digestion, constipation, slow metabolism, and insulin resistance. It is also impactful in burning belly fat and thus supporting weight loss.



### The Correct Way to Make Jeera Water

You can prepare jeera water in 2 easy methods. First is by having a teaspoon of jeera in a glass of water and letting it boil for nearly 5 minutes. You can consume this drink at once or keep sipping it.

The other way is to make this drink is by soaking a teaspoon of jeera in a glass of water overnight. Drink this water on an empty stomach when you get up in the morning.



## Ajwain Water

Ajwain, also known as Cumin has been in use for centuries for its medicinal qualities. It is a must-use spice in about all Indian delicacies and is used to protect one from the cold weather. Not just this, these small seeds can help you reduce weight too. It does so by improving your digestion and boosting your metabolism.



### How to Prepare Ajwain Water

Preparing Ajwain water is simple. Take about 25 grams of Ajwain and soak it overnight in a glass of water. Strain the Ajwain and drink this water the first thing, in the morning. You can add honey to this to make it taste better. Drink this water for a month to see the visible results.

By- Ms. Avni Kaul



A woman with dark hair in a ponytail, wearing a dark blue and white athletic crop top, leggings, and white sneakers, is drinking from a blue water bottle. She is holding a light blue towel in her left hand. The background is a plain, light grey wall.

Shopping

# 10

## Websites To Buy Your Next Gym Gear From

**B**uying gym gears can be quite a task, so we made it easy by bringing to you the list of the best places to shop your next gym gear from.

## 1. Decathlon Pilates Resistance Bands

Well the brand itself stands for everything sports, so here you will get a variety to choose from for your next gym visit!



## 2.

## Myntra Sports Shoes

This multi-brand store has some great offers to fit your pocket.



## 3. Zivame Gym Leggings

If fashion is what you seek, then Zivame can offer you some amazing pieces to flaunt!



## 4. Amazon Waist Belt

Increase your gym effect with this super-effective sweat belt.



## 5. 2GO Activewear Sports Bra

To find the best fitting sports bra!



6.

**Nike****Sweatshirts**

No one does trendy better than Nike.



7.

**GAP****Joggers**

For those who love running and jogging early in the morning!



8.

**Creez****T-shirts**

For some great designs and over the top discounts!



9.

**Nykaa****Motion Socks**

To keep your feet in check as you strike the right yoga pose.



10.

**H&M****Sports Bodysuit**

To show your perfect curves, where this bodysuit to your gym.



## Sun Sign Fitness



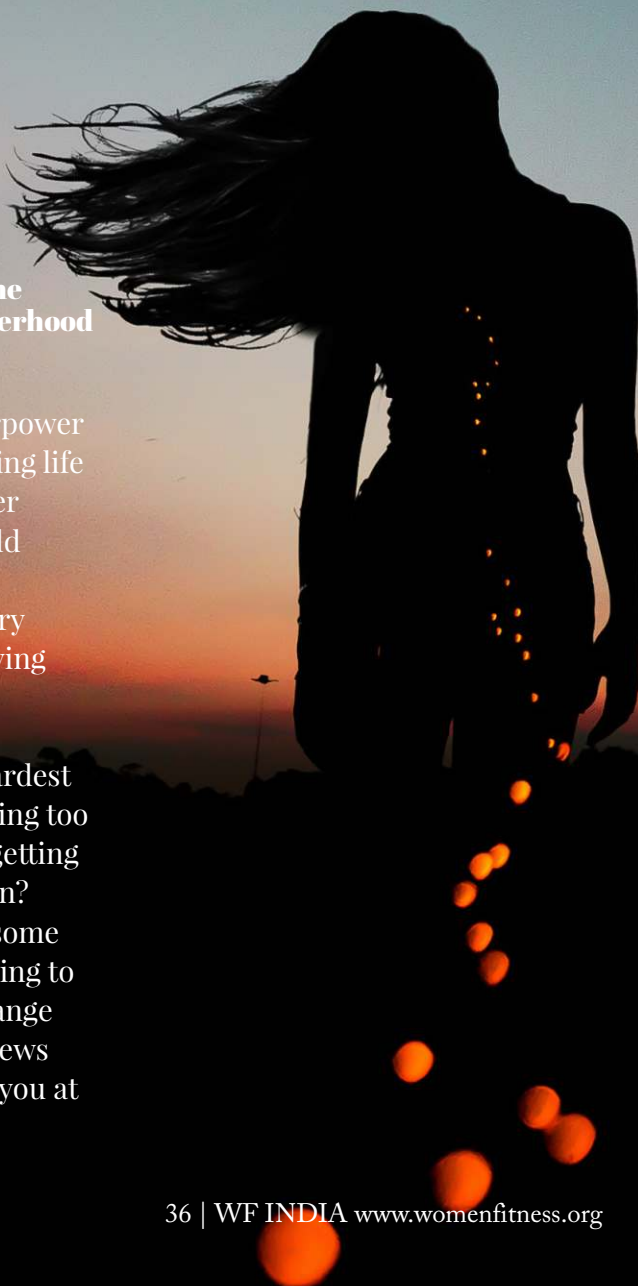
### WELCOME Motherhood

A woman is a superpower when it comes to giving life to a new creature. Her fertile strength should remain impeccable.

In the busy life, every second woman is having issues in conceiving.

Motherhood is the greatest thing and hardest to achieve today. Trying too many times but not getting successful conception?

A healthy diet and some yog therapies according to your planets, can change your world. A good news might be waiting for you at the doorstep.



### ARIES

Aries are strong, however the pressure for getting pregnant can harm their mental health. So avoid stress and indulge your mind in different activities.

High intake of fibrous fruits can help them in the way to be a mum soon.



### TAURUS

The ruler of this zodiac is Venus, the feminist.

Taurus females can go for adventurous activities, water aerobics. All juicy fruits keep your reproductive system healthy.



### GEMINI

As the lord of this zodiac sign is Mercury, friendly to all. So the ladies of Gemini should start group exercises like aerobics or zumba workout. Gemini women should consume leafy vegetables and green salads



## CANCER

Moon is the ruler of this zodiac sign, so mental peace is required for fertility. Start meditation and chant with 'vam'. Add dietary fibres and water intake in your diet to protect foetus in your womb.



## LEO

Sun is the ruler of Leo. You can start with Suryanamaskar and spend sometime in sunlight during morning hours. Leo women should increase the intake of carrot, orange juice to begin the ovulation process.



## VIRGO

Generally Virgo women have stressful time when they want to go for second pregnancy.

They hardly have issues during first pregnancy.

To get positive result, one should calm their nerves.

At least one hour they should spend watching comedy shows. Eat healthy and avoid spicy food.



## LIBRA

Librans are very suitable to be a gentle and caring mother to nurture their baby.

Libra women need a peaceful relationship with their partners. So it's the equal responsibility of their partner also to lower their anxiety and keep them in good mental space. Otherwise it may badly influence the impregnation.

Cut off extra sugar from your diet.



## SCORPIO

A Highly potential zodiac sign, Scorpions may have the tendency to lose the hope very soon if find difficulty in conception.

They should keep smooth fragrant surroundings.

Sesame seeds can boost their stamina.



## SAGITTARIUS

Calm and focused women belong to this zodiac. Women of this sun-sign generally have fair scope for pregnancy.

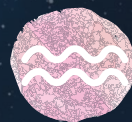
Nevertheless they can boost their strength by drinking honey and lime water every morning.



## CAPRICORN

Capricorn is a sign of balancing and multitasking.

First thing Capricorn women must keep in mind is to start planning for pregnancy. You need to know exactly when to plan a baby and a healthy routine. Cut off smoking, caffeine and alcohol.



## AQUARIUS

Aquarians have futuristic approach. They should do stress management, as high level of anxiety can harm your pregnancy hopes. An Aquarius mum to be will often envisage about the relationship with a new born.

Start reading novels to avoid overthinking. Have protein rich diet.

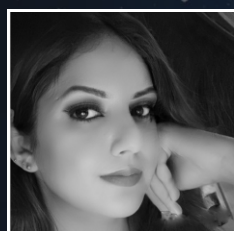


## PISCES

Pisces women have unconditional love for their children.

The women with this zodiac sign are very intelligent moms and know exactly how to deal with prenatal complications.

They just have to give time to themselves and take rest. Vitamins deficiency can be a major drawback. So avoid that.



-Mahimma Mor

Astrologer Numerologist

Vastu consultant Relationship counsellor

Renowned astro-numerologist. People get 99% accurate predictions for love marriage. Resolve marriage problems, get career guidance or any sort of genuine guidance with free remedies.

**Namita Nayyar**

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A close-up portrait of a woman with long, wavy brown hair, looking slightly to the left. She is wearing a dark green, ribbed, off-the-shoulder top. Her right hand is raised, touching her hair near her temple. She has a small, round, clear earring in her left ear. The background is a plain, light gray.

**WomenFitness.Org**

Namita Nayyar

President

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