

15th Anniversary Issue

August/September 2018

WvF womenfitness.org

Women's Fitness

**Priyanka
Kumari**
*Talks Fashion
& Style*

**Dipa
Karmakar**
*Powerful. Phenomenal.
Par Excellence.*

22 **Herbal**
*Hair Fall
Control Tips*

*Workout
Of The Year:*
EMS
Training





I want women to feel empowered and to love their bodies what ever size they are. I'm 10 kg's heavier now than my modelling days and I have never felt better; I'm strong, energetic, I live a balanced life without cutting out the guilty pleasures. I truly believe if we love our bodies as they are, it is much easier to live a balanced, wholesome life.

**Sarah Todd, Former MasterChef Australia
Contestant & Restaurateur**



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From London to India, Karishma's journey in the limelight has been nothing less than a fairytale. As a model, TV presenter and an actress, she leaves her mark wherever she goes. Let's get straight into what's happening in this stunning actress' life in our 15th Anniversary exclusive rapid fire round with Karishma Kotak.

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Pregnancy is a transformational phase in every woman's life. First pregnancy brings in tears of joy, happiness, huge expectations and many intrinsic fears too. We answer all your questions which you may have during this wonderful time.

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The use of contraceptives is highly recommended nowadays in order to prevent any sexually transmitted diseases. Dr Prathima

Reddy, Senior Obstetrician and Gynaecologist, decodes all the myths surrounding their use.

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Healthy Eating

Veganism has come a long way as more and more people have decided to become vegan due to ethical, environmental or health reasons. But before anyone plans to jump on this no-meat-no-eggs-no-diary bandwagon it is important to understand your body and the effect this diet may have.

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Though there may be examples where you need to cut down your carbs, there must never be any aim to take them out totally. Low-carb diets typically aren't sustainable and cutting them could end up making you gain fat.

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Hairfall is every girl's problem in monsoon. We're sure you've tried almost every hair treatment and product to help resolve this problem. Therefore, Women

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Breathing exercises and yoga asanas can help in increasing & enhancing metabolic and heart rates. The body needs to be healed from within, by cleansing the inner mechanism, strengthening the core and building stamina & increasing flexibility, you can achieve the ultimate healthy weight loss.

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Weight Loss Story

An engineer turned Zumba instructor, Kamna Chopra is a fitness enthusiast and blogger /YouTuber spreading a word about healthy eating and dancing her way through the weight loss ladder. Once 99 kgs, she has progressed her way to fitness and is here to answer the most commonly asked weight loss questions.

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Shopping

Need some extra motivation to workout, right at your fingertips? Learn more about these fitness apps that help you improve your health and stay fit, all at one click.

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Sun-Sign Fitness

The month of August & September is going to be healthy and happy for all of you. All you have to do is make sure to exercise well and timely according to your sun-sign forecast. Stay in tune with this one!



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Editor's Note

On the day of the CWG finals, my ankle was swollen and everyone told me not to do the vault. But only if I did it, with the toughest difficulty level, only then would I achieve a medal – you have to believe in yourself to achieve something.

- Dipa Karmakar, Gymnast

As the editor of a leading health and fitness magazine, I often feel pressure (most of which, admittedly, is self-imposed) to walk the talk to a tee – to eat, to exercise, and to live in lockstep with the information we feature in each issue.

Looking back on my teen years, I realize that I took for granted many of the lessons I learned from my teachers, and other role models. I wanted to be independent, and I thought I knew the ways of the world. I wanted to make my own choices, to be an adult.

That's not to say I wasn't a good student. However, sports was limited to only the school level. In fact, my report cards and game stats show that despite my preoccupation with growing up and moving on, I was absorbing more than I realized.

It wasn't until I entered the "real world," though, that I began to truly respect all that I'd learned from influential people around me. They taught me the importance of teamwork, creativity, innovation, commitment, and hard work – values that are central for me at home and at work today.

As I became more immersed in the world of health and fitness, with the launch of Women Fitness website, I began to see some of the more practical lessons I'd learned as a teen. It hit me that not only were the people who'd taught me about these things smart; they were also pretty progressive.

Most of my early fitness learning came in the late '90s courtesy to my husband & kids. Post marriage & post-natal weight loss got me more & more involved in learning about human body- what we put in our mouth? What kind of lifestyle options we choose be it related to diet or exercise.

I was lucky to get an early introduction the fitness world and to learn more about strength training, yoga and healthy nutrition.

This issue of Women Fitness is all about those life lessons that shape who we are and what we will become— and it's about celebrating women and fitness in order to prepare the next generation for the challenges they are bound to face.

Happy 15th Anniversary to you all

Namita Nayyar

Editor-in-Chief

www.womenfitness.org



Namita Nayyar

Editor-In-Chief

Tanya Nayyar

Creative Editor

Rohit Nayyar

Chief Business Officer

Contributing Editors

Kejal Sheth

Dt. Manoli Doshi

Sneha Sadhwani Sewlani

Dhriti Udeshi

Avni Kaul

Manoli Doshi

Guest Writers

Zynk Fitness

Dr Prathima Reddy

Ankita Malik

INDIA'S PRIDE

Dipa Karmakar



*It was a very proud moment not just for my family
and coach but also the entire gymnastic federation
because no one earlier had received a
Padma Shri for gymnastics
at such a young age.*



Photography: Tamanna Satsangi
Concept & Styling: Sonam Oberoi
Location: Jaypee Greens Golf &
Spa Resort, Greater Noida

P owerful. henomenal. ar Excellence

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To excel in a sport,
an athlete has to
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a daily basis.

A Dreamer, A Go-Getter and more than that India's First Female Gymnast to reach the Olympic Games, Dipa Karmakar, has changed the look of the game ever since she won the bronze medal at the 2014 Commonwealth Games. She has been unstoppable since then winning another bronze at the Asian Gymnastics Championship in 2015 and receiving the highly regarded Padma Shri in 2017. Dipa is all set to rule the Asian Games this August, but before that let's take a look at what this 24 years old gymnast has to say about her dreams, goals and paving way for the younger generation, in an intriguing interview with Women Fitness India.

Q You are the first Indian female gymnast to compete at the Olympics Games and the first Indian gymnast to do so in 52 years. Share with us your journey in the world of sports. How did it all start? Girls have to overcome a number of obstacles both on personal & sports level until they achieve recognition, do share some moments of struggle to serve as an inspiration for others?

The journey of a woman coming from a small town and playing a sport that no one knows about is always a hard one. It all started at the age of five. At that age, I did not have goals or dreams to become a gymnast, I think I was too young to decide that. In 2007, Nandi sir saw the potential in me and that's when we decided that I should give gymnastics a shot. In 2008, I won my first junior Nationals in Jalpaiguri and the rest is history.

As a woman, the challenge is much tougher owing to various misconceptions prevalent in society and this tends to be very personal and will differ from family to family. From a sporting point of view, more and more women are taking up sports and wanting to compete at a good level but there exists a dearth of women coaches, and girls also have issues when it comes to accessing good infrastructure i.e. a situation where a girl has to travel long distances to get to the training facility, but this can be risky for her to travel alone. But here, I would also like to add that women are as motivated, if not more than the men and we deserve our chances and the support. If recent performances at major sporting events are to go by, women are doing better than men. My hope is that this is proof of what sportswomen are capable of provided they get the right backing.

Q You first gained attention when you won a bronze medal at the 2014 Commonwealth Games in Glasgow, becoming the first Indian female gymnast to do so in the history of the Games and becoming an inspiration for thousands of women who look up to you. What is a day like in the life of Dipa Karmakar both while training for competitions and on daily basis?

To excel in a sport, an athlete has to undergo tremendous hardship and make huge sacrifices on a daily basis. A day in my life is no different, before competitions, the training is definitely more intense and the focus tends to encompass technical aspects, physical training and also preparing on the mental side of things. When a competition isn't around the corner, the training is not as intense with more liberal recovery times. During this phase, a lot of planning goes into which events to target, what new moves can be looked at and also studying the competition.

Q You are the fifth woman in gymnastics history to land the Produnova vault, which currently has a 7.0 D-score, and is the hardest vault performed in women's artistic gymnastics. Share with us your preparation, training, and motivation that has helped you to reach this height and helped achieve such expertise in your sport.

My day starts early at 6am where I start my day with breakfast and head for my training, I train rigorously for 4 hours and then have my lunch and rest for a while before heading for my training again which usually goes on till 8 in the evening.

Photography:
Tamanna
Satsangi
Concept &
Styling: Sonam
Oberoi
Location: Jaypee
Greens Golf &
Spa Resort,
Greater Noida



Q You are a proud recipient of Padma Shri, the fourth highest civilian award in the Republic of India. No doubt it is a matter of great honour to be invested in an individual, when were you informed and what was your first reaction? Do share your family reaction?

The announcement was made a few days before I was undergoing surgery. It was a very proud moment not just for my family and coach but also the entire gymnastic federation because no one earlier had received a Padma Shri for

gymnastics at such a young age. However, I was worried if I would be able to make it to the Rashtrapati Bhavan and receive my award. However, post my surgery, my physio had put in all his efforts to make sure I was able to walk up to the President and receive my award which was a great honour for me.

Q Winning involves a lot of determination and hard work, more so in the life of a sportswoman. What exercises comprise your fitness regime when you are preparing for competition? Elaborate on cardio,

flexibility & strength training?

When I am preparing for my competition, it is usually intense training which also includes my rehab sessions. My fitness regime includes a lot of strength training, flexibility, agility, static and dynamic movements and certain exercises which are specific to gymnastic. In cardio, I sprint for 70-80 metres. To ensure that the muscles remain flexible and strong I do certain hamstring exercises. My post training exercises include a lot of stretching and muscle massages.



Photography: Tamanna Satsangi
Concept & Styling: Sonam Oberoi
Location: Jaypee Greens Golf & Spa
Resort, Greater Noida

Q Being a professional athlete, you are a role model for many striving to make their dream come true, provide us with some motivational words to help others climb up the ladder of success in this field?

Every day is a chance to showcase a better version of you and thus, keep striving towards getting to this better version.

Q Sports-specific nutrition is an integral part of a

sportsperson's diet to cope with the physical stress and recover from wear & tear. There is no doubt you too need to take special care of your diet? What diet do you follow to stay healthy and physically fit?

The key to remaining healthy – whether you are healthy or not – is to have a balanced diet where all the macronutrients are well-represented. But focusing on gymnastics, the diet needs to be structured in such a way that it allows you to be explosive during competition. Unlike, running, football, boxing, where endurance is a priority, gymnastics is a sport where you will compete over short bursts and therefore protein and starchy carbohydrates is a big contributor.

Q In 2017, you were chosen for Forbes' list of super achievers from Asia under the age of 30. It has been a true reward for all the hard work. Tell us what motivated you to choose this particular sport?

When you give 200% every time you go out and compete, it is very satisfying to have reputed institutions like Forbes to recognize your efforts.

A big reason to choose gymnastics is that it gives you this feeling that you can fly. I think very few sports give you that feeling and that was very appealing to me. Moreover, it was also a sport that forced all around fitness as a gymnast needs to be competent across disciplines even if you choose to prioritize certain events over others.

Q You were not able to compete at the Commonwealth Games 2018 due to the ACL injury that you suffered last year. What tips would you like to provide to beginners to better cope with such an injury & return back to competition when fully recovered?

*Photography: Tamanna Satsangi
Concept & Styling: Sonam Oberoi
Location: Jaypee Greens Golf & Spa Resort, Greater Noida*

The one tip I would mention here is to always be patient. When you are a competitor, it is a terrible feeling to watch from the sidelines as you want to be out in the middle competing. But in order to compete at a level that you feel you can, you must take your recovery process very seriously, and nothing should distract your rehabilitation process. The problem with youngsters is that they get too impatient and jump into training as soon as some of the pain subsides and that is very harmful in the long-run.

Q In April 2016, you became the first Indian woman gymnast to qualify on for the Olympics and the first gymnast of either sex from her country to grace the Games since Tokyo 1964. For your commendable performance in Rio Olympics 2016, the Government of India conferred upon you the Khel Ratna award in August 2016. Having performed so well throughout your career, who were your role models, inspiration, and motivator in your career as an athlete?

My biggest motivator is my coach who has not only been my biggest branch of support throughout my career but also stayed patient as coaching is very demanding and an athlete's life is filled with ups and downs. India needs more coaches of his calibre and I am

very fortunate to have had a mentor like Nandi sir during the entire duration of my career thus far.

My biggest inspiration and my motivator is my coach, always helping me push my boundaries and helping me aim for more.

Q Share with us how is your preparation for the Asian Games presently progressing?

Last year was a slow year as a lot of time went in the recovery process and thus, preparation



Always be patient. When you are a competitor, it is a terrible feeling to watch from the sidelines as you want to be out in the middle competing.

for the Asian Games commenced a little later than we had planned. But speaking now, I am confident about my preparations thus far and I have full confidence that I will be able to do well in Jakarta. I just gave my comeback performance, after the Rio Olympics, at the Asian Games trials, because I had to take a break due to my surgery. I have been able to make this comeback with the support of Nandi Sir, Sajad Sir, Sports Authority of India, GoSports Foundation, Dr. Anant Joshi, and Meraki. With their support I am going to perform one and a half years after my surgery. Please pray for me that I am able to perform well in the competition.

Q 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 visitors?

I would like to continue encouraging your team as spreading awareness on health and fitness is critically important owing to changing lifestyles. Hoping that your portal continues to tell the stories of various athletes and fitness professionals.

Fitness Tip

Make sure you are wearing shoes with good arch support and firm heel support. If you feel the back of the shoes and squeeze them, they shouldn't be easily compressible. Shoes worn should be sport specific & should be worn on the surface they are meant for. Wearing kleeted shoes meant for soft ground on artificial turf, or running in tennis court shoes are both mistakes that can lead to sports injuries or chronic pain.

Workout

What is **EMS Training?**

Learn All About This
Fat Burning Workout



ZYNK Fitness goes by the tag
line of “Train Smarter, Not
Harde”

S= Specific

M=Measurable

A=Attractive

R=Realistic



It is unfortunate that 90% of Indians don't work out. Staying fit is an important aspect of an individual's life but due to the hectic work schedules, one doesn't seem to find enough time for their daily work out. This is the reason why Zynk Fitness for the first time in India introduced EMS Fitness Programs, serving Delhi (NCR). Zynk aims on Making Fitness Easy for those who don't have time, involved in a lot of travelling, or are suffering with certain injuries, surgeries and pains. They offer simple and exciting workout for the even the lazy ones. The EMS training offers Easier Exercises, saves time, showcases better and fast results, is risk free with many health benefits. Anybody can train through the EMS technology and has no age or gender bar.

Numerous studies by Erlangen-Nuremberg (2009), the German Sports University of Cologne (2008), and the Heart Clinic in Bad Oeynhausen (2010) have all scientifically proven how effective EMS training is. These researches show that:

88% of people tested reduced their back pain. Over 30% of those reported their recurring back problems had disappeared.

75% showed improvement with incontinence problems, while 33% of those were cured of incontinence altogether. Overall maximum strength ability increased by 12% while endurance/fitness levels improved by 69%.

Training with higher intensity produced effective results, especially with subjects who suffered from recurring pain and other ailments. It also resulted in enhanced muscle definition and tone. On average, 85% of people tested felt an improvement of their body shape and 90% ranked the EMS training method as positive.

EMS Training improves muscle strength, increases range of motion, reduces edema, decreases atrophy, heals broken tissue, and decreases pain. A lot of research demonstrates EMS is a safe and useful technology during the treatment of: Coronary disease, Kidney

disease, Injuries and articular cirugies, Diabetes and COPD. It is a highly intensive form of loading which mainly needs carbohydrates. The advantage of using a large amount of energy and having a better metabolic rate is that the body uses more calories due to which the total caloric expenditure increases.

In addition, the resting expenditure increases so that the muscles in the body are built up. This leads to an increased reduction in the fat reserves. It is important that clients with good carbohydrate reserves (glycogen reserves) come to training in order to keep up with the demand.

One EMS training session includes the following steps/procedures.

- Understand Client Requirement through a Full Body Assessment and offer a Healthy Result Oriented Customized Package. The package includes – EMS Fitness, PT Sessions, Nutrition Consultation, Bi-Weekly Assessment, Recovery/Relaxation Program, Physio Assistance (as needed)
- For an EMS Session a Client can come in any kind of clothing (work, formal, semi casual, casual etc.). The certified trainers give them new inners to wear, as the equipment works with water and follows a natural phenomenon.

Certain areas of the suit are applied with water that helps in boosting of muscle contractions 10 times more than usual work out.

- After understanding the customised details of the client, a simple Workout that is easy on Joints and acts like a Vacuum is started. The work out includes Resistance, Functional training and Weight Training
- The total time taken for one session is 30 minutes. 10 Minute to Suit up, 25 minutes of workout and 5 minutes of relaxation. A wet towel, changing Room and shower/steam is provided after the session.

TRAINING PROTOCOL

Spotting and Acting

So-called “spotting” is a crucial factor for the successful training session with a client – The client is put in the spotlight, as if they are on the stage and the trainer is to guide and correct them as if to make them “ready for the stage”

Spotting types:

Visual:

Monitoring Range of Motion, posture, tempo etc.

Demonstrating movements

Be engaged and encouraging, join in and demonstrate

Verbal:

- Clear and comprehensible instructions
- Technique, posture, tempo
- Give reminders
- No technical jargon
- Give positive feedback

Tactile: Hands on Techniques

In Lay Man Terms, one EMS session includes the following:

- Admin takes customer details
- Fitness Consultant performs the counselling and takes current fitness condition details, life style, medical condition, specific interests.
- If any medical condition is founded, it is discussed with the medical expert which determines if the session can go forward.
- A body composition analysis is done and previous reports are compiled and a final counselling is done giving the final target and duration.
- If the customer signs-up a body assessment, posture analysis and fitness test is done.
- A workout is designed according to their goal and current status.
- A session is held with nutrition expert.
- Designing Calendar of workout session and nutrition sessions.

5

Exercises To Achieve Toned Legs

While some of us are gifted with the most well-sculpted legs, some of us have to work a little extra to achieve them. But that's ok, if the result are these well-defined and toned legs.

1. SPLIT SQUAT

It is simply an amazing exercise to do at home for lean and toned legs. Split squat helps building muscle's size. It is particularly working on upper leg muscles along with lower legs too. Basically it is called bulgarian split squat but we can call it single-leg exercise.

How to?

Position yourself into a staggered stance with the rear foot elevated and front foot forward. Hold a dumbbell in each hand, letting them hang at the sides. This will be your starting position. Begin by descending, flexing your knee and hip to lower your body down. Maintain a good posture throughout the movement. Keep the front knee in line with the foot as you perform the exercise. At the bottom of the movement, drive through the heel to extend the knee and hip to return to the starting position.



2. SUMO SQUAT

Sumo squat is basically a lower leg exercise focusing on lower muscles to build up. And improves making you more flexible. It also helps build your calf muscles.

How to?

Begin with your feet wider than shoulders width apart, toes pointed out and knees over the toes (think of a sumo wrestling stance). Keep your back straight, chest out and abs tight throughout the movement. Squat down until your thighs are parallel to the ground. Focus on sitting down rather than bending your legs to avoid straining the knees. Keep your weight on your heels throughout the exercise while maintaining a straight posture. Push off with your heels at the bottom of your move, squeezing your glutes and inner thighs until you are back in the starting position. 20 squats in a day, start as a beginner later on, it makes your legs slim, decreases the extra fat, build up the muscles, and make looks toned.



3. WALL SIT

Wall squat works on increasing your flexibility and gives strength to the weak muscles. It helps in focusing.

How to?

Stand in front of a wall (about 2 feet in front of it) and lean against it. Slide down until your knees are at about 90-degree angles and hold, keeping the abs contracted. Shoot for a 30 second hold.



4. SINGLE LEG SQUAT

Single leg squat helps improving your stamina and makes you more flexible. Doing single leg squat regularly makes your thigh and lower leg strong. And it helps increase your ab muscles too.

How to?

Standing with your feet together and arms by your sides, shift your weight onto your right foot. Rest the toe of your left foot next to your right foot for balance. Keeping your back straight, bend at your hips and knees, and slowly sit back onto your right leg, raising your arms straight in front of you as you lower (hold onto the back of a chair for balance, if you need to). Stop when your thighs are almost parallel to the floor, and hold for a second. Then press into your right foot through the heel and stand back up.

5. REVERSE LUNGE

Reverse lunge works on improving your Endurance and muscles Strength. Lunge focus on upper leg part to improve core muscles and it gives you an amazing round butt.

How to?

Stand upright with your feet together, Take a big step backward with your right leg. Bend both your knees until your right knee (the one at the back) is almost touching the floor. Push off from your right leg and return to the standing position. (This is counted as one repetition.)

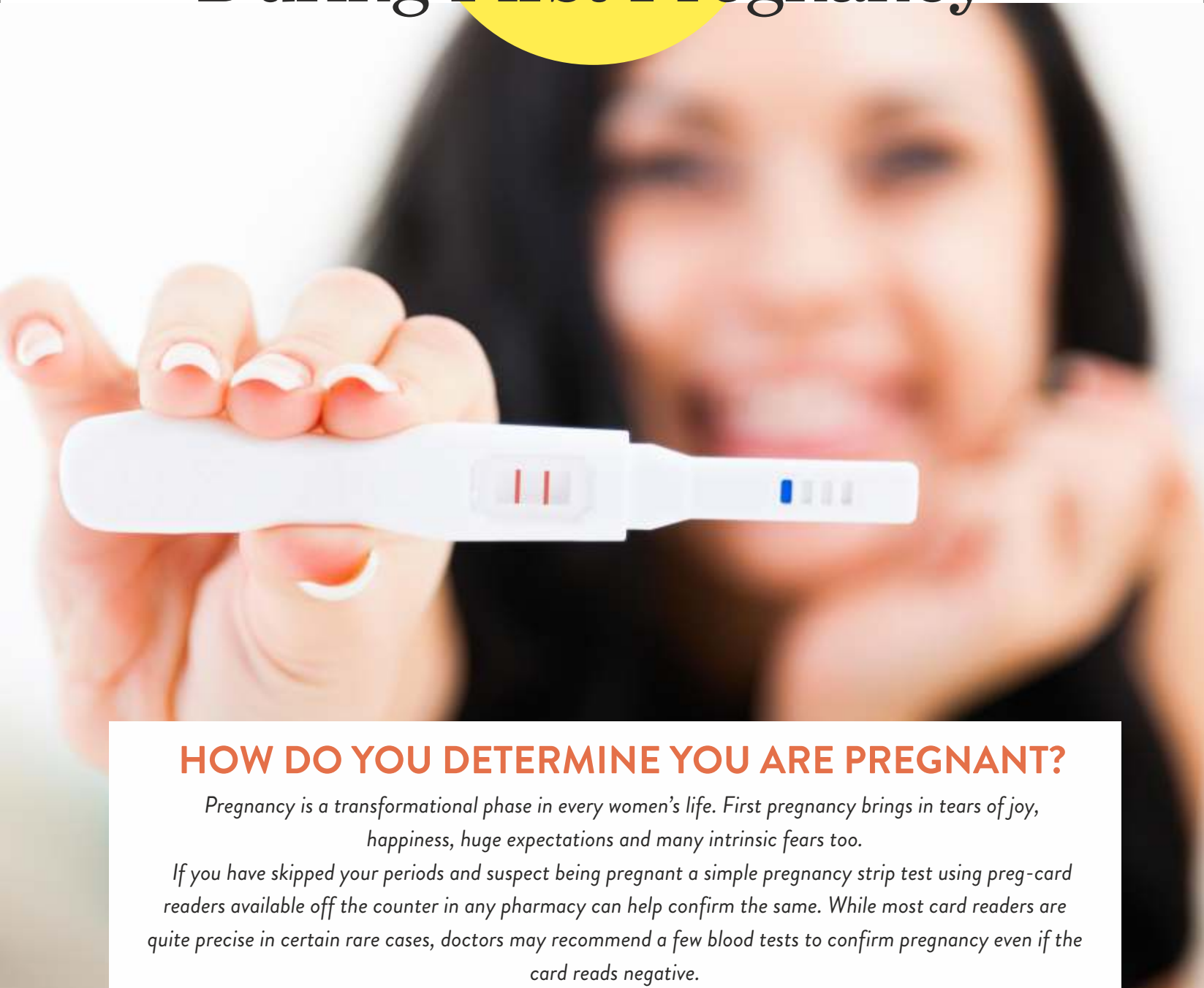
Get ready to work those leg muscles out!



Pregnancy
Tips

Frequently
Asked
Questions

During First Pregnancy



HOW DO YOU DETERMINE YOU ARE PREGNANT?

Pregnancy is a transformational phase in every women's life. First pregnancy brings in tears of joy, happiness, huge expectations and many intrinsic fears too.

If you have skipped your periods and suspect being pregnant a simple pregnancy strip test using preg-card readers available off the counter in any pharmacy can help confirm the same. While most card readers are quite precise in certain rare cases, doctors may recommend a few blood tests to confirm pregnancy even if the card reads negative.

HOW TO GET PREPARED FOR PREGNANCY?

However many articles, videos or advices you may have received to get a peek into this life changing event, please remember each pregnancy is unique and needs to be embraced with lots of smiles and cheers.

Caring a life within is a wonderful experience if we can truly make it so. Just like how we find a warm loving home with good food- very nice and inviting, so should the womb within have that kind of ambience to grow into a beautiful, healthy and normal child.

Whatever your financial or other commitments are, it is time to pamper your body, mind, soul as you shelter your most beloved soul within. Every twitch, turn, stress, anger, bad food, physical strain can cause your little one great discomfort!

So it is time to be very conscious and responsible about ourselves as we nurture the being within.

Avoid travel, bumpy journey and heavy pressuring jobs during these days as these could even have serious implications including miscarriages or abortions.

WHAT FOOD TO EAT?

While early phases of pregnancy causes morning sickness, it is important not to avoid eating owing to this. A women needs to increase her weight by 10kg approx. during her pregnancy.

It is important to be mindful of the diet we undertake. Good nourishing freshly cooked food rich in iron, calcium, folic is very good to take during pregnancy. Greens, leafy Vegetables, milk, soya products, pomegranates, apples, nuts, protein rich lentils, and sprouts can be included to daily diet.

It is important to have food 6 times a day in small portions instead of having it all at one stretch. This must be followed by quick walk to help aid digestion.

Doctor prescribed folic, calcium and other iron supplements must also be taken without fail.





MEDICATIONS AND CHECKUPS:

Medications and checkups are a must during the entire phase of pregnancy. Trimester scans are recommended by all doctors not to identify the sex of the fetus but to ensure there are no anomalies found.

These are very crucial to undergo as technology can help a parent understand the stages of growth of their child and make appropriate decisions based on the results of the same under the recommendation of the gynecologist.

These checkups, medications prescribed by the doctor must strictly be adhered to ensure a smooth sailing during and after pregnancy.

EMOTIONAL WELL BEING:

Well, not just physiological, well being is sufficient. A pregnant women definitely needs to have good Emotional well being during this phase of her life.

Hearing good music, having a relaxed life style, good family support, light exercises/ yoga as recommended by the physician are a must!

Pregnancy is not an illness so however big your tummy expands and breathe contracts, allow yourself to do your house chores. Hard physical work (without carrying weights ofcourse!) usually guarantees normal delivery. Always request your gynec to provide you tips for a normal delivery as the number of caesarians are on the rise.

Talking to the womb after the 6 month usually helps the build the bonding between the mother and child.

PARENTING AND CHILDCARE:

Parenting is a huge responsibility and it starts from the day one of delivering the child. As a mother, you are biologically more bonded and closer to the child. Even if the care, breastfeeding, diapering, wails and cries are not so inviting to begin with, as the baby grows, their cherubic smiles, giggles, innocent, inquisitive eyes, short breathe, soft touches and holding fingers are sure to melt your hearts!

Good luck on your journey!



Myths & Facts

About Emergency Contraceptive Pills

Contraceptives have been in use for thousands of years. A cave painting in France thought to be 15,000 years old shows what is possibly the first illustration of a man wearing a condom. In ancient Egypt around 1500 BC, women would mix honey, sodium carbonate and crocodile dung into a pessary and insert it into their vaginas before sex. In ancient China, concubines used a drink of lead and mercury in order to prevent pregnancy. Over the centuries contraception has evolved into what is available today.

What Is Emergency Contraception (ec)?

Emergency Contraception also called Post Coital Contraception or Morning After Pill is a form of birth control method that can be used by women who have had unprotected intercourse or have used a birth control method that may have failed (eg. “burst” condom, missed pills) or when forced intercourse has occurred.

TYPES OF EMERGENCY CONTRACEPTION

Today the most commonly used Emergency Contraceptive methods are: the Levonorgestrel (LNG) pill, Copper bearing intrauterine device (Cu-IUD) and Ulipristal acetate (UPA).

In India the LNG pill (eg, I pill) and the Cu IUD (commonly known as “Loop” or “Cu – T”) are available. Ulipristal is not available for emergency contraception.



Given below are a few myths associated with Emergency Contraceptive Pill:

Myth: The LNG pill is 100% effective

Fact: Unfortunately, not. LNG is about 97 – 98% effective

Myth: LNG pill needs a doctor's prescription

Fact: Not at all, it can be bought over the counter at any pharmacy. However, a Cu – IUD needs to be inserted by a doctor

Myth: I have to take it immediately after unprotected intercourse for it to be effective

Fact: The sooner you take it, the more effective it is. However, LNG pill can be taken up to 72 hours, the Cu – IUD can be inserted up to 5 days and the UPA can be taken up to 120 hours

Myth: One pill will protect me for the rest of the month

Fact: No. Separate acts of intercourse will need separate doses of LNG unless they occur within 12 hours of the first intercourse. However the Cu – IUD needs to be inserted only once.

Myth: It can be used as a regular method of contraception

Fact: No, alternate forms of contraception have to be used regularly.

Myth: It protects against Sexually Transmitted Diseases (STIs)

Fact: Wrong. It only prevents a pregnancy, not an infection. Barrier contraception (condom, female condom) protects against STIs

Myth: If I fall pregnant the baby will be abnormal

Fact: Certainly not. None of the EC methods have any effect on the pregnancy

Myth: Future fertility is at risk

Fact: Again, not true, EC does not affect the fertility of a woman

Myth: If I have Migraine, History of clots in the legs or brain, Liver disease or am breastfeeding, I cannot take the LNG pill

Fact: There are no medical contra indications to taking the LNG pill

By Dr. Prathima Reddy



Pregnancy Tip

According to the Centers for Disease Control (CDC), radiation, nitrous oxide, jet fuel, and certain common industrial chemicals can disrupt menstrual cycles and decrease fertility. So, be careful if you have a job working with hazardous chemicals.



Healthy Eating

What Is A Vegan Diet?

Veganism has come a long way as more and more people have decided to become vegan due to ethical, environmental or health reasons. We have seen this trend occurring from the western countries and now it has taken a firm grip with the Indian population. But before anyone plans to jump on this no-meat-no-eggs-no-dairy bandwagon it is important to understand your body and the effect this diet may have.

Veganism is a type of diet which excludes animal derived food ingredients from the diet like eggs, milk, paneer, cheese, meat, fish etc. Apart from the diet; vegans also refrain themselves from the use of animal tested products, fur, leather, wool and completely live animal-cruelty free lifestyle.

Vegan diet has many benefits and with good understanding and planning one can definitely benefit a lot.

- *Animal fats are usually associated with many illnesses like diabetes, obesity, hypertension etc and cutting them can reduce the risk of such illness*
- *Vegans include figs, kale, spinach, black eyed beans etc in their daily diet which promotes better calcium absorption and in turn good bone health*
- *They are also beneficial for improving blood sugars by improving insulin sensitivity.*
- *Helps in maintenance and protection against chronic diseases*
- *Also it is high in plant protein, good carbohydrates, minerals, vitamins, folate, antioxidants and free from saturated fats, trans fat.*

There are various types of Vegan diet

1. Whole Foods & Plant Based Diet

Choosing the foods, plants and vegetables which are unprocessed and contain more fiber and lower in calories

2. Vegetarian

Diet consists of plant based foods and includes egg and dairy

3. Vegan

Diet is completely eliminated animal products and relies on plant based foods.

4. Raw Vegan

Raw vegans eat a lot (or all) of their food raw – or heated/dehydrated at very low temperatures.

5. Lacto Vegetarian

Diet which consists of dairy and plant based foods.

6. High Carb Low Fat

People eat good carbs and include good fats in this diet

7. There are many apart from these like Gluten

Free Vegan, Sugar-Free Vegan, Junk Vegan, Raw till 4 Vegan etc.

Becoming a vegan depends from person to person,





some people easily stop meat and animal products while for some it is a slow process. There is no right or wrong process in this but becoming vegan is a matter of commitment and it is definitely not as easy as it sounds. I would suggest for anyone who wants to turn vegan to take baby steps. Try and eliminate one thing at a time instead of eliminating everything in just one go.

All animal foods like beef, poultry, organ meat, chicken, fish, sea food, eggs, milk, yogurt, cheese, cottage cheese, ice cream, chocolate

made from milk, honey are avoided while a person is on a vegan diet.

However, you can opt for plant based foods like dals, legumes, beans, nuts, oil seeds, nut butters, all kinds of fruits and vegetables, sprouts, root vegetables, fresh herbs and spices, hemp, soy, tofu, whole grains, calcium fortified plant milk and yogurts, nut milk, spirulina, sprouted whole grains, cold pressed oils, olive oil, fermented foods like khimchi, raw cocoa and much more when you are on this diet regime. To keep up to your protein intake make

sure you include plant protein like PEA PROTEIN, SOY PROTEIN, Sprouted Cereals, Sprouts, Spirulina, Tofu are amazing sources of plant protein which should be added in daily diet.

Ideally if the diet is not well planned and balanced the individual is prone to risk like:

- Vitamin and mineral deficiency, basically Vitamin B12 and D3 deficiency
- Protein deficiency, lack of amino acids
- Health conditions like anemia (iron deficiency), underweight issues
- Omega 3 deficiency

When a person has tried vegan diet and then switches back to eating meat and non-restrictive products it does have a certain effect on the body which should be tackled carefully. Some of them are:

- Food Cravings, emotional hunger.
- You generally tend to have gastric discomfort after switching back to eating meat
- There can be urine infections
- There can be skin problems like rashes, acne etc
- Weight gain is one of the major concern.
- Trouble sleeping. As with any diet change, a new caloric intake and the types of foods consumed can change your sleeping patterns a bit.
- Sugary, fatty or meaty cravings.
- Feeling fatigued or experiencing headaches.



Someone who is on a vegan diet and see these changes on themselves:

1. Weight-loss- Going vegan has an amazing effect on your weight by improving your BMI also the good carbs, good protein, good fats benefit's your health.

Benefits GUT HEALTH – This diet is rich in pre-biotics which are very beneficial for your gut health.

2. Skin – Consumption of lots of fresh vegetables and fruits have in impact on your glowing skin, healthy hair and nails.

3. Eases PMS – All the Pre-menstrual pain, symptoms are relieved because of consumption of clean foods and healthy diet.

4. Higher intake of Clean Foods – You tend to have a habit of eating clean and freshly cooked food.

5. Good consumption of Antioxidants, Vitamins & Minerals – Being on vegan diet involves consumption of Healthy fruits and vegetables which are high in antioxidants, vitamins and minerals which also provide heart healthy omegas.

6. Good for Nature – Biggest benefit of going vegan is to benefit environment, animal killing, saves forests, saves water, avoids excess pollution.

A lot of times, people ask how do they manage their diet when they are eating out but now-a-days it is not difficult to eat out as almost everywhere Vegan options are easily available. In case there are no options you can place a special request to the chef which is very doable nowadays. Also, you can smartly choose from the options available in the menu

Personally, I would say going on a Vegan diet is a great idea for a healthy detox of one's body. Being vegan has more benefits over the disadvantages, in my opinion, a person on Vegan Diet should:

- Increase plant protein intake
- Enjoy plant protein powder
- Increase consumption of good carbohydrates
- Switch over to healthy fats like olive oil, avocados, nuts, oil seeds
- Eat less junk, high sugar, high sodium foods
- Last but not the least, portion control and eating mindfully and balanced is must.

By Kejal Sheth



Carb Controversy

Ask somebody how to lose weight rapidly, and probabilities are, they'll reply with "cut out carbs." The reason behind that is the fact that cutting out carbs does cause fast weight loss but cutting out carbs could be causing your health some harm.


There are no two ways about it, if you get rid of all the bread, pasta and potatoes from your diet, the weight scale will go down. Add so-called junk food to that restricted list, and the losses will be even superior. If you take it to the excesses of banning even "healthy carbs" like fruits and certain vegetables too, then you'll drop kilos at a rate of knots.

Though there may be examples where you need to cut down your carbs, there must never be any aim to take them out totally. Low-carb diets typically aren't sustainable and cutting them could end up making you gain fat.

*We all know what carbs are (And those of you who don't can **Google** lol) and all of us will have tried cutting carbs before, and within this 95%, almost all of us will have seen weight loss in the first week or so! I read it somewhere that when you cut carbs from your diet, your body turns to its stored carbohydrates. At any one time, you can have as much as 500 grams of stored glycogen, and each gram of glycogen holds around 3 grams of water with it. This means if your body must use up all its glycogen for energy because you're not eating carbs, you can lose up to two kilos (0.5 kilos from glycogen and 1.5 kilos from water)*

*within a few days. But this is not fat loss. **Too much of information, right?!***

Most people who cut carbs swap their starches and sugars with low-carb vegetables and proteins. That's great. What's not so great is when a low-carb diet turns into a high-fat diet because you're swapping out your starches for high-fat foods such as coconut oil, nuts and seeds, avocados and full-fat cheese. You can survive without any carbs in your diet, but there's a difference between survival and getting amazing results. If you want to lose fat optimally, maintain your strength and energy, and lose weight and keep it off, carbs are critical. That doesn't mean you can

A collage of various carbohydrate-rich foods including bread, rice, pasta, and grains. The background features a wooden surface with several bowls and containers. In the top right, there's a bowl of chickpeas. Below it, a loaf of bread is sliced. To the right, there's a pile of yellow, ribbon-shaped pasta. In the bottom right, a bowl is filled with yellow cornmeal. In the bottom center, a wooden bowl contains white rice. The overall theme is healthy carbohydrates.

stuff your face with muesli, chips and spaghetti though. You need the right amount of carbs – and preferably at the right times.

CARBS: YOUR NEW BEST FRIEND

You will lose weight on a low-carb diet (at least in the first few days, which includes a large portion of water). But that alone doesn't make this the finest dieting tactic. In fact, it's amazingly easy to gain fat when going low-carb, plus you'll feel tired, irritable and hungry, all of which mean a low-carb diet isn't only needless, but possibly damaging to your long-term health and fat loss too.

Instead of seeing carbs as bad, see them as a macronutrient that needs manipulating depending on your goals and activity levels.

- Are you on the go all the time, drilling hard virtually every day and looking to get sturdier and build muscle? Then get those carbs up.
- Are you on a fat loss mission, a little on the lighter side, and maybe not so active day-to-day? You can still eat carbs, you just may want to ease back on them slightly.

As always, the extreme approach doesn't work. What works is a method that's based on you – your goals, your body type, and your favourites. Now go have a sandwich!

By: **Ankita Malik**



Diet tip

Try eliminating sugar from your diet by readjusting your palate and rediscover the natural sweetness in foods. Packaged foods, coffee, and soda are examples of foods that you can begin to cut back on. Another way to change your diet to lose weight is to limit meat to one meal per day (if you have any), or to try not to snack during the day. An effective strategy is to focus on what you can have versus what you cannot have.

22

Herbal Hair Fall Control

Options For Monsoon

Hairfall is every girl's problem in monsoon. We're sure you've tried almost every hair treatment and product to help resolve this problem. Therefore, Women Fitness team thought of going the herbal way and trying out some easy, quick.

1) Coconut milk

Beneficial for those who have dry, brittle or damaged hair or even if you have split ends. Coconut milk has all the needed nutrients that are required for healthy and rich hair. it also boosts your hair follicles and helps promote hair growth. All you have to do is apply it to your hair and massage for about 3-5 minutes.





2) Aloe Vera

Aloe vera has proteolytic enzymes that help repair dead skin cells on the scalp. It increases the number of hair and avert itchiness on the scalp, minimises dandruff and deep conditions your hair.

3) Neem

Neem-infused water also helps greatly if you have dandruff, reduces it which reduces hair fall and neem itself opens clogged pores and you will get healthy clean scalp with its regular use. Take a handful of neem leaves and boil it in water.

4) Amla

Amla oil helps in boosting blood circulation by massaging your hair, all you have to do is pour a tiny bit of amla oil on your palm, rub it and apply on you hair and gently massage. It is nourishment for your follicles and increases you hair growth. Amla oil also reduces the dry flakes from the scalp and removes grease and dirt from the follicles, and you'll feel your scalp is more healthy.

5) Greek yogurt

Using Greek yogurt on your scalp every morning and every night helps to deliver blood and nutrients to the scalp and hair follicles, making your hair feel wonderful. For healthy hair switch to Greek yogurt.

6) Methi

Fenugreek seeds boost your hair growth. Methi is a great source of protein for hair, and it puts a stop to your hair breakage, tried & tested.

7) Licorice root

Licorice tea is highly beneficial in hair growth. It contains the essential moisture for the scalp and lays the foundation for healthy growth of hair follicles.

8) Beetroot

Beetroot is also beneficial for hair growth, contains carotenoids in it, which help in better blood circulation in the scalp and hair follicles are nourished. Beetroot for hair has been known to stop hair loss as well.

9) Onion juice

Onion juice helps boosting your hair growth and increases the antioxidants supply. It helps nourish your hair follicles with its rich content of sulphur.

10) Chinese hibiscus

Massaging with hibiscus infused oil helps in boosting hair growth. It is rich in vitamin C which contains amino acids, which gives your hair its strength. Hibiscus contains rich quality of amino acids which makes your hair silky and shiny, strengthen your roots.

11) Green tea

Drinking green tea daily enlarges your hair growth. Research says green tea contains high amounts of antioxidant "EGCG" (or epigallocatechin gallate) that can reproduce hair.

12) Coconut Oil

Using Coconut oil is helpful in faster hair growth. Coconut oil is a natural way to grow your hair thicker, and faster. Coconut oil contains natural fatty acid and vitamins. it nourishes the scalp and helps to build up hair follicles.

13) Egg white mask

Eggs are high source of protein and nutrients. The nutrients help boost your hair growth while promoting healthy new growth too.

14) Potatoes

Potato contains vitamin B, vitamin C, zinc, niacin, and iron, which nourishes hair follicles. The unclogging of hair follicles also reduces hair fall. Using potato juice leaves your hair shiny and glossy.

15) Lemon juice

Mix lemon juice with olive oil or coconut oil and use the mixture to massage your scalp. This stimulates hair growth and also remedies hair loss. The vitamin C found in the juice also strengthens the hair. For best results, the scalp massage should be done regularly.

16) Coriander

Coriander seeds give strength to the roots of your hair and helps in further growth, and prevents all your hair fall problems. Coriander seeds prevent further hair fall and help the roots for the growth of new hair.

17) Henna

Using henna boosts your hair growth, unclogging of pores, and balanced pH levels which put hair loss on hold and increase healthy hair growth. Henna will help your hair grow faster, and it will improve your hair texture too.

18) Curry Leaves

Curry leaves are very effective when it comes to hair growth, it helps your hair follicles to breathe and making them stronger. Just directly apply it on your scalp which will help to repair the roots.

19) Honey

Honey moistures your hair and seals emollient in your hair, keeping it conditioned. It reduces the breakage, which cause slower

hair growth. It has an abundant antioxidant property which stop damage, keeping your scalp and hair healthy.

21) Cinnamon

Cinnamon protects the scalp and boosts blood circulation and prevent hair fungal and bacterial infections of the scalp. Microbial activity can also lead to hair loss.

22) Shikakai

Shikakai has a great source of essential vitamins, which nourishes your hair follicles. It contains vitamin C, especially helps developing hair growth. It is also a great source of antioxidants that help prevent the damage.

Be ready for stronger and healthier hair with our helpful herbal remedies.



20) Olive oil

Olive oil effectively nourishes your scalp, wards off dandruff, which is the main cause of hair loss. olive oil makes hair strong and work on to avoid hair splits.

This Season of Romance,
fall in Love with
a real beauty - YOU



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 Anti-microbial

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Monsoon Destinations for Fitness Lovers



Holidays are meant for indulgences. Or so they say. For those who swear by a fit and active lifestyle, a vacation also adds to their fitness routine. Now that the scorching summer sun has finally given way to the refreshing rains, it's time to rejuvenate your mind, body, and soul with a monsoon vacation. And what's better than to head out and explore the nature when it is wet and wild? Rains in India is indeed the most magical time of the year and there are plenty of monsoon destinations where you could indulge in outdoor activities and turn your holidays into a fitness vacation. With activities like trekking, hiking, kayaking, swimming, and yoga, your monsoon vacation could very well add up to your fitness goals.

Here are our best picks of the season for the absolute fitness lovers.

MUNNAR

KERALA

God's own country is nothing short of godly, in its own way. But the rains add to its charm in the months of June, July, and August. The expansive tea-gardens wrapped up in lush greenery makes for a refreshing sight and is food for the soul. Take a long walk through the misty tea gardens and the forests, known for their nature trails. For a little more adventure, set out on a trek to the Anamudi peak. If you like to work on your leg muscles, go on a bike ride and explore the town and surrounding wilderness.





ALLEPPY

KERALA

Yet one more destination of Kerala which is a must-visit during monsoon. As much as the backwaters of Alleppy are serene and calming for the mind, you can use this opportunity to practice yoga and meditation. The sound of rains against the steady waters will surely help you focus better on your breathing. Alleppy is also known for its Ayurvedic therapies and treatments. Go for an indulgent treatment and let all your senses get revived.

Source: Citrus Hotels



LAHAUL-SPITI

HIMACHAL PRADESH

Because Lahaul and Spiti valleys are closed for most part of the year, monsoon is the best time to visit these destinations. And needless to say, the Himalayan terrain is a trekker's paradise. Spiti makes for one of the best monsoon treks through Kaza, Tabo, and Chandratal. And exploring the mighty Himalayas on foot or on a mountain bike can turn your trip into a perfect fitness vacation.

KODAIKANAL

TAMIL NADU

One of the popular destinations to unwind in South India, Kodaikanal makes for a great monsoon vacation. But those with a fitness agenda can take up outdoor activities like cycling, walking, or kayaking. It not only helps you stay active but also explore the place in your own way.



COORG

KARNATAKA

The landscape of Coorg is replete with options for exploring nature in its best form. Head out for a trek to the Tadiandamol peak- the highest point of the region, or tread the waters of the Kaveri River on a kayak.

No matter what activity you take up, Coorg will surely contribute to your fitness goals.



Talking Fashion & Style
With Miss India Runners Up

Priyanka Kumari

From Engineering to Miss India, Priyanka Kumari's journey has been quite a roller coaster. She has transformed herself from being the tomboy that she was all through her childhood, to the beautiful lady who went on to win the glorious title.

*Photographer: Navin Dhyani.
Mua/hair by Nandini Advani
Styled by P Square Sisters*

A full-page photograph of a woman with dark hair pulled back, wearing a red, form-fitting, sleeveless dress with a scalloped hem. She is posing with one hand on her hip and the other near her thigh, looking directly at the camera. The background is a soft, out-of-focus purple and pink gradient.

Women Fitness India had the amazing opportunity to chat with the Miss India 2017 Runner-up about what her personal style is, her favourite style icons & much more. Just tune in below.

Define your style statement?

Comfortable, simple and classy defines my style statement.

Dress code you are most comfortable in, during the week and on the weekends?

During weekdays, when I am mostly doing work related activities I go for a plain simple dress, usually of pastel shades.

On weekends, when I am mostly hanging out with friends, I go for a colorful top and jeans.


One designer you're obsessed with?

I love Ritu Kumar's creations. Her floral and simple designs make me fall in love with all her outfits. Internationally, I just love Marc Jacobs.

5 Makeup essentials?

*Concealer, Lip balm
Mascara, Bronzer
Highlighter*

*Photographer: Saurabh Dalvi.
Make-up/Hair by Hemal M Shah*



Favourite fashion accessory that looks great always?

Tassel earrings. They go with both casual and party looks.

Your fashion style for the fall season will be?

Pairing everything with boots.

If you had to choose 3 favourites from your wardrobe, what would they be?

Plain white top, denims and boots.

Heels: wedge? platform? Or flats?

Flats.

What's your favourite top high-street brand?

I like the collection that Topshop and Zara has.


Favourite athletic gear?

Sports bra and torn leggings.

Handbag: massive tote or little clutch?

I prefer a little clutch but I always have so many things to carry that I end up carrying a Massive tote.

*Photographer: Navin Dhyani.
Mua/hair by Nandini Advani
Styled by P Square Sisters*



Photographer: Navin Dhyani
Make-up by Sonira Seth
Hair by Drishya Bhagyanath

Lip shade: Nude or Bold?

Nude. Always.

One fashion trend of 2018 that you follow?

Fringes! I am absolutely loving this fashion trend as this is something which I personally love! It can add drama to even the most simple looks.

One fashion trend that you are averse to?

Being Size zero. I don't understand the need to starve yourself to fit in a pair of jeans. Though I have realized

that I am naturally skinny but there was a time when I struggled to gain weight. According to me each body is unique and beautiful.


For a party, how would you dress up that goes with your personality?

For a party, I usually go for a sequin

dress/jumpsuit. Sequin screams party.

A celebrity whose style you admire the most? Why?

Candice Swanepoel. She is my favorite. She has the ability to make the most simple outfits look beautiful.

A full-page portrait of a woman with long, dark hair, looking directly at the camera. She is wearing a high-collared, long-sleeved dress covered in gold sequins. The background is a solid, warm gold color. The lighting is soft, highlighting the texture of the dress and her features.

Photographer: Navin Dhyani.
Mua/hair by Nandini Advani
Styled by P Square Sisters

Picture yourself in three years from now.

Three years from now I can picture myself wearing something from my own clothing line/lable. It's funny because there was a time when I had zero sense of style and now I can actually think about having my own lable.

One piece of fashion advice to the girls out there?

Find your own style. It can be inspired from someone else's style but eventually create and follow your own.



**Rapid Fire With Model,
Actress & TV Presenter**

**Karishma
Kotak!**

From London to India, Karishma Kotak's journey in the limelight has been nothing less than a fairytale. As a model, TV presenter and an actress, she leaves her mark wherever she goes.

Let's get straight into what's happening in this stunning actress' life and take a look at what she has to tell about her experiences, fitness and diet and much more as she answers Women Fitness India's rapid fire.

Your everyday morning ritual?

I tend to wake up early by 8 am and have two glasses of warm water followed by tea! I like to read the paper and just spend some alone time. Mornings tend to be my fav part of the day.

How was your first experience shooting for the Kingfisher Calendar?

It was my first job in India and I was 22 so landing the prestigious Kingfisher calendar and flying to shoot it in Australia was a dream come true.



I tend to do cardio combined with weights and Pilates. Also, I enjoy spinning.



Favorite part about hosting IPL matches?

The noise and the ambience of the stadium and the adrenaline is amazing.

Are you a morning or a night person?

Mornings.

What exercises does your workout include?

I tend to do cardio combined with weights and Pilates . Also I enjoy spinning.

Favorite form of exercise: Cardio or strength training?

Cardio.

What do you eat before and after a workout?

Egg white omelette before and after workout grilled chicken.

Hard-to-resist cheat meal?

Pizza or lamb chops or jacket potato.

Define Women Fitness.

I honestly think more than looking lean or toned it's about feeling internally good.

While shooting outdoors, how do you manage to eat healthy?

Lots of water, fresh fruits and nuts and mostly eating proteins.

Anytime, everytime snack?

Fruits or a protein bar.

All-time favourite fashion icon?

Penelope Cruz.

What about a fitness icon?

So many, everyone is into fitness at the moment and is very aware and conscious.

Your hottest asset?

You'd have to tell me that.

Your favorite makeup essentials?

My studio fix by Mac

Lip tint by Benefit

Hulla bronzer by Benefit

Elie Saab perfume

Share your hair care routine?

I use Kerastase shampoo and conditioner

I use Ola plex

And I tend to do head massages and protein treatments once a week



5 things that we'll always find in your handbag?

Phone, wallet, house keys, makeup pouch and hair brush.

Best and worst thing about social media?

It's taking up too much of our time. And we live in a virtual world. I tend to switch my phone off at night and after

Future projects that you're working on?

Firkie a movie with Karan Singh Grover and I just finished hosting the IPL for a UAE show, and lots more cricket.

Your message for your 251K followers on Instagram.

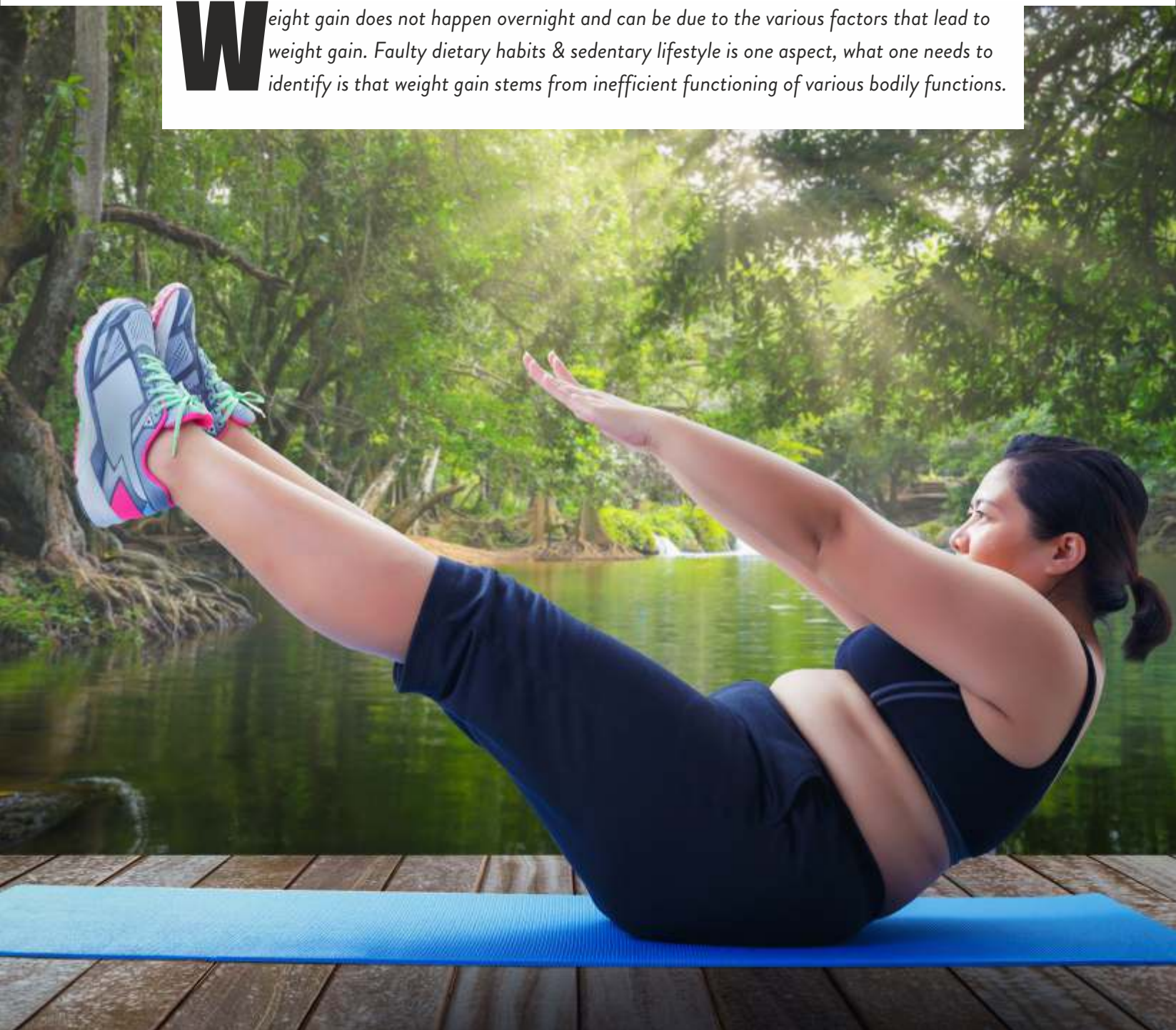
Thank you for all the love and wishes and loyalty.



8 Yoga Asanas

To Assist In Weight Loss

Weight gain does not happen overnight and can be due to the various factors that lead to weight gain. Faulty dietary habits & sedentary lifestyle is one aspect, what one needs to identify is that weight gain stems from inefficient functioning of various bodily functions.



Breathing exercises and yoga asanas help in increasing & enhancing metabolic and heart rates. The body needs to be healed from within, by cleansing the inner mechanism, strengthening the core and building stamina & increasing flexibility.

Yoga poses to aim for,

1

BOW POSE (DHANURASANA)



Regular practice of this pose helps in losing weight and strengthening the abdominal core. It is an excellent belly massage, and fights constipation and accelerates digestion. This is a complete body stretch. To perform: Lie on your stomach. Bend knees and hold the ankles. Pull your hands and push with your legs, knees together, till the trunk forms an arch with only the stomach on the ground. Look up. After releasing the posture lie for a while in Shavasan.

In this pose, the weight of your body is on the navel area & massages the digestive organ. This pose strengthens the muscles of the back, abdomen and the entire upper body. To practice: Lie prone on the floor. Stretch your legs back, tops of the feet on the floor. Spread your hands on the floor under your shoulders. Hug the elbows back into your body. Press the tops of the feet and thighs and the pubis firmly into the floor. On an inhalation, begin to straighten the arms to lift the chest off the floor, going only to the height at which you can maintain a connection through your pubis to your legs. Press the tailbone toward the pubis and lift the pubis toward the navel. Narrow the hip points. Firm but don't harden the buttocks. Firm the shoulder blades against the back, puffing the side ribs forward. Lift through the top of the sternum but avoid pushing the front ribs forward, which only hardens the lower back. Distribute the backbend evenly throughout the entire spine. Hold the pose anywhere from 15 to 30 seconds, breathing easily. Release back to the floor with an exhalation.

2

COBRA POSE (BHUJANGASANA)





3

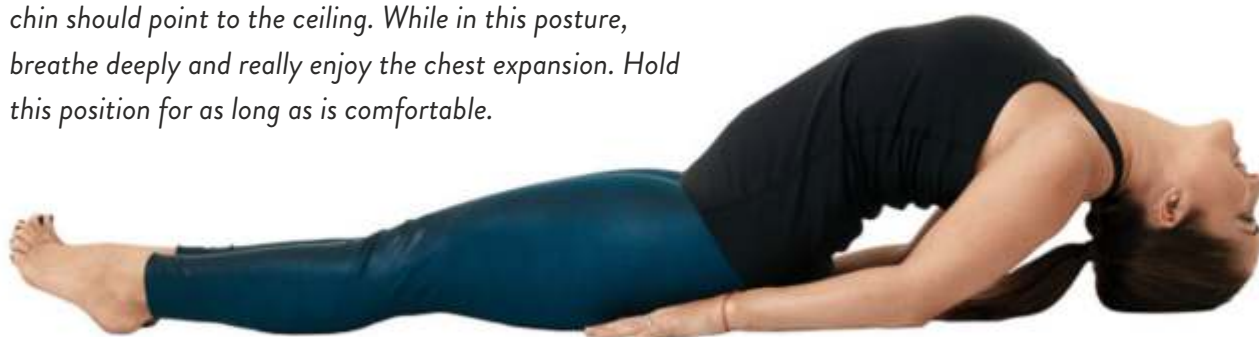
BOAT POSE (NAUKASANA):

Try holding the position for 10 seconds to begin with and increase the bar with every passing day. You will feel your stomach muscles going for a toss but trust me, this will kill that stubborn belly fat. Lie down straight on the abdomen with forehead resting on the floor. Keep your feet together and arms extended forward with palms on the floor. While inhaling, raise your arms, head, neck, shoulders, trunk and legs simultaneously as high as possible. Keep your elbows and knees straight. Balance the entire weight of your body on the navel. Maintain this posture if possible for 30 sec. While exhaling, bring down your legs, hands and forehead to the ground. Then relax in Makarasana.

This asana involves twisting and pulling to help in burning the extra fat that gets deposited in the most prominent places like the tummy and thighs. To practice this asana, lie flat on your back, either on a mat or on a carpeted floor. Keep your knees straight and keep your feet together with toes pointed to the ceiling. Slide your hands under your thighs and buttocks. This motion should cause your chest to bow upward slightly. Bend the elbows and push them into the floor; use the bend of the elbows and arms to raise the chest higher, keeping the chest arched upward. When the chest is arched as high as possible, drop your head and rest the very top of your head on the floor. Your chin should point to the ceiling. While in this posture, breathe deeply and really enjoy the chest expansion. Hold this position for as long as is comfortable.

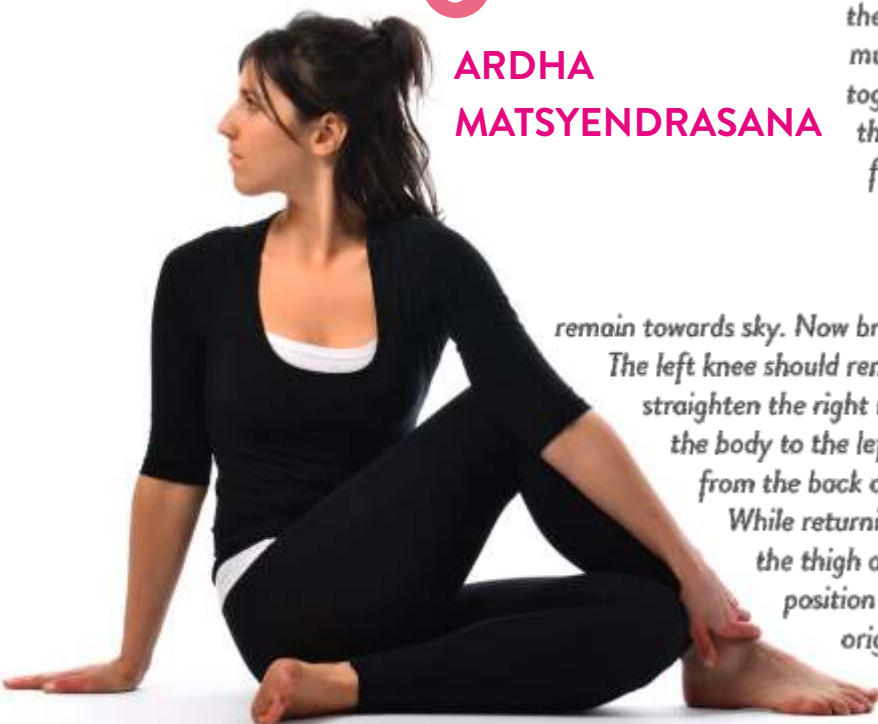
4

FISH POSE (MATSYASANA)



5

ARDHA MATSYENDRASANA



This intense twist (one side at a time) helps in toning the sides, the upper body, as well as the abdominal muscles. To begin with, sit extending both the legs together in front, hands by the side, palms resting on the ground. Fingers should remain together pointing forward. Fold the right leg at knee. Slowly set the right heel at the perineum. Now folding the left leg, bringing it from above the right knee, place it by its side on the ground. The knee of the left leg should remain towards sky. Now bring the right hand on the left side of the left knee. The left knee should remain at the left side of the right armpit. Now straighten the right hand and hold the toe or ankle of the left leg. Twisting the body to the left side, look backwards, place the left hand bringing it from the back on the right thigh. Gaze should be towards back. While returning to the original position first release the hand from the thigh and turn head forward. Now bring the back to normal position after loosening the right hand. Bring the left leg in original position. Now bring the right leg also original position. Repeat it similarly from the other side by folding the left leg first.

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- Stand in Tadasana. On an exhalation, step or lightly jump your feet 3.5 to 4 feet apart. Raise your arms parallel to the floor and reach them actively out to the sides, shoulder blades wide, palms down. Turn your left foot in slightly to the right and your right foot out to the right 90 degrees.

Align the right heel with the left heel. Firm your thighs and turn your right thigh outward, so that the center of the kneecap is in line with the center of the right ankle. Roll the left hip slightly forward, toward the right, but rotate your upper torso back to the left.

- Anchor the left (back) heel to the floor by lifting the inner left groin deep into the pelvis. Then exhale and bend your right knee over the right ankle, so that the shin is perpendicular to the floor. As you bend the knee aim the inner knee toward the little-toe side of the foot. If possible, bring the right thigh parallel to the floor.

- Firm your shoulder blades against the back ribs. Extend your left arm straight up toward the ceiling, then turn the left palm to face toward your head and with an inhalation reach the arm



6

EXTENDED SIDE ANGLE POSE (UTTHITA PARSVAKONASANA)

over the back of your left ear, palm facing the floor. Stretch from your left heel through your left fingertips, lengthening the entire left side of your body. Turn your head to look at the left arm. Release your right shoulder away from the ear. Try to create as much length along the right side of your torso as you do along the left.

- As you continue to ground your left heel to the floor, exhale and lay the right side of your torso down onto (or bring it as close as possible to) the top of the right thigh. Press your right fingertips (or palm) on the floor just outside of your right foot. Actively push the right knee back against the inner arm; counter this by burrowing your tail bone into the back of your pelvis, toward the pubis. The inside of your right thigh should be parallel with the long edge of your sticky mat.

- Stay for 30 seconds to 1 minute. Inhale to come up. Push both heels strongly into the floor and reach the left arm forcefully toward the ceiling to lighten the upward movement. Reverse the feet and repeat for the same length of time to the left. Then come up and return to Tadasana.

with your head in your hand. Gently corset your ribs together so that the upper back stays along the edge of the mat. Adjust the angle of your bottom elbow to be in line with the mat. You can keep your top foot and hand on the ground in front of you for balance. Look over your shoulder to make sure everything is straight

7 VISHNU'S COUCH POSE (ANANTASANA)



Lie on your side on your yoga mat. Start with your bottom heel (keep your foot flexed) and then continue along the line of your leg. Line up your hip with your heel and then prop yourself up on your bottom elbow

and ready to go. Once your body is in a long straight line, bend your top knee and place the sole of that foot in front of your bottom thigh. Adjust your foot so that the toes and knee cap point toward your flexed base foot. Bring the edge of your bent knee foot flush with

8 GARLAND POSE (MALASANA)



your inner thigh. Place your top hand to the inside of the top thigh and gently press back to open your hips and encourage external rotation. There is a tendency to pitch the low back and puff the ribs. Counteract this by zippering your tailbone toward your flexed foot and drawing your front ribs in as if you just tightened a corset around your ribcage. Keep the action of your tailbone and ribcage as you hook your top leg big toe with your top hand. Before you extend your top leg reaffirm the flex of the base foot and the engagement of the base leg. This leg will be your anchor to prevent you from falling. Slowly extend your top leg toward a straight position keeping the top shoulder in the socket. Externally rotate the top leg taking the heel forward and toes back. Here's where the dance begins; don't panic if your body wobbles, this is normal. Just keep the intention of the anchored base leg, long tailbone and corseted ribcage. Relax your gaze

A woman with blonde hair tied in a bun is sitting in a white office chair, practicing yoga. She is wearing a blue long-sleeved shirt and blue jeans. Her hands are in the mudra position, and her eyes are closed. The background shows a bookshelf and a window.

Yoga Tip

Office-goers can practice certain yoga asanas while sitting on an office chair.

Example of these are Neck roll, cow stretch, seated forward bend, eagle arms, seated spinal twist and temple rub which are all chair yoga asanas that have immense health benefits.



Kamna Grover

Engineer Turned Zumba Instructor Answers The 12 Most Asked Weight Loss Questions!

An engineer turned Zumba instructor, Kamna Grover is a fitness enthusiast and blogger/YouTuber spreading a word about healthy eating and dancing her way through the weight loss ladder. She weighed a whopping 99 kgs five years back, when some family friend's comment hit her conscious high and geared her up to embark on a journey that required the sacrifice of the food and the flavour. In a

short span of two years, Kamna lost almost half her weight and gained ounces of confidence to look at the society flat stomach. She is determined to encourage her fellows to be inspired by her journey and have a fresh and healthy beginning for themselves. She believes that fitness isn't a goal that you achieve for once, but a happy place where you'd like to stay forever.

She joins Women Fitness India this month to answer the most asked weight loss questions.

I'm working out more than ever but still not losing weight. What should I do?

Exercising, alone, is not enough to lose weight and working out more is not a way out from maintaining a healthy diet routine. A fit body asks for moderate workout cycle, consumption of good food and nutrition and continuity in action. There is always something wrong with the quantity, quality and timing of calories we consume – when the work out fails to show results. Twitch your diet a little to procure maximum benefit.

Does it matter what time you eat?

Of course, it does. Timing is everything. If you follow a perfect timing, you are even allowed to have cheat meals in between your diets without affecting your numbers. Timing your food in short and square meals prevents you from problems like water retention, indigestion or acidity that causes swelling and weight gain.

How can Zumba help in weight loss?

Zumba is a fitness program inspired by a lot of Latin dance forms. It is a high energy and fun cardio workout recommended for weight loss and body toning and sculpting. I have, personally, tried a variety of workout programs and exercise regimens, but Zumba stood out amongst them all for it is too much fun and has prolific results. Zumba is that one fitness routine that you can never get bored of.

What exercises should I do to tone my body after losing weight?

There are a plenty of exercises that specifically mean to tighten the lose muscles. There is Zumba toning or cardio circuit training that can help in building muscles by strength training. Cardio exercises like push-ups, lunges and planks are good for toning as well. Swimming and massaging are also advisable.

I have reached a plateau after losing 15 kgs, what can I add or change to lose more weight?

Your body requires a jerk from the routine diet and workout regimen you are following. Our bodies tend to get used to the routines they are exposed to for longer times and thus stop responding in a manner they had been doing earlier. You can either change your diet for a day or two by opting for liquid or fruit diet or tweak your workout routine by adding extra hours for running, cardio and other exercises.

Are four, five, or six small meals better than three big ones?

Yes, it is. I often recommend five course meals over three big ones to stimulate appetite and get the best weight loss results. When we keep our stomach hungry for longer hours, it tends to eat more than it should which also reduces body activity. Small and quick meals help you eat less and

prevent acid formulation in the body.

Bring your appetite in your control more than you are in control of it.

Should I follow the fasting diet?

Fasting or intermittent dieting is a quick-fix for your weight loss problems or a 'jerk' when you reach a plateau, but not an advisable option for a longer run. Keeping your body hungry for longer hours causes a decrease in blood-sugar levels, which eventually leads to weakness and inactivity. Also, once the body tendency will adapt to the diet routine, you'll need a new low to boost your weight loss practice.

Can I really eat an endless amount of fruits and still lose weight?

Excess of everything is bad – be it junk or fruits. Most of the fruits are rich in natural sugar content, which is not a preferable choice while losing weight. Also, mixing fruits is a not an advisable dietary option. You can eat one small bowl of a fruit to satiate your hunger pangs in between two proper meals.

How can I curb my midnight hunger pangs? Any healthy alternatives?

The best way to curb your midnight hunger pangs is to sleep on time. If you're into a routine that does not allow you sleep 3 to 4 hours post dinner time, then you



I have, personally, tried a variety of workout programs and exercise regimens, but Zumba stood out amongst them all for it is too much fun and has prolific results.



can have a glass of hot milk an hour after you dine or opt for healthy snacks like a bowl of papaya, roasted chickpeas, fox nuts or vegetable sandwich (without salt and pepper). Make sure to have a cup of green or black tea or lukewarm water an hour or a half before sleeping.

What is More Important—the amount of calories or the type of calories you consume in a day?

Both of them are equally important. In fact, add the timing factor and we have a three-wheel cart ready. Our body requires

protein, carbs, fiber and even good fats to keep us active, full and healthy in life. A balanced diet would be the one which fulfils the body's nutrition requirement and still help lose weight.

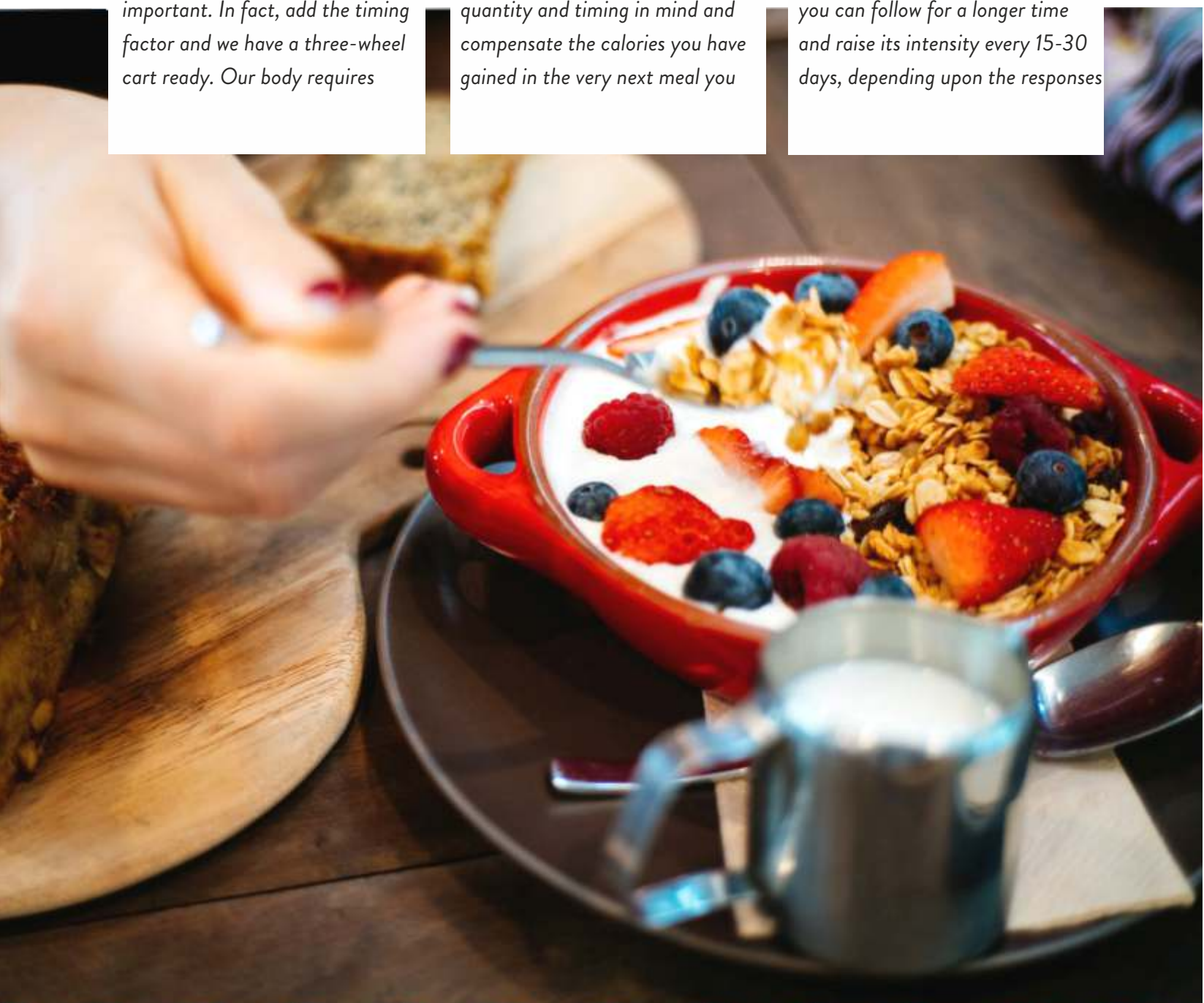
Are there any healthy desserts?

If you have a sweet tooth, you can satiate your taste buds by opting for healthy desserts like sweet broken wheat, oat cookies, dark chocolate or oats kheer. But remind yourself to keep the quantity and timing in mind and compensate the calories you have gained in the very next meal you

eat.

Which is Effective – Moderate Activity or Intense Exercise?

It depends. Ask yourself first – What is your aim? Are you looking to lose weight, or maintain the goal you have scored? If the former is true, you can or should occasionally go for intense workout. But, do remember to not hustle into losing weight and choosing a workout cycle you cannot always follow. Opt for a workout regimen that you can follow for a longer time and raise its intensity every 15-30 days, depending upon the responses



A person is shown from the chest down, wearing a pink shirt and black shorts. They are wearing a black smartwatch on their left wrist and holding a black smartphone in their right hand. The smartwatch screen displays a heart rate of 157 bpm, a distance of 2.31 km, a speed of 54%, and the time 15:01. The smartphone screen displays a sleep tracking app interface with a bar chart, a line graph, and a list of sleep statistics. A black banner with the word 'Shopping' in white is at the top.

Shopping

10 Health & Fitness Apps To Try Out In 2018

*Need some extra motivation to workout, right at your fingertips?
Learn more about these fitness apps that help you improve your
health and stay fit then.*

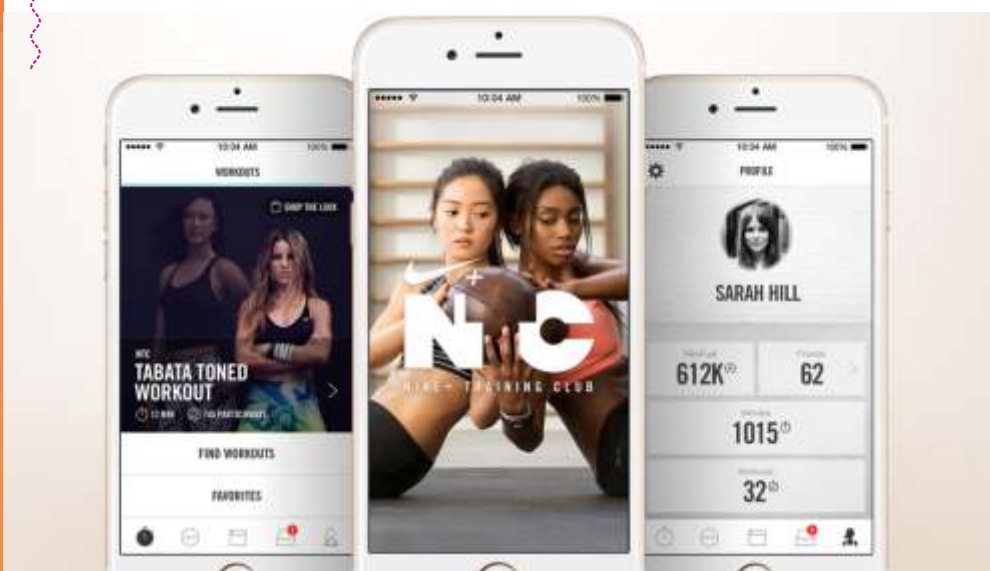


1 Lose It!

A free classic calorie-counter app which can make your weight loss goal look easy to achieve. Within the app you can keep a track of your daily food intake by scanning barcodes, searching for the food or manually entering in calories for each meal. Additionally, you can track your exercise log for increased calorie allotment for the day.

2 Nike+ Training Club

This app features workouts designed by professional athletes. The workouts focus on strength, endurance, or mobility and offer three levels of difficulty. The free app has over 160 workouts, including strength and endurance, mobility and yoga. Each workout is centred on a specific muscle group and only lasts 15-20 minutes. And many of the workouts don't require any equipment, meaning they can be completed in the gym or at home. After completing a workout, a user can share customized photos or posters with the Nike+ Running community. You can manually enter activities such as basketball, gym training, or tennis.



3 Healthifyme

For those who find it tough to stick to a fitness routine, this app encourages you to watch your food intake and club it with the daily dose of exercises to lose weight and stay fit and on track. Dedicated entirely to Indian food habits, the app contains a huge database of food items, offers over 1000 activities, and provides on-demand instant access to reputed nutritionists, fitness trainers, and yoga instructors who assist you in losing weight.



4

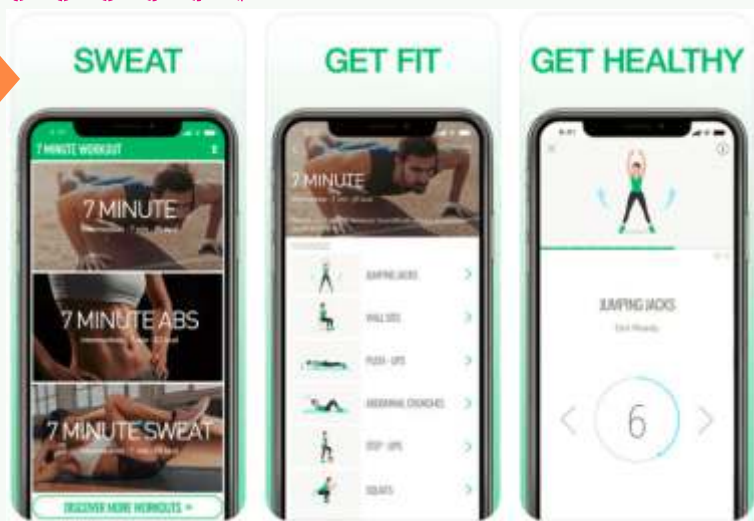
Interval Timer

You will fall in love with the simplicity of this app, flexibility & tracking. Let Intervals guide you through any type of interval workout: running, strength training, yoga, stretching, circuit training, boxing, MMA, elliptical, rehabilitation, meditation, 7-minute workouts and many more.

7 Minute Workout

5

The 7 Minute Workout is great for the busy and working professionals, who find it hard to take out time to hit the gym. The app only asks for 7 minutes of your time anywhere, anytime during the day for a quick-fit workout. It is based on the High Intensity Circuit Training (HICT) program, proven to be the safest, most effective, and efficient way to improve muscular and aerobic fitness.



6

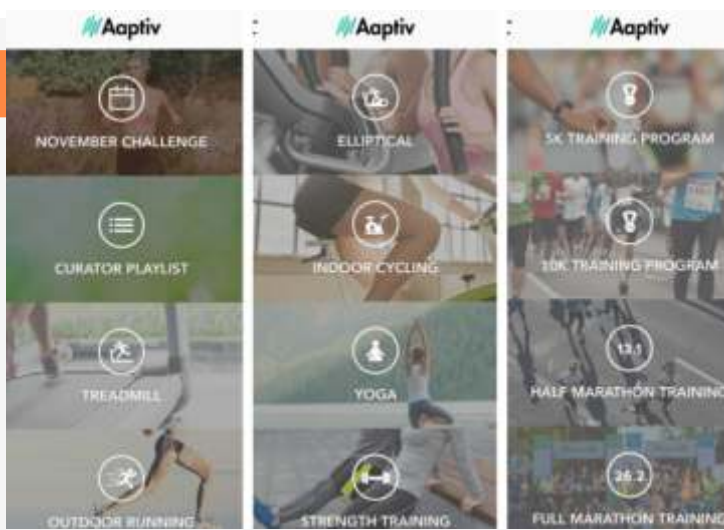
Couch TO 5K

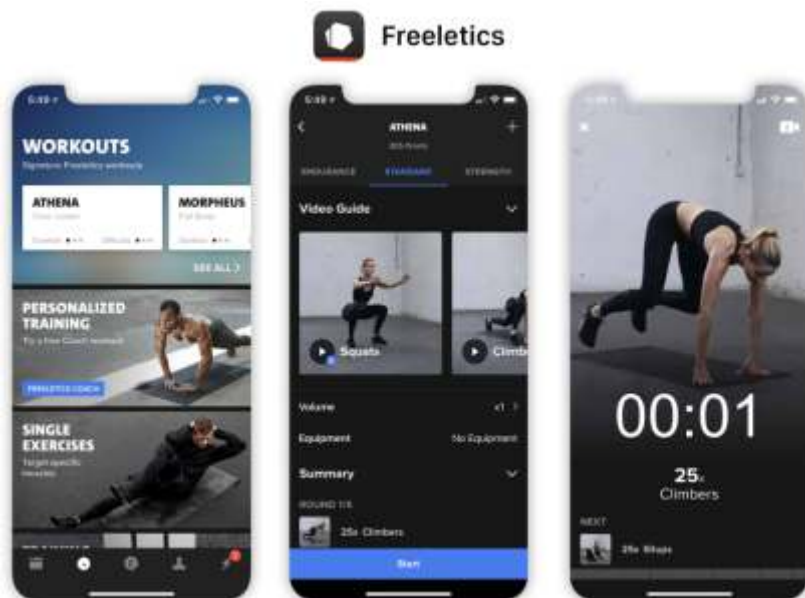
This oft-imitated program has helped thousands of new runners move from the couch to the finish line. Spend just 20 to 30 minutes, three times a week, for nine weeks, and you'll be ready to finish your first 5K (3.1-mile) race! Simple, easy to use and accurate.

Aaptiv

7

This is an audio personal training app for everyone to use. Go ahead & experience more than 2,500 workouts in a variety of categories including running, elliptical, race training, rowing, strength training, stretching, yoga and more. With 30 new classes added each week, there's a workout for every interest and fitness level.





8

Freeletics Bodyweight

This app provides a 10-30-minute workout based on bodyweight only. No equipment.

Train anywhere, anytime. Freeletics Bodyweight was featured in Men's Health UK, The Mirror, Yahoo News, and many more. This is your chance to unleash your full potential. To become the best version of yourself. Download the App and start training for free.

Daily AB Workout

9

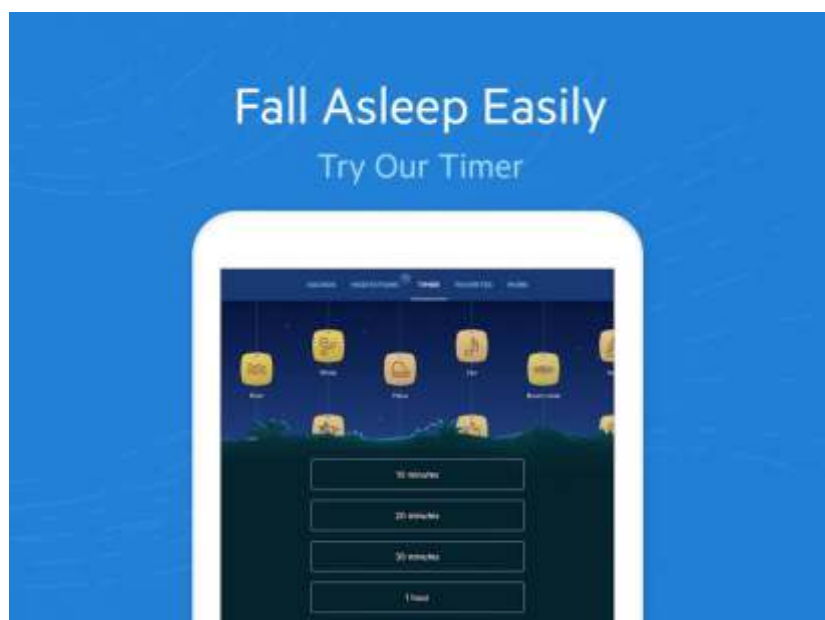
This app is absolutely free & serves a great 5 to 10-minute daily ab routine for men and women that steps you through some of the best ab-sculpting exercises you can do in the comfort of your own home. These proven exercises, demonstrated by a certified personal trainer, target all major abdominal muscles. Spending just minutes a day can strengthen your core and tone your abs. The routine's simple interface, complete with video and timer, allows you to easily follow along and understand each exercise.



10

Relax Melodies

Here is an opportunity to select sounds and melodies that you like, combine them and adjust the volume of each sound to create a mix. Add one of our meditations specially designed for sleep, lay back, listen, and enjoy falling asleep. It's that simple and it works. Create different and new mixes every time!



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Sun-Sign Fitness

Aries:

Respect the weather, respect your limits, and take it from there. You don't need to be rabidly enthusiastic and ambitious to make fantastic progress now. Mercury and Mars are retrograde as the month begins, but so what? Be more active. The moon conjoins Mars on the twenty-third. Nothing can stop you or slow you down. Feel good? Yes! Mars goes direct on August 27. Go easy and smart and make more progress than ever. It's a high-energy month!

Taurus:

It's no surprise that most of us aren't at our ideal weight or shape or anything else. Skip the "ideal" part and focus on health in general - and improvement. Feel good about yourself and do what you know you can, plus maybe a tiny bit more if body and conditions allow. Do a brisk walk or run on August 1 and feel relaxed. Drink water, move, and stretch. Change hair and skin care treatments and feel grand. A burst of energy and motivation could come out of the blue!

Gemini:

If many things are competing for your attention, make sure that health tops the list. It doesn't take all that long to exercise a little every day. Rest and healthy eating are also part of the equation, and how much more time do they take? None. You

have to eat and sleep anyway, right? Get better organized and have a full weekend of activity, sun, and fresh air. Focus on basics - posture, breathing, and balance. Your back, legs, and shoulders will thank you.

Cancer:

Things are intense, but so are you. Stick to your routine, and don't let anything keep you from getting healthier and fitter. Take care of yourself and just keep at it. You know what you need to do to keep improving. Good food, proper rest, and persistence. Get smarter about technique and simplify your workout schedule. Hike under the full moon and then soak muscles by moonlight. Be more active and healthy!

Leo:

Have more fun and get healthier and fitter faster than ever. Seriousness can keep you going, but a touch of silliness helps, too. Workout time is play time and sometimes social time. Do your aerobics or yoga workout first thing. If you run or walk, drink extra water beforehand. The full moon in Pisces suggests hot tub time on the twenty-sixth. Mars goes direct the next day. Get more motivated. You're strong stuff!

Virgo:

Look great, feel great, and take great care of yourself. You're getting healthier and fitter with

each and every workout. Don't doubt it. That includes rest and recovery days, too. You don't need flashy fast spurts of progress, although they can happen, too. Welcome August 1 with a vigorous run or aerobics workout. Drink more water. Eat well and feel great all day. Run, walk, bike, or inline skate on your favorite trails. Feast healthy with friends afterward. Be patient about progress. You're doing it.

Libra:

Slow, subtle progress can be the best kind. Feel fantastic and strong and you'll look great, too. It doesn't take a lot of planning. Get your gear together and get yourself up and moving. Be more active and then enjoy the rest and relaxation afterward. Greet August 1 with a vigorous run or aerobics workout. Yoga or meditation count, too. Drink water and remember sunscreen, right? Keep moving.

Scorpio:

Are you in a tug of war between what you need to do and what you want to do? Maybe it's between what you should do and what the world expects you to do? It's all secondary stuff compared to simply getting healthier and fitter. Just stay with your program. Do your workout or run early on August 1 and feel upbeat all day. Get extra sun and fresh air on the weekend of the fourth and fifth. Have extra fun on Sunday and play on a team. Volleyball or softball, anyone? Get back to basics with good breathing and posture. Motivation increases. You're such a winner!

Sagittarius:

Get more active or stay as active as you already are and see improvement in your health and fitness. It might seem slow, but it's happening. Be passionate about learning how to take better care of yourself. Have a strong run or aerobics workout on August 1, and don't look back. On the sixth, you may not get your first choice of treadmill or elliptical machine, but don't walk away. Maybe visit the weight room and then come back. Visualize the ideal you and keep working towards it. Respect all aspects of your health, including diet. Make your farmers' market shopping list. Raise the bar!

Capricorn:

You can be intense about fitness without exhausting yourself. Have a strong attitude, be realistic, and don't give up. Have a strong run or workout on August 1 and set your pace for a powerful month. Get more sun and fresh air over the next few days and pile up the step count. Stick to your schedule on August 9. Don't fret over appearances. Work hard and look glorious. Pour yourself into your run or swim and keep moving. The next day is even more powerful. Be smart, but do all that you can. Drink water. Do more steps. Onward!

Aquarius:

Are you enjoying your standard, long-time exercise routine more? If so, experiment later and enjoy what's working.

Tried-and-true exercises might satisfy more now. Go with the fun. Run, walk, stretch, or do chair yoga or your favorite aerobics routine. You could have more control over your schedule and exercise regimen from now until the end of the year. Use every day! Get ready to be more energetic and motivated. Longer walks, more time outside, being more active. Yes!

Pisces:

Feel good about taking good care of yourself. That includes eating well, sleeping well, and pampering your body when it needs it. Meet August 1 head-on with a strong run, walk, or yoga session. Stretching is good. Now let the day begin! Have a pleasant hike, swim, or walk on the beach. Remember water and sunscreen. Are your shoes comfy? Walking barefoot on sand strengthens feet and toes. Do more steps wherever you are! Clear your head with more fresh air and sunshine. Maybe go out later and dance the night away. Count those dancing steps.



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