

April 2018

Wf womenfitness.org

# WOMEN FITNESS

**15 MINUTES  
FULL BODY  
WORKOUT**

That Will Leave  
You Ripped

**Summer  
Essentials**  
*Shopping List!*

**TV Actress**  
*Adaa Khan*

Slays It Both On-Screen  
And Off-Screen!

**PREGNANCY DIETS -  
SHOULD YOU BE**

Following Them?

**SIMRUN  
CHOPRA**

WENT FROM  
XL TO XS

**TREAT YOURSELF  
THE HEALTHY WAY**

This Baisakhi

**OUR FAVORITE PICKS**  
**FROM 2018 AMAZON INDIA**  
FASHION WEEK AUTUMN/WINTER

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# Editor's Note

“

**I was always looking outside myself for strength and confidence, but it comes from within. It is there all the time.....**

**- Anna Freud**

Stress is a vital warning system and with an increasing rise in the same, effective stress management is essential for complete fitness.

Adaa Khan, a popular face in the Indian television circuit is best known for her roles in the shows Behenein, Amrit Manthan, Piya Basanti, Naagin and Pardes Mein Hai Mera Dil. She talks about her journey in the entertainment industry, fitness & diet regime.

A regular fitness regime is challenging to pursue but squeezing 15-20 min out of your hectic routine can prove rewarding in the long run. This issue covers 5 powerful workouts that'll get you ripped with - 15 minutes, with some serious dedication.

Pregnancy in a women's life is a life-changing activity. It's about entering into a new phase of life - the phase of motherhood, responsibility, love, and affection. Dietitian Sheela Seharawat shares a few valuable food groups and their importance in a pregnancy diet. When you choose to eat the right food during this phase helps in building a healthy body and stronger immunity for the baby and it is truly rewarding to see that you have brought in a healthy and strong baby into this world.

Women Fitness brings to you 5 healthy recipes to try this Baisakhi, the harvest festival, simply guilt-free. Enjoy Mughlai Mutton Stew, Sarsoon Da Saag and many more mouth-watering recipes.

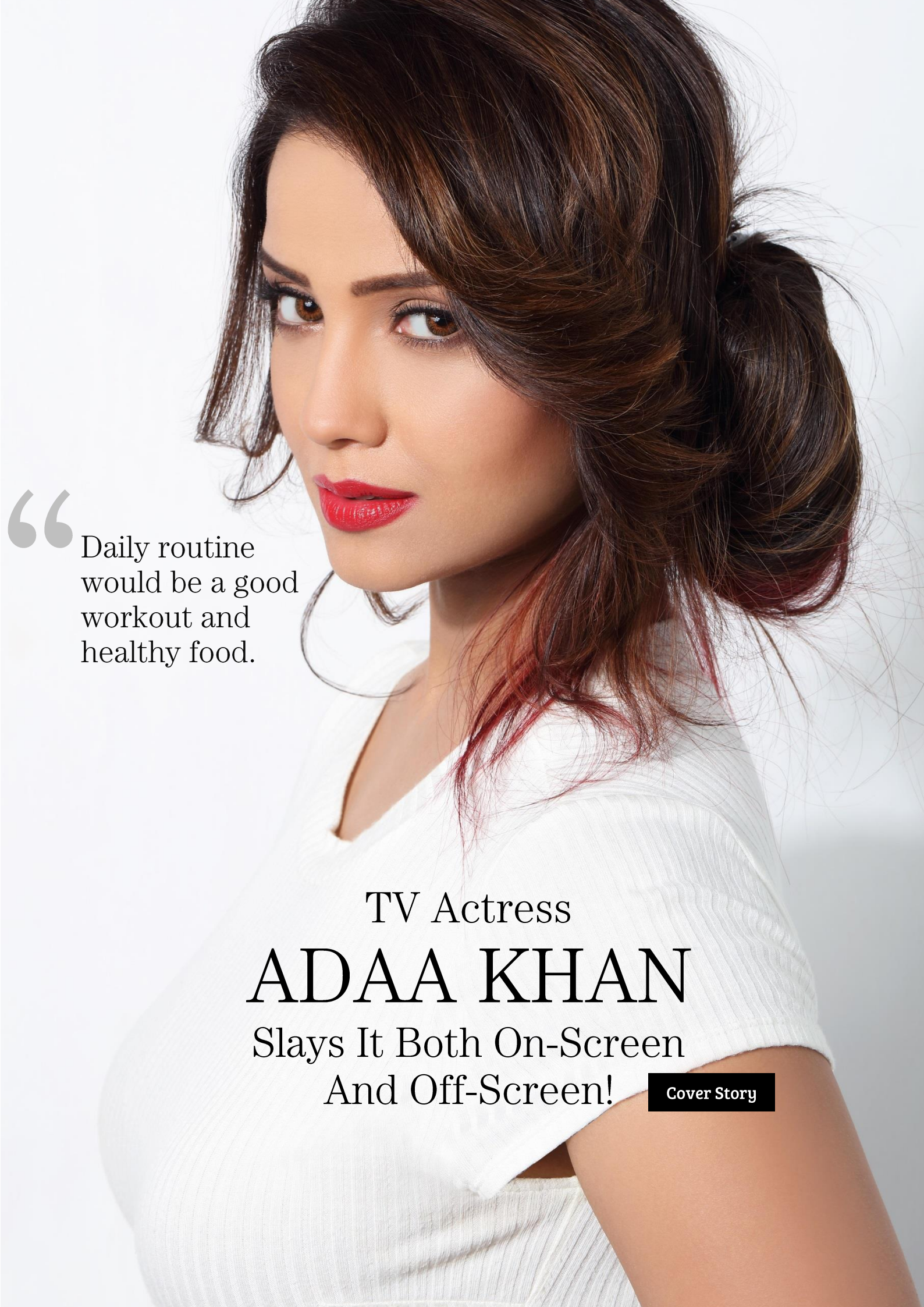
For all those fashion lovers out there, who love to experiment we bring you our top 10 favorite picks from the AIFW Autumn/Winter 2018 collection. You can catch a glimpse of beautifully embroidered coats teamed with skirts, gowns, and trousers from Patine's



collection to dramatic white gowns by Gauri & Nainika.

All this and much more.

**Namita Nayyar**  
**President, Women Fitness**



“Daily routine  
would be a good  
workout and  
healthy food.

TV Actress  
**ADAA KHAN**  
Slays It Both On-Screen  
And Off-Screen!

Cover Story

Adaa Khan is a popular face in the Indian television circuit. She is best known for her roles in the shows Behenein, Amrit Manthan, Piya Basanti, Naagin and Pardes Mein Hai Mera Dil.

Apart from being a stunning multi-talented actress, Adaa is a style icon in real life too.

Women Fitness India had the wonderful opportunity to speak with the star of the silver screen, Adaa Khan. Let's check out what she has to say.

**Your journey has been nothing less of a fairytale with your striking performances in the shows Behenein as Aakashi, Amrit Manthan as Rajkumari Amrit, Piya Basanti Re as Piya, Naagin as Shesha and Pardes Mein Hai Mera Dil as Aahana. Share with our viewers your incredible journey of becoming an actor?**

I never really planned to become an actress it just happened to me. I was offered to model for a brand that was a print ad which I did. After that with print and commercial ads my journey began and then I was offered the Sony show. After which I got Behenein and Amrit Manthan as leads then Piya Basanti Re, Naagin and Naagin 2.

It has been a beautiful journey for me. By grace of God, people appreciated my work. I got the good shows at the right time. I thank God for being with me and my fans who've loved and supported me in whatever I do.

**You started your career as a model, then did several advertisements and finally made your acting debut with Sony India's TV show Palampur Express. How does it feel to be a part of the Indian Television Industry? Also introduce us**

“ There is always a pressure to look good as we need to maintain our bodies, skin, hair and everything being in this industry.

**to your day-routine.**

After doing modelling and commercial ads I never thought to go into dailies but I did. It feels really nice and proud to be a part of Indian television which is doing very well internationally. I am very happy and proud to be associated with Indian television.

Daily routine would be a good workout and healthy food. I usually don't diet as such but I make sure to eat home-made food that works wonders for me. Doing power yoga works for my body.

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

Being an actress it's very important to stay fit and healthy because we're seen on the TV screens by people who look up to you and follow your trends so you need to be a role model and be very fit.

There is always a pressure to look good as we need to maintain our bodies, skin, hair and everything being in this industry. Exercise working well for my body is Power yoga which I've been doing for 8 to 10 years now. Staying healthy and fit is very important.

**You Become What You Eat.**

**What kind of diet do you follow to stay healthy and physically fit? Enlist your 4 favorite foods you would fall for anytime?**

Yes definitely bodies are made in kitchen more than the gym and I believe in that. I don't follow any diet. Whenever I've followed a diet, I've fallen

sick.

I eat healthy home-made food at home and then in every 2 hours eat in little portions and I avoid over eating, avoid sweets, reduce salt quantity, avoid aerated drinks and drink lots of water. This is what I follow which anyone can do at home as it helps a lot to maintain your weight.

4 foods which make me weak would be chocolate pastries, cheesy pasta, ice cream and pizza.

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

For good hair and skin one must definitely give time to themselves. Working women who balance between their families and work just ignore themselves and don't take care of their skin, hair, and don't pamper themselves. I request all

girls, women, and men that you should look and feel good and just be confident about everything that you have.

For good skin begin at home by drinking lots of water and green teas for detox. You can have fruits, juices, and dry fruits in your diet. Make sure to clean your face daily whenever you go back home and apply sun screen whenever you get out of home.

This is something very normal that anyone can manage. Keep oiling your hair that's very important. If you've dandruff please use the dandruff shampoo or home remedy like onion juice which has worked wonders.

### **How significant is exercise in living a fit & healthy lifestyle?**

Exercise is very significant in everyone's life as it's not about becoming skinny but about being fit. You may find it difficult to start doing exercise but once you start you will never stop it. More than wishing to be any body type start doing exercise by pushing yourself to do it. Removing 45 minutes or an hour in a day for your own fitness is important and just sweat it out.

### **With an audience of over 1.6 Million followers on your Instagram account @adaakhann you're a social media sensation and an internet leading star. How does it feel that you are able to inspire and motivate so many individuals?**

I am truly honoured by love that everyone has given me be it the fans or audiences. On social media it's too difficult to keep up to everyone's expectations. As actors we try our best to do so

and am very happy for love and affection that everyone has given me.

### **Recently, you won the Indian Kalakar Award for the Best Actress in Negative Role and the Boroplus Gold Award for the Best Actress in a Negative Role (critics).**

### **How does it feel to have your years of hardwork and determination being rewarded and appreciated?**

It feels really great to be appreciated for your work. When fans and audiences send you

mails of appreciation it's an award for me. The awards that I've won for my shows are a proud

moment for me. Every

actor dreams to have many awards for appreciation of their work. I feel very grateful that people appreciated me and my work so it feels nice. Mostly I like seeing smile on my father's face when I get an award.

### **Inspite of giving guest appearances on Bigg Boss, you**



**haven't appeared as a participant on the show. Your fans would love to know if they would be able to see you in a reality show soon?**

Yes I've done performances and appearances in Bigg Boss where I've met participants in Bigg Boss house. I am not too sure if I want to do Bigg Boss and see myself as a contestant because I don't know if it's my cup of tea or not. I think that I am not going to do Bigg Boss.

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

Competition exists everywhere today but it should be healthy. When you compete with others you become bitter but when you compete with yourself you become better so always try your best to make yourself better each day. More than competing with others, work on your weaknesses, work very hard and slog your ass off and be better you every day who has what

he / she wants to achieve in life. Go get your dreams.

**Women Fitness works with a goal to reach out to women all over the world providing them with best in health, fitness, nutrition, beauty & fashion.**

**What do**

**you wish to say about the website**

**(Womenfitness.org) and a message for our readers?**

I'd like to congratulate Women Fitness for completing 18 years dedicated to woman hood. I am so happy and proud to be associated with you all. You all have done an amazing and brilliant job in giving out messages to all women out there who want to be fit, look beautiful, be healthy and be amazing.

My message to readers would be that you're important and self-love is most pivotal thing that you should do. All women have tendency to love others more than themselves so learn to love yourself first. Only when you love yourself you'll pass on the love to others. Every day is another chance to look more beautiful, eat and be healthy, be strong and be more attractive than yesterday.



**Must-Do Exercises**

# 15 Minutes Full Body Workout That Will Leave You Ripped

We know you're a busy bee and find it extremely difficult to squeeze in a workout. Though we'd prefer that you do make sometime for regular workout, there may be days when you aren't going to be able to do it. We understand that, and hence, here are 5 powerful workouts that'll get you ripped with just 15 minutes everyday! What'll you need? 15 minutes, and some serious dedication. Let's begin, shall we?

Always remember to start off any workout with some warm up. A couple of stretches for every joint should help you loosen up and warm your body well. Take a good whole minute to warm up and get ready. 14 minutes to go!



### Plank and Press:

**Sets and Reps:** 10 reps x 3 sets

How to do it: Start by getting into a plank position – hands shoulders width apart and locked. Hold for 3 breaths and alternate between an elbow plank and the traditional (push-up) plank. Ensure your body is in the right form; all in one straight line and no drooping upward or downward. If you want to further challenge yourself then do a push-up also along with alternating.

### Mountain Climbers:



**Sets and Reps:** 15 reps x 3 sets

How to go about it: Get into a plank position; elbows straight, arms shoulder width apart and your entire body in a straight line. Fold your either of knees inwards towards your chest followed by the other. More like climbing a mountain! This is a great cardio workout too.

### Supine Bicycle:

**Sets and Reps:** 10 reps x 3 sets

How to do it: Turn around from the plank position to lie on your back. Fold your hands under your head and get ready to work your core. Lift both your legs 30 degree above the floor. Alternating elbow to knees is what you need to do. While keeping your left leg straight, fold in your right leg inwards towards your chest. Contract your chest towards your abs and push your left elbow towards your right knee. Keep alternating.

### Jump Squats:

**Sets and Reps:** 10 reps x 3 sets

How to do it: You know how to do the squats, right? Standing straight, keeping your knees shoulder width apart and back straight, you go down and come back up. Well, this one's with a jump.

Dynamic is how you want your workouts to be. Jump as high you can, go down into a squat and repeat.

We had to end it with a favorite, most dynamic workout with unimaginable results – Burpees!

### Burpees:

**Sets and Reps:** 8 reps x 3 set

How to do it: One of the best compound workouts, Burpees work every muscle group in your body. Start in a standing position. Jump up and clap in the air over your head. Go down in a squat. Rest your palms on the floor and push your feet backward to get into a plank position. Do a push-up. Pull your feet back to the squat position and jump up and clap again. This is one Burpee. You just need to do 7 more to complete one set. Burpees are extremely dynamic and as we said they challenge your entire body.

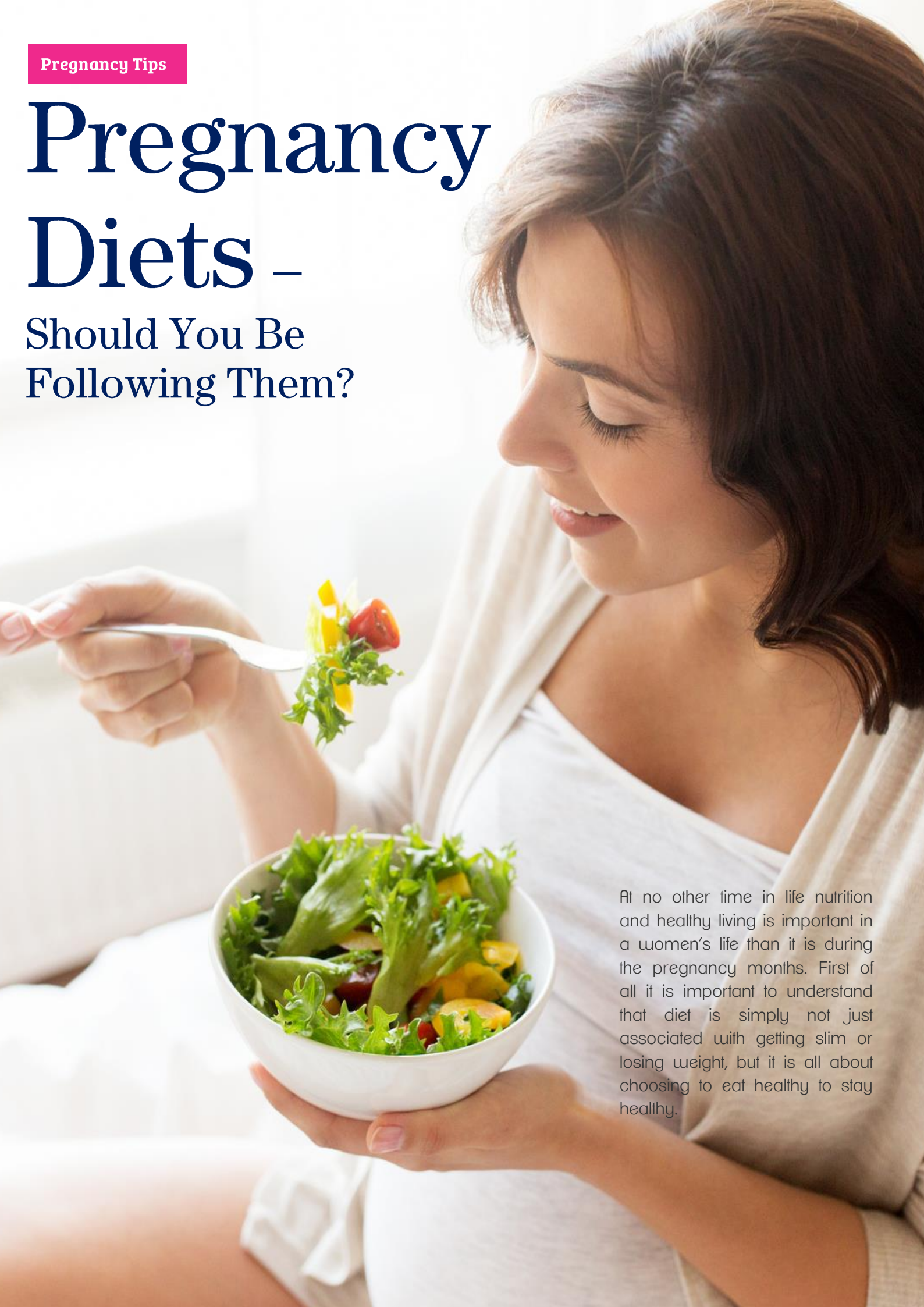
This entire workout will take as little as 15 minutes. Just these 15 minutes everyday and you're surely going to get ripped. Take breaks if you feel the need and feel free to increase or decrease the number of reps as per your convenience (we wouldn't suggest reducing the number though). You could also sip some water in-between too. This workout regimen will burn tons of calories while also toning your body and getting you into shape.

**Amaresh Ojha**

CEO & Founder of Gympik.com



# Pregnancy Diets – Should You Be Following Them?



At no other time in life nutrition and healthy living is important in a women's life than it is during the pregnancy months. First of all it is important to understand that diet is simply not just associated with getting slim or losing weight, but it is all about choosing to eat healthy to stay healthy.

Pregnancy in a women's life is a life changing activity. It's about entering into a new phase of life – the phase of motherhood, responsibility, love and affection. Pregnancy entrusts a lot of responsibility, because whatever you do and whatever you eat and drink directly impacts the development of the baby inside your womb. When you choose to eat the right food during this phase helps in building a healthy body and stronger immunity for the baby and it is truly rewarding to see that you have brought in a healthy and strong baby into this world.

### The Ideal Diet Constituents For A Pregnant Women

A few things have to be taken into consideration that during pregnancy the uterus, placenta, blood volume and fluid increases, hence diet during pregnancy should consider these factors. All these factors can be well taken care of through a balanced and healthy diet.

Here are a few valuable food groups and their importance in a pregnancy diet:

**Fruits and Vegetables:** enriched with essential vitamins, fibers, iron and minerals are the most important requirements for mother's good health and proper development of the baby in the womb. Also, introducing salads and dishes prepared out of a variety of fruits and vegetables makes every meal interesting.

**Whole grains:** whole grains like rice, pasta, breads and cereals contains vitamins, minerals, iron, folic acid and carbohydrates. All these are essential for the mother and the baby. Proper serving of whole grains in everyday meals is a must for pregnant ladies.

**Lean Protein:** including good protein sources in every meal is very important for the baby's growth. Protein-rich foods include meat, poultry, fish, eggs, beans, tofu, cheese, milk, nuts and seeds.

**Dairy:** dairy foods, such as milk, yogurt and cheese are good dietary sources of calcium, protein and vitamin D.

### The Important Four:

**Folic Acid:** a nutrient also known as folate, when found in foods, is a B vitamin and plays a very crucial role in the development of the baby and prevents birth defects in the baby's brain and spinal cord. Foods rich in folate are – leafy green vegetables, cereals, breads and pastas, beans, citrus fruits.

It might be difficult to get all the folate required from the food intake and hence advised to take supplements of folic acids with recommendations from a medical practitioner.

“ Studies reveal that when pregnant women do not eat calcium rich foods, the need of it for the baby is derived from the mother's bone to meet the extra demands.

**Calcium:** is vital for the development of the bones and teeth of the baby. Dairy products enriched with vitamin D and calcium works in this development. Food sources high in calcium are – milk, cheese,

yoghurt, fruit juices, fish with bones and some leafy greens like kale and bok choy.

Studies reveal that when pregnant women do not eat calcium rich foods, the need of it for the baby is derived from the mother's bone to meet the extra demands.

**Iron:** the need of iron of a women doubles during pregnancy. The additional amount is needed to make more blood to supply oxygen to the developing baby. Iron deficiency or getting too little of the mineral can lead to conditions of anemia, further leading to fatigue and risks of infections. Food sources with iron are – meat, poultry, fish, dried beans and peas, iron-fortified cereal.

**Protein:** it is a builder nutrient, as it helps building and developing important organs of the baby like the brain and heart. Food rich in proteins are – meat, poultry, fish, dried beans and peas, eggs, nuts and tofu.

**By Dietitian Sheela  
Seharawat,**  
Founder Diet Clinic Health Care Pvt  
Ltd



# Treat Yourself The Healthy Way **This Baisakhi**

Healthy Eating



The colorful state of Punjab comes alive with song, dance and festive food to celebrate Baisakhi on the 14th of April. The Punjabi cuisine as we all know promises lip-smacking delicacies that will leave you drooling for more. On the occasion of Baisakhi, Women Fitness brings to you 5 healthy recipes to make the most of this harvest festival, guilt-free.

# Sarsoon Da Saag

The classic Punjabi dish: Sarsoon da saag te makki di roti. Best had with some white butter and jaggery or honey.

## Nutritive Information

- Carbs 126.3g
- Fats 38.0g
- Protein 30.6g
- Calories 970.7 Kcal
- Calcium: 467.1mg
- Phosphorous: 726.0mg
- Potassium: 659.2mg

## Ingredients

### Saag

- 750 gm sarson saag
- 250 gm palak saag
- 250 gm bathua saag
- 2 cups water salt pinch
- 1 1/2 cup makki atta
- 4 green chilly
- 25 gm ginger
- 2 onions
- 6 cloves of garlic
- 100 gm ghee
- 1/2 tsp red pepper powder

- 1/2 tsp garam masala
- 1/2 tsp coriander powder

### Makki ki roti

- 1/2 kg makki atta
- Water for kneading
- Ghee for frying

## Instructions

### For the saag:

- Add the three saags, salt and water into pressure cooker & cook over low heat for 1 1/2 hours.
- Squeeze out saag and keep saag water aside. Mash saag in the cooker until coarsely ground, and add makki atta and stir.
- Put back saag water and a little fresh water & boil over slow fire.
- Add green chillies & ginger & cook till saag gets thick.
- For tadka, add chopped onions, ginger, garlic, red

pepper powder; garam masala, dhania & saute until onions are light brown.

- Mix into saag& garnish with julienne of ginger fried in ghee.

### For makki ki roti:

- Knead the makki atta until it becomes a ball, add attato dry it & knead.
- Heat the tava and add a little ghee so that it does not stick.
- Make round shapes of makki rotation chakla & carefully transfer to the tava.
- Cook with ghee till golden brown.
- Serve with hot sarson da saag and gur and white butter.

Serves: 4



# Kadhi With Non-Fried Pakoras

Non fried gram flour and spinach fritters tossed in yogurt based healthy and delicious curry.

**Servings:** 4

## Ingredients

### For Kadhi

- 1.5 cup Curd or Buttermilk
- 3/4 cup Besan (Chickpea flour/ Gram flour)
- 1 teaspoon Methi dana (Fenugreek seeds)
- 1/2 teaspoon Turmeric/ Haldi
- Salt to taste
- 1 tablespoon Oil
- 3 cups Water

### For Pakoda - Makes 12-15 Pakodas

- 1 cup Besan
- 1 cup Chopped Spinach leaves
- 1 medium Sliced Onions
- 2 tablespoon Red chili powder
- 2 teaspoon Kastoori methi/

dried fenugreek leaves

- Salt to taste
- 2 tablespoon Oil

### For Tadka (Tempering)

- 1 small Onion, chopped
- 2-3 cloves of Garlic, chopped
- 3-4 pieces of Whole red Chilies
- A pinch of Hing (asofetadia) (optional)
- 1 teaspoon Cumin seeds
- 1.5 teaspoon Coriander powder (sukha dhaniya)
- 1.5 teaspoon Garam Masala Powder
- 1 teaspoon Red chili powder
- 1.5 teaspoon Amchur Powder (Mango Powder) (optional)

### Instruction

1. Assemble all the ingredients for kadhi.
2. In a big bowl combine curd, besan, salt and turmeric. Whisk it well till it looks like a smooth batter. Blend thoroughly and make sure there are no lumps in the kadhi. Do not overdo (whisk) the curd as it will result into butter.
3. Add water and set it aside. Heat oil in a kadhai and add fenugreek seeds and as they start to sputter pour in kadhi mixture, mix and lower the flame. Allow it to simmer on medium low flame. Make sure to keep a wooden spoon over it to avoid spills. (see link above)
4. Meanwhile let's prepare pakodas for the kadhi.
5. Clean, wash and chop Spinach leaves.
6. In a bowl combine chopped spinach with sliced onions, besan and spices.
7. Add water slowly to make a thick batter. The batter should not be too watery.
8. Heat and grease an appe pan.
9. Drop 1 tablespoon batter in each depression...
10. Cover and cook for 2-3 minutes on low flame.
11. Uncover, turn the pakodas, cover and cook again from the other side for 2-3 minutes.
12. Crispy appe pan pakodas are ready. In between keep checking on the boiling kadhi.
13. If frying the pakoras - Heat oil in a kadhai, when hot add pakoda batter in hot oil and deep fry at medium heat until crisp and brown.
14. Boil kadhi for 20-30 minutes. Once done add in the pakodas and mix. Cover and let the pakodas soak in hot kadhi for 10 minutes. Take it off the flame.
15. Assemble ingredients for tempering.
16. In a pan heat oil/ghee. Add cumin seeds and whole red chilies. Once cumin seeds start to sputter add in chopped garlic and saute till it changes its color to light pink. Stir in chopped onions.
17. Saute till onions are translucent. Add in all the spices except amchur powder and mix.
18. Pour this hot tadka over kadhi, adjust seasoning and if using amchur powder, mix in now.
19. If kadhi is too thick at this point, add 1/4 cup of water and mix. Adjust seasonings.
20. Serve hot with steamed rice.



# Til Ke Ladoo

This traditional Maharashtrian sweet is served during festivals like Sankrant .

**Serves:** 30 ladoos

## Ingredients:

- 1 1/4 cups sesame seeds (til)
- 1 tbsp ghee
- 1 1/4 cups roughly chopped sticky jaggery (gur) (chikki gur)
- 1/4 cup roasted and crushed peanuts
- 1/2 tsp cardamom (elaichi) powder

## Instructions:

- Heat a broad non-stick pan, add the sesame seeds and dry roast on a slow flame for 8 minutes, while stirring continuously. Keep aside.
- Heat the ghee in a deep non-stick pan, add the jaggery, mix well and cook on a slow flame for 4 minutes, while stirring continuously.
- Add the sesame seeds, peanuts and cardamom powder, mix well and cook on a slow flame for 1 minute, while stirring continuously.
- Transfer the mixture into a greased plate and allow it cool slightly for 1 to 2 minutes.
- Wet your palms with little water, take a small portion of the mixture and shape into a round.
- Repeat step 5 to make 29 more ladoos with the remaining mixture.
- Allow it to cool completely and store in an air-tight container



# Cucumber Lassi



## Ingredients

- 1 small kheera (cucumber)
- 1½ cups curd (prepared from skimmed milk)
- ½ tsp kala namak (rock salt)
- 2 cups water – chilled
- ½ tsp bhuna jeera (roasted cumin seeds) – powdered
- ½ tsp salt
- 6-8 ice cubes

## Instructions:

- Remove the bitterness of the cucumber by cutting the ends & rubbing the ends with salt. Wash.
- Peel & grate the cucumber.
- Blend the grated kheera & curd together in a mixi for a few seconds.
- Add all together ingredients & blend till frothy.
- Serve in tall glasses, sprinkled with a pinch of bhuna jeera and garnished with a wafer thin slice of unpeeled kheera and a sprig of mint.

**Serves:** 4

# Mughlai Mutton Stew



- 2 teaspoon Ghee
- 3-4 Tejpatta leaves (Indian Bay Leaf)

## Spices to be Coarsely Powdered

- 1 teaspoon Fennel seeds
- 2 teaspoon Pepper corns
- 1 tablespoon Coriander seeds
- 2 small Cinnamon sticks (dalchini)
- 4-5 Cloves (laung)
- 4 Green cardamoms (elaichi)

## Instruction:

- Coarsely powder the listed spices and keep aside
- Mix the papaya paste, salt, minced ginger garlic, mint leaves and the coarsely powdered spices and smear onto the mutton pieces. Let it rest in the refrigerator for at least 4 hours or overnight
- At the time of cooking, transfer the mutton mix to a pressure cooker, add tejpatta and 2 cups of water and pressure cook for 20 minutes. Cool down a bit, open the lid and simmer the stew for an hour on low heat
- In the mean while, soak the cashew and melon seeds and make a fine paste with them. Reserve
- After about an hour of simmering, the mutton releases its own fats and you see small droplets of fat skimming through the surface. You might need to add a little water during simmering, depending on how intense the flame is
- Add the melon seeds and cashew paste and simmer again for 15 minutes or till the fats start skimming on the surface again
- Heat the ghee in a separate pan and lightly fry the Kashmiri red chillies into it. This way the chillies release their flavours into the ghee. Take care not to burn the chillies as they are being fried in very low amount of ghee. This chilly flavoured ghee will provide a nice aroma to the finished stew. Pour this over the cooked stew and serve hot.

## Ingredients

- 600 gms Mutton on bone
- 1 tablespoon Raw papaya paste (with skin)
- 2 tablespoon Magaz seeds (melon seeds)
- 3 tablespoon Broken cashew nuts
- 2 tablespoon Minced ginger
- 1 tablespoon Garlic paste
- 2 tablespoon Minced mint leaves
- 2 teaspoon Salt
- 3-4 Dry Kashmiri red chillies



Our Favourite Picks  
From 2018 Amazon India Fashion Week

# Autumn/Winter Collection

Fashion & Lifestyle

At the 31st edition of Amazon India Fashion Week (AIFW), scheduled from March 14 to 18, is underway at the Jawaharlal Nehru Stadium, New Delhi.

Women Fitness India brings to you our top 10 favourite picks from the AIFW Autumn/Winter collection.

## 1. Shyamal And Bhumika

The first one had to be our all-time favorite fashion duo Shyamal and Bhumika Shodhan, who paid an ode to the Parisian skies. Dainty lace saris, cocktail dresses, lehengas and more were seen on the runway which were a total treat for wedding crowds.

## 2. Gauri & Nainika

The second one is also another favorite from the best designers of our country, Gauri and Nainika. We wonder how they are able to blend sensuality with class so well. Vaani Kapoor opened the show in a dramatic white gown by Gauri & Nainika which was absolutely drool-worthy!

## 3. Abraham & Thakore

Each ABRAHAM & THAKORE collection continues the exploration of developing a quiet and modern design voice while simultaneously drawing on the rich traditional vocabulary of Indian design and craft. The design sensibility is low key yet highly distinctive, just like this gold one which has been styled with the sleek black belt.

## 4. PATINE

Patine's collection consisted of beautiful embroidered coats teamed with skirts, gowns and trousers. Floral embroidered jackets, boots, fringe sleeves and all-black outfits were sported by models at the Patine show.

## 5. SAMANT CHAUHAN

Samant Chauhan's collection featured a mix of black and gray hues. It also had ruffled and embellished gowns along with embroidered cape jackets. But what took away a piece of our heart were the ruffled and embellished gowns along with embroidered cape jackets.

## 6. Saaj By Ankita

Intricately embroidered tops and jackets with printed flared skirts dominated the Autumn/Winter collection from Saaj by Ankita. Even printed, quirky socks teamed with nude shoes were seen on the models. It was a color treat to watch her collection through.

## 7. Adarsh Gill

Adarsh Gill's collection reminded us of the 1950's style. Inspired by fashion icons like Sophia Loren, Audrey Hepburn and Fiona Campbell, the designer brought sequined/shimmer dresses and A-line skirts paired with kitten heels on the runway to recreate the perfect Old Hollywood glamour.

## 8. Karishma Sondhi

Karishma Sondhi's collection saw many pastel hues of mauve, lavender and rose pink that lit up the ramp. Her collection consisted of ruffled lehengas, sheer jackets, skirts with tassel hems and colourful patialas.

## 9. Vineet Bahl

Inspired by the art, architecture and costumes he saw on a recent visit to the Middle East, designer Vineet Bahl's collection took form from his ideas on his trip. The designer balanced florals, leather, velvet, gold embellishments and denim, all in one lineup.

## 10. PALLAVI MOHAN

The designer Pallavi Mohan showcased her Not So Serious by Pallavi Mohan line's autumn/ winter collection at Amazon India Fashion Week (AIFW) featuring both women's and girls' wear. Mostly in shades of black and green with feather and sequined detailings on them.

We hope you like our picks from the AIFW 2018 Autumn/Winter collection, stay tuned for more fashion inspiration.



# 7 Simple Tricks

## To Get Glowing Skin In Summer

Summer is the hottest season to enjoy outdoors, wear summer dresses and enjoy delicious fruits. But the heat and warmth of the sun and hot winds tend to damage the skin. The harsh weather makes the skin rough and dull, and causes the pores to be clogged with sweat dust and dirt. Special attention should be given to the skin to keep it healthy and glowing during summer.

Glowing skin is something which we also wish to get in all seasons.

With the approach of summer, you can stay happy with all sorts of energetic activities. If your skin becomes dull and unattractive during the process, these tricks will be the best solution.

1. **Give your face a steam massage.** Massaging increases circulation and creates a dewy complexion. For added benefit use an oil cleanser to maximize hydration.
2. **Use a sheet face mask.** Sheet mask detoxes and exfoliates your skin. There are four types of sheets mask including fiber masks, pulp masks, hydrogel masks, and bio-cellulose masks. Using sheet masks can boost the absorption and penetration of ingredients and nutrients into your skin. Search for all

the anti-aging ingredients such as AHAs, retinoids, B vitamins, antioxidants and peptides.

3. **Exfoliate with a washcloth soaked in hot water.** Uses a soft washcloth to massage face every day, using upward moving, circular strokes. This keeps the wrinkles at bay.
4. **Drink barley tea.** Barley Tea adds a glow to the face if used daily. Make it a part of your lifestyle.
5. **Practice mouth stretches.** Say A-E-I-O-U in an exaggerated way. Repeat three times. It sounds silly, but many swear this trick improves circulation and brightens skin colour.
6. **Detox your private parts.** Vaginal steams, called “chai-yok,” which involve sitting naked on an open-seated stool

above a steaming pot of water filled with medicinal and aromatic herbs for 30 to 45 minutes. The treatment supposedly helps women with infertility issues by “cleansing” the uterus and balancing hormone levels and thus when hormones are balanced the skin emits radiance.

7. **Everything you put into the body affects to your skin.** So, if you want to have a natural, clean, and illuminating skin, you must drink and eat clean! Nutrients in fruits and vegetables will help to clear up the imperfect skin.

These tricks are given by

**Seema Nanda, Founder, ESTÈTICO – The Facial Bar.**



# Simrun Chopra

Dropped Four Sizes And  
Went From XL To XS



An ordinary mom, like all moms Simrun Chopra struggled with excessive weight gain, PCOS and back issues post pregnancy. Battling the weight and low self esteem she started on a fitness journey. With consistency and hardwork she dropped 4 sizes and 23 kgs in less than 5 months. This journey changed her outlook to the way we live and think of ourselves.

Lets read through her complete story in an exclusive interview:

## **Transformation Duration:**

Dropped 23 kgs in less than 5 months.

## **Tell Us About Yourself?**

I am an ordinary mom, like all moms I struggled with excessive weight gain, PCOS and back issues post pregnancy. Battling the weight and low self esteem I started on a fitness journey. With consistency and hardwork I dropped 4 sizes and 23 kgs in less than 5 months. This journey changed my outlook to the way we live and think of ourselves. Now a healthy lifestyle influencer, I focus



on how to make sustainable lifestyle changes for a healthier mind and body. I don't believe in quick fixes or fancy diets. I'm a mom, I understand the daily hurdles and this makes me realistic in my outlook to weightloss and healthy living.

I presently focus on motivating people to believe in themselves and adopt a healthy lifestyle that includes physical activity and nutrition, based on their personal lifestyle. I focus on sustainability

### **Why Did You Decide To Transform Your Body?**

I had a tough pregnancy and dealt with a number of issues including gestational diabetes. Due to this I was on a strict diet plan. Post my delivery, I went a bit crazy eating, anything and everything without considering the consequences or even caring for the portions. I piled on the weight pretty quickly. Pregnancy and taking care of an infant takes a toll on the body. While it seems logical that we look at recovery and work towards restoring our bodies and making it stronger, nobody does. Before I knew it I had piled on the weight and had done nothing about my health. The weight, body changes from delivery, continuously bending and lifting a child ruined my lower back. I had muscle spasms after spasms, One day collapsing and unable to walk.

I had a degenerated disc and bulged discs. Because I was breast feeding I was unable to take muscle relaxants so I spent the next week crawling around the house. This happened nearly 3 times and the doctor said the only way to deal with it was to strengthen my body and lose weight. Looking back I'm appalled at myself, to have let it come to a do or die stage to decide to be healthy.

### **How Were You Able To Accomplish Your Goals?**

I used to workout out 6 Days a week which was a combination of strength and cardio. Even after I lost the weight I have continued to work out as now I understand the importance and relevance of physical activity and its effects on our health and well-being.

### **What Dietary Changes Did You Make? What Was Your Typical Diet In A Day?**

Before I was eating just about anything. Unhealthy, processed, fried and oily food. Even though I was aware of their effects somehow I didn't think eating one less biscuit or slice of cake would help me. Once I started my weight loss program I actively moved to a healthy lifestyle. I worked with every day home food but started eating in the right quantity and ensured each meal was a balanced meal.

### **How Did You Include Fitness & Exercise In Your Lifestyle?**

Initially taking the time out seems daunting. It also seems like too much work. But just like anything in life, if we have to do it we have to do it. I took that outlook towards my health. I made sure there wasn't really an option for me to flak off. Its hard work, getting up everyday. Working out really hard, watching what you eat the whole day, fighting your cravings. You feel like giving up every day. But you need to keep going. Success comes from

continuously pursuing something. It comes from consistency. To make it easier and a part of my life I created goals. Small and larger goals to motivate myself. More importantly I factored in a time for my workouts every day. There was a time slot allocated that I and everyone else

knew I would be unavailable. This made the biggest difference. By putting it in my routine I made sure it wasn't something I did when I had time. I was something I just had to do.

### **What Would Be Your Post-Partum Weight Loss Tips For The New Moms Out There?**

I think it starts during pregnancy itself. They need to be aware that being pregnant means you need to eat right and nourish your body to create a healthy child. Pregnancy is not a free ticket to binge.

Follow the same parameters while pregnant and post-partum.

- Limit fried food
- Limit oily food
- Limit or remove packaged food
- Limit refined flour (maida)
- Limit or remove sugar and all sweetness
- Eat balanced meals with protein carbs and good fats

Get in at least 30 mins of physical activity a day. Even if is just a brisk walk. You can start this quite soon post party

Factor in time for yourself. Usually a baby overshadows our need to look out for ourselves. But a happy mom means a happy baby, a healthy mom means a healthy baby.

# YOUR WEIGHT IS ALL ABOUT CALORIES!

STAY INFORMED

With constant addressal about calories, one needs to understand, what is a calorie and how it affects our body weight? The amount of energy in a food item or drink is measured in calories.

The next question that follows is, How to help a person calculate his/her daily calorie needs?

The answer lies in the simple fact that, how many calories you need, depends on your basal metabolic rate and activity factor.

# CALORIES

▲ Food / Salad / Salad Dressing

■ How to Burn 70 Calories

Walking

19 mins

8 mins

## Nutrition Facts

Serving Size	...
Serving Per Container	...
Total Fat	...
Cholesterol	...
Sodium	...
Total Carbohydrate	...
Dietary Fiber	...
Sugar	...
Protein	...
Vitamin A	...
Vitamin C	...
Iron	...

## Basal Metabolic Rate

One useful way of estimating BMR is:

Women:  $10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (y)} - 161$

After calculating the BMR, multiply the result with an activity factor.

## Activity Factor

Your Weight is All About Calories! Stay Informed.

- Sedentary lifestyle: little or no exercise at all, your daily calorie requirement is  $\text{BMR} \times 1.2$ .
- Slightly active lifestyle: If you do light exercise between one and three times a week, your daily calorie requirement is  $\text{BMR} \times 1.375$ .
- Moderately active lifestyle: If you do moderate exercise three to five times a week, your daily calorie requirement is  $\text{BMR} \times 1.55$ .
- Active lifestyle: If you do intensive exercise six to seven times per week, your daily calorie requirement is  $\text{BMR} \times 1.725$ .
- Very active lifestyle: If you do very intensive exercise twice a day, with extra heavy workouts, your daily calorie requirement is  $\text{BMR} \times 1.9$ .

This will give a rough idea of the daily calorie intake you need to keep your body weight where it is.

- To lose 0.5-1kg of body fat each week, you will need to create a calorie deficit of 200-300 calories each day. It is for this reason that weight loss diets often focus on 1200 and 1500 calories – they are roughly 200-300 calories less than the person needs to function.

## Tips To Lose Extra Weight

Some tips for burning energy and losing weight more effectively. The rules may vary from one individual to another due to factors like heredity, disease or body-type.

1. **Eat Healthy Breakfast:** A protein and healthy fat breakfast can keep you full for longer and help prevent snacking during the day.
2. **Eat At Regular Intervals:** This can help you burn calories more effectively and helps prevent mindless snacking.

3. **Follow "Five Meals-a-Day:"** Fruits and vegetables can be a tasty snack and they can bulk out your meals. They are high in nutrients and fiber and low in calories and fat.
4. **Exercise Regularly:** This can help burn off extra calories, and it can make you feel good. A brisk daily walk is easy for most people to do and costs nothing. Challenge yourself with a pedometer.
5. **Drink water:** It is healthful, has no calories, and can fill you up. Avoid alcohol and sodas as these can easily provide far too many calories. If you crave sweet drinks, choose unsweetened fruit juices, or better still, get a juice maker.
6. **Eat more fiber:** Fiber, found in fruits, vegetables, and wholegrains, can help you feel full and encourage healthy digestion.
7. **Check For Hidden Sugar & Fat:** Some items have hidden fats or sugars. "Ten percent less fat," might not actually mean very much less fat, and it does not necessarily mean that you can eat more of it or that it is really more healthful. If you are counting calories, the label will help you keep track.
8. **Eat Slowly** and rest between courses or extra servings, as it can take 20 to 30 minutes for your body to realize it feels full.
9. **Get Enough Rest:** Sleep loss affects the metabolism, and it has been linked to weight gain.
10. **Avoid Eating 2 Hours Before Bed:** Eating within 2 hours of sleeping can interfere with sleep quality and promote weight gain.

Food is to be enjoyed and nourish the body. Fasting or eating less can leave you undernourished, so be a smart eater.





Floral Robina Maxi Dress  
Rs. 1,499/- on [stalkbuylove.com](http://stalkbuylove.com)



Reebok Set Grey 4 mm Yoga Mat  
Rs. 3,699/- on [flipkart.com](http://flipkart.com)



Sheer Mesh Insert Tank Top With Tie Dye Leggings  
Rs. 1430/- on [shein.in](http://shein.in)

# 15 Must-Have Summer Essentials



Smocked Off Shoulder Top  
Rs. 999/- on [koovs.com](http://koovs.com)



Bblunt Back To Life Dry Shampoo  
Rs. 468/- on [nykaa.com](http://nykaa.com)



Bow Detail Flat Sandals  
Rs. 999/- on [koovs.com](http://koovs.com)



PrettySecrets Solid Women Swimsuit  
Rs. 1,499/- on [flipkart.com](http://flipkart.com)



Clinique Smart Night Custom -  
Repair Moisturizer  
Rs. 3,450/- on [nykaa.com](https://nykaa.com)



PrettySecrets Solid Women Swimsuit  
Rs. 1,399/- on [flipkart.com](https://flipkart.com)



Bobbi Brown Creamy  
Concealer Kit  
Rs. 1,399/- on [nykaa.com](https://nykaa.com)



Woven Strappy PU Stiletto  
Heels  
Rs. 1495/- on [shein.in](https://shein.in)



Twisted Front Crop T-Shirt  
Rs. 363.35/- on [romue.co.in](https://romue.co.in)



Reebok  
Wave Ride Peach Running  
Shoes  
Rs. 5999/- [jabong.com](https://jabong.com)



Asymmetric Open Shoulder  
Embroidered Ribbon Detail Tee  
Rs. 520/- [shein.in](https://shein.in)



Adjustable Straps Clear Bra  
Rs. 207.35 /- [romue.co.in](https://romue.co.in)

# Sun-Sign

## Fitness



### Aries

Do You're on the fast track to physical improvement, better health, and fitness. You'll barely notice how quickly you're improving. Stop overanalyzing and ubercompeting and just do your

thing. It's working.

Start early on April 1 (Easter and April Fool's Day) and don't fool around. Do your run, walk, or routine, and then enjoy the day. Ration those chocolate bunnies, okay?

The second has a Mars-Saturn conjunction. Push yourself, but have a spotter in the weight room.

Sweat up a storm on April 10, and maybe attract some romantic attention. Venus trines Mars today.

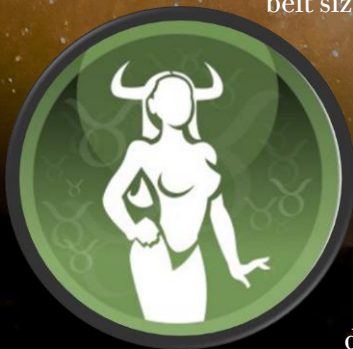
Get outside on the weekend of the fourteenth and fifteenth. It's your power weekend with the moon in Aries. Is your bike in good shape? Running shoes? Fresh air, a favorite trail or garden, then a favorite healthy meal.

The weekend of April 21 and April 22 may be less easy but still well worth the effort. Get to the gym or the pool. Keep moving.

Push yourself on the twenty-third. Up those reps or do extra laps.

Pace yourself on April 26 and don't get frustrated or angry. There's a Mars-Pluto conjunction today.

On the thirtieth, check your weight, muscle tone, or belt size. Great progress!



### Taurus

Just making plans and thinking about being more active will make you happier and more physically attractive. Now follow through and do your bit, day by day. If you've just considered

starting, now is the time to make great progress. Get up, get out, and move. Meet and maybe click with a whole new set of like-minded people.

April 1 is Easter and April Fool's Day. Work out early and then enjoy the day. Limit those marshmallow chicks, okay?

The weekend of the seventh and eighth is perfect for slow, steady progress. A long walk in a favorite garden or park, or a hike or bike ride, can be relaxing as well as invigorating. Ah, the great outdoors Venus trines Saturn on Saturday. Look at all those steps!

April 10 is a day for fun at the gym. Venus trines Mars now. You may not date your personal trainer, but flirting is possible.

The sixteenth and seventeenth are power days with the moon in Taurus. Get up, get out, and shine! On Tuesday, be smart, moderate, and stronger.

The sun enters Taurus on April 19. Do the dance aerobics class and have a blast.

On the twenty-fourth, Venus enters Gemini. Workouts are playtime. Progress, yes!



### Gemini

Mercury may be retrograde for the first half of the month, but you won't take a single step backward. Show up and make progress every single day. Walking, moving, being more active - that's all it

takes. choose.

Make it as easy or as hard as you

Start on April 1, bright and early if you can. Do that run or workout. It's Easter and April Fool's Day, and you want to burn those calories before facing the jelly beans.

Do what you can on the fourth. A short workout is better than nothing. Mercury squares Mars today.

Get outside on the weekend of April 7 and April 8, weather permitting. Fres

Nothing can hold you down on the fourteenth. Mercury goes direct the next day. Progress may not be instant, but it will be there. Keep moving. Feeling good? You bet.

April 18 and April 19 are power days with the moon in Gemini. Play hard and smart and feel fantastic. Get outside for a run, hike, or lengthy walk in the park on the weekend of the twenty-first and twenty-second. Venus enters Gemini on April 24. Stretch, work out, and be dazzling. Look and feel great!



### Cancer

This month, you'll see no obstacles to your efforts to be healthier and fitter. Should any problems dare to arise, you'll brush them out of the way without a second thought. Be tough and unintimidated. No one can talk

you out of what you know you need to do.

Start April 1 early with a bang. It's Easter and April Fool's Day. Be active, burn calories, and feel virtuous all day.

If the second gets emotional, pour some of that energy into your workout. Feel better? Yes.

The weekend of April 7 and April 8 is for outdoor fun. If you feel perkier on Saturday, pull back a bit on Sunday but keep moving. Now have a great, healthy supper.

Get out for a fun run or bike ride during the weekend of the fourteenth and fifteenth, or visit a favorite hiking spot. Mercury turns direct on Sunday.

April 20 and April 21 are power days with the moon in Cancer. Shop and cook wisely. It's a pretty good time for a hot tub, too.

Carefully work through any frustrations on the twenty-sixth, when Mars and Pluto conjoin.

April 29 is the full moon. Soak up some moonlight, move, and shine!



### Leo

Eat well, sleep well, and feel like working out every single day. No fatigue and no excuses. You know you want to be healthier and fitter. Make it fun and don't miss a chance to play.

Start right away on April 1 and do your run or morning workout. It's Easter and April Fool's Day. Careful with those candy eggs, okay?

Buckle down and have a serious, sensational workout on the second, when Mars conjoins Saturn.

Get out into the fresh air on the weekend of April 7 and April 8. Run, bike, or skate with a group and be happy.

The tenth is the sun-Pluto square. You might need to shift your workout schedule, but you won't skip.

April 15 is the new moon, and Mercury turns direct. Try a new trail, park, or beach and have a great outing.

Surprise yourself with a fantastic new yoga routine or aerobics class on the eighteenth. The sun-Uranus conjunction is today.

The sun enters Taurus on April 19. Work hard and earn every one of those creature comforts.

The twenty-second and twenty-third are power days with the moon in Leo. Body pump, anyone?

Maybe hot tub time to greet the April 29 full moon. Ahhhhhh!



### Virgo

Every day this month is your lucky day for fitness. You can make time for the workout that you want and nothing else in the day will suffer or be delayed. You can make this happen.

Greet April 1 with a strong workout, maybe with more steps or more time on the treadmill. It's Easter and April Fool's Day. Relish but ration those chocolate eggs, okay?

If you push too hard on the fourth, maybe pull back a little the next day. If you skip the full workout, take a nice, long walk and be sure to stretch. Meditation counts, too (though it won't help the step counts unless it's walking meditation).

Exercise comes easily on April 9. Maybe stay for a second aerobics class.

Mercury goes direct on the fifteenth. Have an active, outdoorsy weekend and maybe socialize afterward. Feel good about yourself.

The sun enters Taurus on April 19. Yes, there are healthy, healing comfort foods. Invent a new favorite smoothie.

The twenty-fourth and twenty-fifth are power days with the moon in Virgo. You can do this!

If the world is challenging on April 25, pour any frustrations into your workout today or tomorrow. The next day is the Mars-Pluto conjunction. You're powering through it!



### Libra

You can be more active if you want. If your heart is in it, it will happen. No one and nothing will slow you

down. Be in the mood for no excuses. The people who care will see how happy you are when you're working to be fitter and healthier. Do it.

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

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

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

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

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

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

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



## Scorpio

You don't have to instantly make a huge effort. Little by little, bit by bit, and you'll advance farther and faster than you may dream possible. Share your enthusiasm and keep

at it. Go ahead and inspire someone else. We all want to be fitter and healthier.

Happy Easter and April Fool's Day on April 1! Do your run or cardio early and burn those calories. Treats await.

The Mars-Saturn conjunction is on the second. Be pragmatic as well as passionate in your workout. Be safety conscious, too. The second and third are power days with the moon in Scorpio. Move, and move more!

April 10, with the sun-Pluto square, is even more intense. Have a flexible schedule but get in some exercise. Skip rope at home if you must. Respect your knees and ankles.

On the fourteenth and fifteenth, get serious about group exercise and fun. Maybe a charity bike ride or fun run. Mercury goes direct on Sunday. Get out for the fresh air.

Pluto goes retrograde on April 22, but not you. You're on the fast track forward. More steps!

The twenty-sixth is the Mars-Pluto conjunction. Don't argue with yourself. Maybe it's a calming yoga day. Be powerful all month long!



## Sagittarius

You don't need to make any big sacrifices to do your workout and be more active. You don't need to make any small sacrifices either. Sometimes you might need to pick and choose what to do when, but when you choose to exercise it's

a win/win.

Lace up your shoes on April 1 and blast through that run or aerobics workout. Chair yoga is fine, too. It's Easter and April Fool's Day. Burn calories early and allow yourself some treats.

The fourth and fifth are power days with the moon in Sagittarius. Rock that dance aerobics class or hit that bag.

Move farther or faster on April 7, then maybe have a less demanding session the next day. Rest and recovery are part of the routine, too, right?

Mercury goes direct on the fifteenth. If you're undecided, go for the hot tub. Your muscles will say thank you.

On April 21, shop and refuel with healthy snacks and more seasonal fruits and veggies. Remember smoothie supplies. All kale isn't required.

The twenty-sixth is the Mars-Pluto conjunction. If people are difficult or your schedule gets bopped, dump those frustrations into your workout. Much better.

Appreciate your improvement and good luck on April 30. A treat is permitted. Doing great!



## Capricorn

The only real challenge you face to getting more active and healthy is your own reluctance. Do what you can, push yourself, and respect any real limits. If it hurts, don't do it.

April 1 is April Fool's Day and Easter. Burn those calories early with a great run or cardio session. Now you're grounded and ready to face the day - and the jelly beans.

The second is the Mars-Saturn conjunction. Body pump away any remaining extra calories, or take a substantial walk. Do what you can. Excellent.

April 7 and April 8 are power days with the moon in Capricorn. And the Venus-Saturn trine is on Saturday. Work hard and look wonderful no matter how you feel.

The twelfth could be a good recovery day. Consider the hot tub.

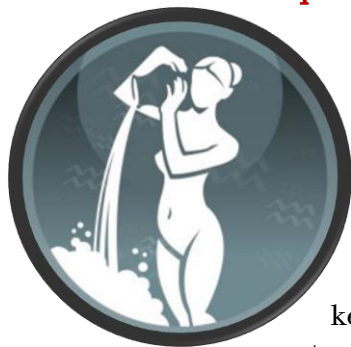
Mercury goes direct on April 15. Stick to your favorite route or routine and expand it later. You're really moving.

Saturn goes retrograde on the seventeenth. Have more fun but stay careful.

If April 26 gets complicated, take your frustrations to the gym and sweat them away. Stay disciplined and stay on your game.

The twenty-ninth has the sun-Saturn trine and a full moon. Reward yourself with a great run or walk. Fitness is in the spotlight now!

### Aquarius



You've learned a few tricks to make it easier to get healthier and fitter.

If you're just starting out, you may have read a few tips here and there. Keep your head in it, put in the time, and keep moving. Don't go on

automatic pilot, but make it a

sustainable, stable routine.

April 1 is April Fool's Day and Easter. Do your run or video workout before facing the day and the treats. Good job!

The second is the Mars-Saturn conjunction. Watch your posture, and be safe and strong.

The Venus-Saturn trine is on April 7. Be methodical and enjoy a new dance class, maybe salsa. This is fun, right? Yes.

The ninth and tenth are power days with the moon in Aquarius. Try that new fruit salad or smoothie.

Be motivated on April 14 and April 15, especially Sunday, when Mercury goes direct. A challenging dance move or breathing technique could fall into place starting today.

The conjunction between the sun and Uranus is on the eighteenth. Experiment with new equipment, but keep it safe. You can do this.

Don't get bent out of shape on April 26. Have a strong workout and then pamper yourself. Hot tub or massage time? Could be. Great work!

### Pisces



You can visualize the ideal you, or maybe not. It doesn't matter. You know that you want to feel and perform better. You deserve to live in a bigger world and do more than you do now. Exercise and boost your metabolism. Do it gradually. You've got this.

April 1 is Easter and April Fool's Day. Do your run or aerobics routine early and burn calories in advance. Now enjoy the day and the treats, in moderation of course.

Get emotional on the third and perhaps have a breakthrough in your efforts.

Get outside on April 8 and lap up the fresh air and sunshine, weather permitting. Be warm and comfortable. Tolerate no irritations.

If the eleventh is disorganized in the morning, exercise later in the day.

April 12 and April 13 are power days with the moon in Pisces. Water sports and hot tub time are always in order now.

Mercury goes direct on the fifteenth, and you'll want a good workout. An extended run or bike ride could get you into your happy place.

April 21 is happy tummy day. Shop and eat more seasonal fresh foods.

The twenty-ninth is the full moon and maybe the time for an evening run. Don't go alone. Fantastic!

**Credits:** astrology.com

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President

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