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Exclusive Interview with 'The
Stage' Host:

Shibani Dandekar

Benefits Of Lifting Weights For
Females: Why You Must Lift!

Tips To Get Rid Of Your
"Pregnancy Pouch"

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EDITOR'S NOTE:

You don't need endless time and perfect conditions. Do it now. Do it today. Do it for twenty minutes and watch your heart start beating.

The winter chill of December reminds us of a number of things- ending of another dynamic year and the new year promises, related to health, fitness, beauty & following a healthy diet.

Guess who is the celebrity for the month of December? Yes, its none other than the, Stunning Anchor & Singer Shibani Dandekar who joins us on Women Fitness to share her fitness & success story. The role of exercise in leading a fit & healthy lifestyle is imperative for her.... "to work the hours I do I need my body to not just aesthetically look a certain way but also feel great so being healthy isn't a lifestyle choice for me it IS LIFE."

Take note with increasing incidence of a sedentary lifestyle it is important to incorporate strength training into our exercise program for all physical activity levels and genders. (The other essential components are aerobic exercise and flexibility.) Not limited to just push-ups and pull-ups, the latest fitness trend allows women to get "back to the basics" with fitness.

The "Pregnancy Pouch" is another aspect which bothers every female who want to look their best both physically and emotionally. Increasing consciousness is a good sign of staying fit. This month we bring to you smart tips to manage the Pregnancy Pouch. Take note to stay away from shortcuts for they carry long-term health risks.

Catch up on 8 Impressive And Pocket-Friendly Wedding Gift Ideas with the arrival of the wedding season. There is a varied choice which can leave you confused. At the same time, there are options which are practical like, bedsheets & dinner sets, home temple, and foldable wardrobes. Look out for more ideas. Do not forget to peep into Krishna Mehta's Autumn Winter 2017 Collection to look your best.

This month we also share with you a real weight loss success story, proving one can overcome challenges with determination and effort.

Looking forward to seeing you in the new year. Have a healthy & fun-filled 2018.



EXCLUSIVE INTERVIEW WITH 'THE STAGE' HOST: SHIBANI DANDEKAR

Shibani Dandekar virtually grew up on stage. Proficient in both Western & Indian styles of song & dance, this fiery performer learned the ropes of the industry whilst in the spotlight on Australia's grandest stages, including the world renowned Sydney Opera House.

Shibani relocated to New York, where she quickly made a name for herself hosting 3 nationally syndicated TV shows – 'Namaste America', 'V Desi' & 'AVS' (Asian Variety Show). In this role, she introduced Bollywood's biggest stars to American audiences and also hosted 'An Evening With Shah Rukh Khan in Atlantic City'

Check out her spectacular journey to becoming a Stage Diva, in her interview with Ms. Namita Nayyar, President, Women Fitness Org.

At the beginning of your career, you relocated to New York, where you hosted 3 nationally syndicated TV shows – 'Namaste America', 'V Desi' & 'AVS' (Asian Variety Show). Soon after you shifted your base to India, and since then have been doing exceptionally great work. Share with us your incredible journey of making a mark in the entertainment industry?

Wow how long do I have?!! I basically spent my 20's really struggling to see if I had a career in entertainment .. it is strange, but without sounding negative, I never really thought there was a chance for it.. both my hosting opportunities in America and India happened purely by chance because on both occasions people encouraged me to audition and I resisted a little but then just went for it and here I am today! After the first show in India, the hustler in me kicked in and things went into overdrive and I've spent years just trying to do as much as I can and honestly I've never been more fulfilled or happy... creating and building a career and watching something grow excites me... it isn't about the money or fame it is the reward of sheer hard work!

Introduce us to a day in your life.

When I'm shooting I'm on set at location the whole day so that's that... on a day off the day begins with a workout always followed by a good breakfast which is always healthy.. meetings, more meetings, work calls, some ideating, figuring out what I want to do next work wise and making it happen and of course social media time as well.. other than that maybe a massage or hair appointment or all those things we need to do to stay looking our best.... then couch and netflix – best!

What exercises comprise your fitness regime or workout routine?

Some crossfit usually

- burpees
- wall ball squats
- lunges
- deadlifts
- pull ups
- man makers
- sit ups
- weighted squats
- bench press ... the usual

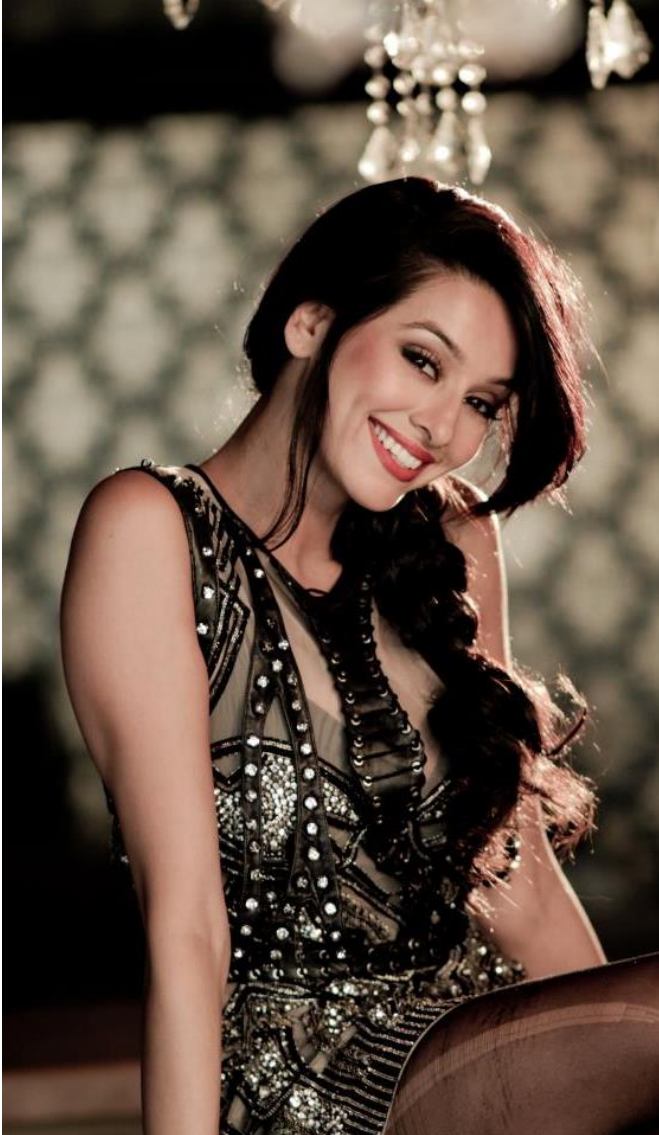
good circuit that caters to everything and mix it up on different days.

Tell us about the food/meal routine that you follow to remain healthy and physically fit?

I am mainly a meat veg kind of girl with some brown rice and quinoa thrown in... almond and coconut flour is good.. lots of avocado, love berries, salmon and chicken, mixed nuts and lots of water and coconut water and vegan protein.

How would you explain the role of exercise in leading a fit & healthy lifestyle?

For me it is imperative.... to work the hours I do I need my body to not just aesthetically look a certain way but also feel great so being healthy isn't a lifestyle choice for me it IS LIFE.



What is your skincare and haircare routine like? Tell us your Top 5 Favorite Beauty Products.

I use all kerastase products in my hair and get regular cuts and spas .. I love using Ouai hair oil on my days off.

I use peter thomas roth cleansers (moor, rose, hydrating) and face masks (aloe, rose, pumpkin, gold) and hydrating serum as well.. they are amazing.

- kora oil
- la mer cream
- kama rose water
- peter thomas mud mask
- papaya ointment dr lucas

You recently participated as a contestant in Khatron Ke Khiladi. Share with us your experience doing the show?

Always great to do something that is a once in a lifetime opportunity... I'm an adventure junkie so the journey was exciting and scary at the same time but definitely something I enjoyed doing.

You have hosted many shows and events, with your most recent performance in The Stage. What according to you are the most important things to keep in mind while hosting a show?

Be yourself always ... when hosting you aren't an actor you are yourself so bringing that flava to what you do is important... keep the subject in mind or the genre of the show rather and then work it accordingly but always do you.

Would you like to tell us about the changing scenario of fitness in our country over the years?

We have a long way to go but it is getting there .. when I travel to London I see so many new forms of exercise on the rise and would love to see more opportunities like that here .. People are definitely starting to take an active interest in their health and fitness so seeing new classes and organic healthy food options in the market is great.

What effect do you think does social media have in our entertainment industry?

As much as you let it have ... I think we blame social media rather than our involvement in it ... be a part of it if you want to and learn to disconnect ... everything in life is about moderation ... social media is another publicity tool in the entertainment industry ... use it to your advantage and be mindful when using it that's all ... it isn't evil! haha

Advice and motivational words to the inspiring and budding anchors and actresses who all are your fans, they shall like to know from you, what they should do for their climb to ladder of success in this field?

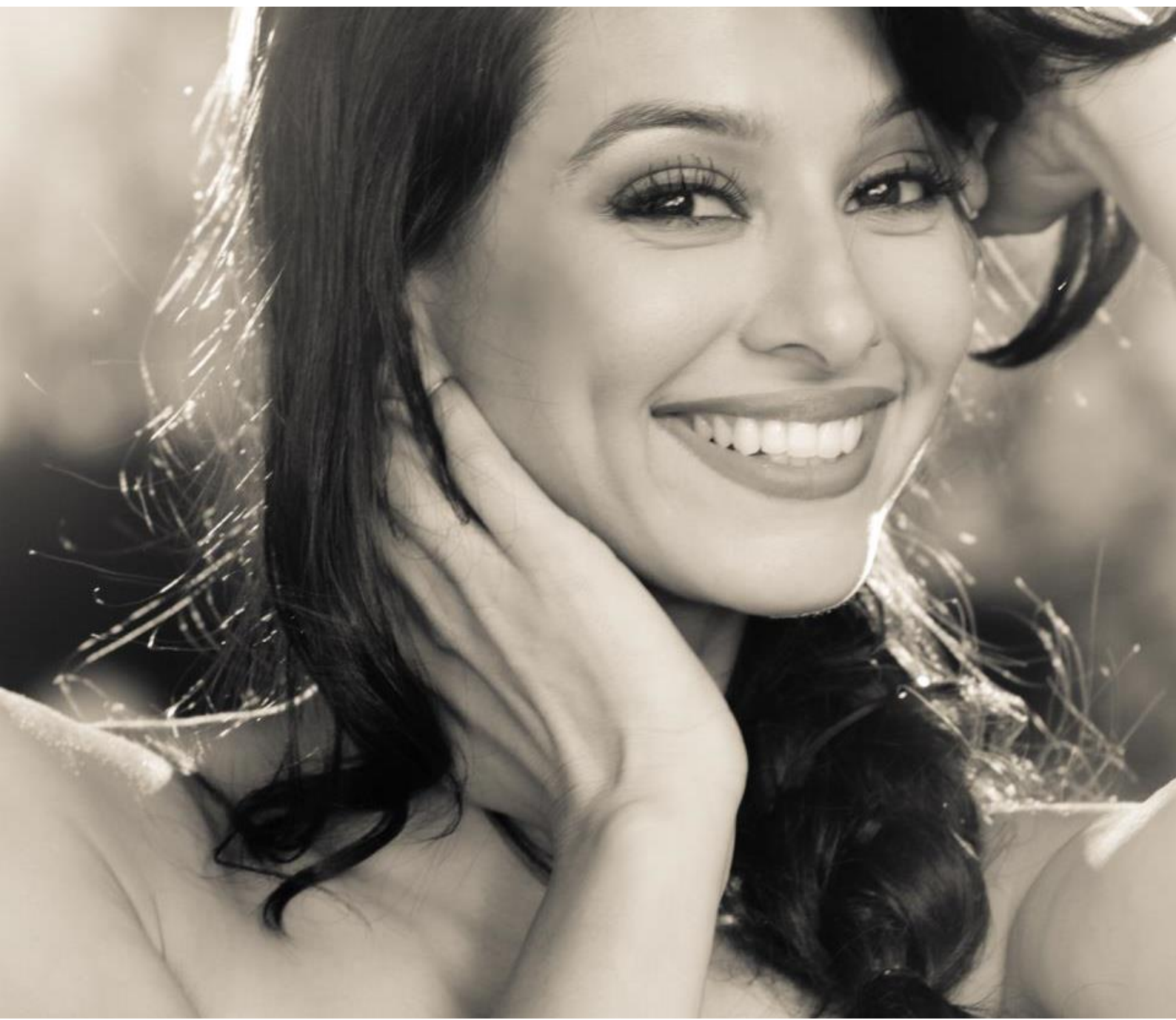
Be yourself always, understand what your limits and work on areas that need

improvement...know what you have to offer and bring to the table and stay grounded, always work really hard and remember that you are never irreplaceable and finally just put your head down and get the work done and smile through it all .. be grateful for every small step and hurdle along the way ... they will teach you so much... always help others especially once you get to a position where you can ...I read something really great that Miranda Lambert said – when you reach the top give the woman behind you a handYES

Always be humble ...Always!

What do you wish to say about the website Womenfitness.org and message for our visitors?

Keep on inspiring and supporting each other because that's really all we need ... it is really so simple to be kind and caring and a platform that allows us to share and be there for each other is one of the best in my books ♥





BENEFITS OF LIFTING WEIGHTS FOR FEMALES: WHY YOU MUST LIFT!

Women in India, and other parts of the world, have the common misconception that lifting weights would add bulky muscles to their structure and they will not really lose weight.

So Women Fitness decided to break this myth and bring to you the actual benefits of lifting weights for females.

1. Not Just Weight Loss, But Fat Loss

Although many people consider weightlifting only a means to add size, when contrasted head-to-head against cardio, resistance training comes out on top in the battle to burn calories. The huge advantage to weight training is your body's ability to burn fat during and after exercise.

Weight training builds muscle, as lean muscle increases so does metabolism. A higher metabolism means that you will burn more calories all day long. Studies found that the average woman who strength trains two to three times a week for two months will gain nearly two pounds of muscle and will lose 3.5 pounds of fat. For each pound of muscle you

gain, you'll burn 35 to 50 more calories per day, which is tremendous.

2. You Gain Strength

One of the most common misconceptions that women have is that weight training leads to "bulking up." This is absolutely false because women simply don't have the testosterone to build muscles like men. Women have 10 to 30 times less testosterone than men and have a much harder time gaining size from strength training. Instead women develop muscle definition and strength without the size, which helps improve their stamina, core strength and overall fitness.

3. Reduced Chances Of Osteoporosis

Weight training not only strengthens muscles, it strengthens your bones too. Weight training increases bone density, which reduces the risk of fractures and broken bones. Research has also shown weight training can increase spinal bone density to create a strong and healthy spine.

Postmenopausal women are at a greater risk for osteoporosis because the body no longer secretes estrogen. Resistance training is an excellent way to combat loss of bone mass, and decrease the risk of osteoporosis.

4. Relieves Stress

Exercise and weight-training release endorphins. Endorphins are neurotransmitters that prevent pain, improve mood, and fight depression. An increase in endorphins naturally reduces stress and anxiety. Endorphins also stimulate the mind, improving alertness and boosting energy. Weight-training can brighten your entire day or help you combat a bad one.

Researchers have consistently found that those who regularly strength train tend to manage stress better and experience fewer adverse reactions to stressful situations as those who

do not exercise.

In addition, resistance-training studies on older adults show that moderate intensity weightlifting improves memory and cognitive function.

5. Improves Posture

Weight-training strengthens your back, shoulders, and core, helping to correct bad posture so that you can stand taller, with shoulders back and spine straight. A stronger back and core will also prevent lower back ache.

So are you ready to lift now? Hit the gym or get yourself a set of dumbbells at home and start building your strength today..



TIPS TO GET RID OF YOUR “PREGNANCY POUCH”

It generally takes women six to eight weeks for their stomach to shrink back down to normal size after giving birth.

The tummy tends to grow during pregnancy, along with uterus expansion as a woman's uterus has to make room for the growing baby. It enlarges over the pubic bone, and pushes out the abdomen during pregnancy. As a result, women can look up to six months pregnant after giving birth.

The uterus is slow to deflate after pregnancy, but a well-targeted effort can help you overcome the 'Pregnancy Pouch.' However there are certain factors that may influence the time taken including the woman's age, the size of the baby, the method of delivery and her weight before getting pregnant – can affect how long it takes her bump to shrink, as well.

Breastfeeding helps, especially in the early months after childbirth. Women who breastfeed burn extra calories to make milk. Nursing also triggers contractions that help shrink the uterus, making it a workout for the whole body.

Exercise helps to manage postnatal stress and shed weight. Whether it's a stroll around the block or a postpartum yoga class, physical activity tones stomach muscles and burns calories. A rigorous exercise regimen that includes an aerobic workout and movements that focus on the abdomen can work wonders. (But before starting an exercise routine, make sure your body is ready.)

Increase your intake of protein at each meal, starting with your breakfast. A 2013 study in the "Obesity" research journal found that eating more protein — approximately 35 percent of your daily calorie intake — helps rev up your body's ability to burn fat, specifically reducing fat around your stomach. Examples of high-protein foods include eggs, beans and lean meats such as chicken and fish.

Get Plenty of Rest. When your baby is sleeping, you too take a break. A baby's needs can impose strange sleep cycles on adults and this can upset the metabolism and this makes it hard to lose pregnancy weight. Sleeping when the baby sleeps will allow you to avoid any long-term sleep deficits. That will keep your energy levels

high and help keep sugar cravings for energy in check. If you don't get enough sleep, you won't have the energy to keep yourself moving through your waking hours, much less want to work out or get your exercise.

Allow Your Body to Recuperate. Getting your body back means thinking about your health first – your body is trying to repair itself. Do not rush into things, but do not be too relaxed either. Give your body enough time to recuperate and restore its normal processes. The weight may not fall off as quickly as you would like, but if you stick to it you will see results.

Some baby bulges require more effort. In some women, the left and right side of the muscle that covers the front surface of the belly can separate, a condition called diastasis recti. This is more likely to happen if you've been pregnant more than once. It isn't painful, and often the only signs of the condition early in pregnancy are extra skin and soft tissue in front of the stomach wall. In later months, the top of the pregnant uterus can sometimes be seen bulging out of the stomach wall. Your doctor can tell you whether you have this condition and suggest exercises to fix it after your baby is born.





5 WINTER SOUPS TO KEEP YOU WARM AND HEALTHY

With the winter chills slowly seeping in, it's time to warm ourselves with some delicious mouth-watering soups to refresh up your souls.

1. TOMATO AND BREAD BOWL

INGREDIENTS:

- 1 Tbsp. vegetable oil
- 1/2 cup diced Vidalia onions
- 1 clove garlic, minced
- 1/2 tsp. ground cumin
- 1 pinch red pepper flakes
- 1/2 cup canned cannellini beans, rinsed and drained
- Dry white wine (optional)
- 14-oz. can diced tomatoes
- 6 homemade bread bowls or store-bought sourdough rolls
- 1/2 cup vegetable broth
- 2 tsp. lime juice
- Salt and black pepper, to taste
- Parsley, for garnish

DIRECTIONS:

- Heat the oil in a small stockpot. Add the onions and sauté for about 2 minutes, until softened and translucent. Add the garlic and sauté for another minute.
- Add the cumin, red pepper flakes, and beans and sauté for another 3 minutes. If the mixture sticks to the bottom of the pot, you can deglaze it with a couple of splashes of wine.

- Add the tomatoes and let simmer until they're cooked through, about 10 minutes.
- While the soup simmers, make the bread bowls by slicing the tops off the bread bowls or rolls and scooping out the dough, removing as much as possible. Save to make breadcrumbs for another recipe.
- Add the broth and lime juice and blend in the pot with an immersion blender. If you don't have an immersion blender, transfer the contents of the pot to a standard blender. Let the mixture cool for a few minutes (you don't want the steam to pop off the blender's lid—that would be a big, hot mess!) and blend until smooth. Add the salt and pepper.
- If you used an immersion blender, continue to simmer the soup for a few minutes. If you used a standard blender, pour the soup back into the pot over low heat and simmer for a few minutes. Ladle the soup into each bread bowl. Garnish with the parsley and serve.

Makes 6 servings

2. SAMOSA SOUP



INGREDIENTS:

TO START:

- 5 medium potatoes skins intact, scrubbed and roughly chopped
- 1/2 tsp coconut oil
- 2 green chilis finely chopped
- 3 cloves garlic minced
- 1/2 white or yellow onion diced

FOR THE SPICE BLEND:

- 1 tsp cumin seeds
- 1 tsp coriander seeds
- 1/4 tsp fennel seeds
- 1/4 tsp turmeric
- 3/4 tsp salt
- 1/4 tsp cayenne pepper

TO FINISH THE SAMOSA SOUP:

- 3 cups water or unsalted vegetable broth (or salted broth and reduce the salt above)
- 1/3 cup coconut milk (optional)
- 1/2 lime juiced

- 1/2 cup cooked green peas, chickpeas, or mung beans (or more)
- fresh cilantro, tamarind chutney, or other chutney of choice (optional, for serving)

DIRECTIONS:

- In a large saucepan, add the potatoes along with water to cover them by a few inches. Bring to a boil, and cook until the potatoes are fork tender. Rinse and drain the cooked potatoes.
- Meanwhile, warm the coconut oil over medium heat in a skillet. Add the chilis, garlic, and onion, and stir. Cook for 2-3 minutes, until softened slightly.
- Add all of the ingredients for the spice blend, and stir. Continue stirring frequently, cooking at medium heat for about 2 more minutes, until the spices are fragrant and slightly browned.
- Remove from the heat, and remove the mixture from the pan immediately. Add to a blender or food processor, and blend until mostly smooth.
- Add the cooked potatoes to the blender, along with as much of the water or broth as needed to blend. Blend until smooth (or leave slightly chunky if you prefer).
- Transfer the mixture to the saucepan, add the rest of the water or broth, the (optional) coconut milk, and the lime juice. Bring to a gentle boil, then reduce to a simmer.
- Simmer for 10-15 minutes, or until the flavors have come together to your liking. Stir in the cooked beans and adjust seasoning as desired. Serve hot, topped with fresh cilantro, and chutney (if using/available).

Makes 3 Servings.

3. AVOCADO COCONUT SOUP



INGREDIENTS:

- 1 – 1 1/2 cup(s) coconut meat
- 1 cup scooped avocado — about 1 small avocado or 1/2 a large
- 1-2 cups coconut water
- pink salt and fine black pepper to taste

DIRECTIONS:

- Add all the ingredients to a blender, starting with a cup of coconut water.
- Blend from low to high until the mixture is fluffy and smooth. Add the salt and pepper to taste – about a pinch of each should do it!

Makes 2 Servings.

4. VEGETABLE AND CHEESE SOUP

INGREDIENTS:

- 1 1/2 tablespoons extra-virgin olive oil
- 2 to 3 cups (280 to 420 g) chopped sweet onion (from 1 large onion)
- 3 large garlic cloves, minced
- 1 cup (115 g) chopped celery (2-3 stalks)
- 1 heaping cup (155 g) peeled and chopped carrots (2 small carrots)
- 6 packed cups (330 g) broccoli florets (1 large bunch broccoli)
- 2 cups (270 g) peeled and chopped sweet potato (from 1 small sweet potato)
- 1 1/2 to 2 cups (195 to 260 g) seeded and chopped delicata squash* (optional)
- 5 1/2 cups (1.375 L) low-sodium vegetable broth
- 3 to 5 tablespoons nutritional yeast, to taste
- 1/4 teaspoon cayenne pepper (optional)
- Salt and pepper, to taste (I used about 1 teaspoon salt)
- White wine vinegar or fresh lemon juice, to taste
- For serving: toasted pepita seeds and Pan-Fried Garlic Croutons

DIRECTIONS:

- Grab a very large pot (about 6 1/2 quarts) with a lid and set aside.
- Add the onion and garlic with the oil into the pot and sauté over medium heat for a few minutes. Season with a couple pinches of salt and pepper.
- Add the celery, carrots, broccoli, sweet potato, and squash, one by one, as you chop them. Continue to sauté over medium heat, stirring every once in a while so it doesn't stick to the bottom.

- Cover the pot with a lid and cook the vegetables for 4 to 5 minutes, reducing heat if necessary.
- Remove lid and stir in the broth. Bring the soup to a low boil. Reduce heat to low/medium and cover with lid. Simmer for 10 to 15 minutes, until the squash and potato are fork tender.
- Turn off heat and remove lid. Allow the soup to cool slightly for 5 minutes or so. After cooling, carefully scoop the soup into a blender (you'll have to do this in a couple batches most likely) and add in the nutritional yeast and optional cayenne, if using. Carefully blend the mixture with the lid ajar (to allow heat to escape), starting at a low speed and increasing the speed until smooth. Season with salt and pepper, to taste. Alternatively, you can use an immersion blender.
- Pour all of the puréed soup back into the original pot. Now, stir in the vinegar or lemon juice, to taste, about 1 teaspoon at a time. I usually add between 1 to 2 teaspoons of white wine vinegar. This helps give the soup flavours some brightness.
- Ladle into bowls. Garnish with toasted pepita seeds and croutons.
- Transfer leftovers into jars and allow to cool before securing the lid and placing in the fridge. The soup should stay fresh for a week in the fridge.

Makes 8 Servings.



5. PEANUT SOUP

INGREDIENTS:

- 6 cups low sodium vegetable broth
- 1 medium red onion, chopped
- 2 tablespoons peeled and minced fresh ginger
- 4 cloves garlic, minced
- 1 teaspoon salt
- 1 bunch collard greens (or kale), ribs removed and leaves chopped into 1-inch strips
- $\frac{3}{4}$ cup unsalted peanut butter (chunky or smooth)
- $\frac{1}{2}$ cup tomato paste*
- Hot sauce, like sriracha (AKA rooster sauce)
- $\frac{1}{4}$ cup roughly chopped peanuts, for garnish

DIRECTIONS:

- In a medium oven or stock pot, bring the broth to a boil. Add the onion, ginger, garlic and salt. Cook on medium-low heat for 20 minutes.
- In a medium-sized, heat-safe mixing bowl, combine the peanut butter and tomato paste, then transfer 1 to 2 cups of the hot stock to the bowl. Whisk the mixture together until smooth, then pour the peanut mixture back into the soup and mix well. Stir in the collard greens and season the soup with hot sauce to taste.
- Simmer for about 15 more minutes on medium-low heat, stirring often. Serve over cooked brown rice if you'd like, and top with a sprinkle of chopped peanuts.

Makes 4 Servings.

WEDDING GIFT IDEAS: IMPRESSIVE YET POCKET- FRIENDLY

The Wedding Season is here now and most of us are worked up wondering what gifts to give to the bride and groom. Be it a wedding in your neighborhood, friend circle or your own family, gifts always form a major concern for everyone.

So Women Fitness brings to you a list of impressive and pocket-friendly wedding gift ideas that you can buy easily at Flipkart!

1. WOODEN HOME TEMPLE



Home Temple is an excellent gift for a young couple who will be settling down in a new house and what better way to have a new beginning than a wonderful temple at home. The couple and their families are sure going to love it!

Available for Rs. 3134.

2. CARBON STEEL COLLAPSIBLE WARDROBE



The next one is the foldable wardrobe by CbeeSo. Available in 4 different colors and comes with a 2 year warranty. This is quite an economical and useful gift for the newly weds! You can buy it for Rs. 2290 only.

3. DINNER SET



Atleast a year after marriage is filled with dinners at home, outside and other's residences. Therefore, who wouldn't need a stunning dinner set. Even though this is a common gift at weddings in India, yet because of it being an often used and durable gift, it makes for a must buy. Buy this fantastic 19 piece dinner set for Rs. 1954.

4. RAYMOND COTTON ABSTRACT DOUBLE BEDSHEET



Another must-have for newlyweds, this Raymond bed sheet is definitely going to impress and make them happy. Available in various prints, you can choose from a variety of options, according to you taste. Starting from Rs. 1899.

5. LORD GANESHA DANCING STATUE SHOWPIECE



Considered to be the Lord Of Lights, Ganesha statue is another perfect gift for a wedding. This statue is available at a great discounted price of Rs. 2759.

6. SET OF PHOTO FRAMES



Every new journey, comes along with its bunch of memories, and at a wedding where a zillion number of pictures are clicked, what better gift

can you think of but a bunch of photo frames to place your memories in front of you. Buy this one for Rs. 1649.

7. CASIO ANALOG WALL CLOCK



This super-stylish wall clock will go with almost any type of home decor. A wall clock is a must in usually every room, which makes this an impressive gift. Buy this Casio Wall Clock for Rs. 2990.

8. BUDDHA STONE WORK SHOWPIECE



Buddha is considered to bring happiness and good health to households and is hence considered good by Indian people. Therefore gifting this beautiful showpiece of Buddha will be an excellent choice. Buy it for Rs. 1103 only.



KRISHNA MEHTA AUTUMN WINTER 2017 COLLECTION

Krishna Mehta, the creative director of the brand "Krishna Mehta" established since 1988, is one of the fastest growing designer brands in India with an international character and appeal with retail operations spread over 30 stores nationally.



This year her collection at AIFW Autumn Winter 2017 was titled 'Parted Lips', aimed at the young modern woman. She used her heritage as the starting and ending point for all her design inspirations, re-living the classic design fundamentals of the country. This year she designed fresh, unique silhouettes giving it a playful and inspiring look.

The looks included dhoti pants paired with a peplum top, high-waist lehengas paired with crop tops, bustiers, blouses and sometimes layered with jackets. An asymmetric kurta tunic was paired with pajamas. Her party collection included Ombré separates, dhoti pants,

patchwork and stencil print lehengas, and 52-kali anarkalis.



This year, witnessed winter collections with a contemporary twist on ethnic wear.



STORY 7: LOSING 25 KGS IN 10 MONTHS, NISHA BELIEVES IT IS A BATTLE OF ‘MIND OVER BODY’

We recently had the opportunity to interact with a wonderful woman whose determination and hardwork helped her lose 25 kgs. Presenting to you Ms. Nisha Gurbani and her inspirational journey.

TRANSFORMATION DURATION:

10 months.

WHO IS NISHA GURBANI?

I believe I am a woman of today's generation, Independent, and Confident. But trust me this confidence and independence didn't come to me overnight. I have gone through quite a few trials & tribulations. But I would say I'm a warrior and I've fought my way through. When I look back my past seems like a really bad dream which was my reality at some point of my life. I believe women are way stronger than they give themselves credit for. Have you heard the proverb "A diamond is a chunk of coal that did well under pressure"? Life tried to crush me but it only ended up creating a diamond out of me instead. Diamonds are extremely tough to break you know and so am I.

WHY DID YOU DECIDE TO TRANSFORM YOUR BODY?

I used to be quite slim in my 20's. I was a foodie and I still am (I think). Being a Sindhi, my food habits didn't help me keep my weight under check. I slowly & steadily kept piling on kilos. Physical activity level reduced when work hours increased. I didn't realize how much weight I had gained. I was in a kind of a denial mode. My energy levels began to suffer. I didn't have the stamina I used to have before. I was getting tired too soon. I had aches and pains and I was feeling out of breathe. My self-esteem began to suffer eventually. I had to do something about this. I realized this was going to be a tough road especially for a foodie who literally lived to eat. Exercise was not one of the things I really looked forward to either. But one day I woke up & said "This is it. It's now or never". And like they say 'the rest is history'.

HOW FAR HAVE YOU REACHED ON YOUR WEIGHT LOSS JOURNEY?

It was extremely tough for me. I had to keep reminding myself why I was doing this. I had to become fit, physically & mentally. There was no way I was going to live a life like this. There was a point where I really wished for an overnight transformation. Working out in the gym and controlling my diet was an uphill task. But every night I kept reminding myself "It's now or never". Initially I remember all days being bad but once I started seeing the transformation in the mirror, in my mood and my energy level I knew there was no going back. I actually started looking forward to my day to begin.

WHAT DIETARY CHANGES DID YOU MAKE? WHAT WAS YOUR TYPICAL DIET IN A DAY?

In the beginning I tried dieting on my own from **ketogenic diet to Low Carb Diet (LCD)**. And I did lose a lot of weight but these diets were not practical. I was feeling extremely hungry. After some point I would give up on this and start bingeing again especially at night I would get hunger pangs. I would revert back to my old eating habits at night. After some time my fat loss slowed down a lot in spite of being extremely regular with my work out. That's when I sought a help of a professional dietitian who not only fixed my mid night hunger pangs but gave a more flexible diet plan. My diet was planned around my routine so that I didn't have to make elaborate preparation. I actually enjoy drinking juices, soups, more of liquids. My diet was planned according to my preference without compromising on my nutritional status.

HOW DID YOU INCLUDE FITNESS & EXERCISE IN YOUR LIFESTYLE?

I am a working woman who is out of the house from 9 am to 9 pm. My lifestyle coupled with food habits gave me a dozen of health issues, such as lower Back, Spasm, fatigue, stress and obesity, which were enough to lead to a dozen more.

11 Months ago my physiotherapist enlightened me about my condition in a nutshell when I

had consulted him for a niggling backache. He said if I don't notice the alarm this time, I would suffer like a 90 year old within the next 5 years. I heard that I kind of forgot about it. But I literally had an experience of what he said a few days later. After one hectic day, when I was lying down on my bed to get some sleep I got a severe cramp in my back. The spasm didn't allow me to even move an inch. I can never forget those few minutes, where finally I had to ask my sister to help me get up. That fateful day it was very clear to me that I need to be serious about my health and within 15 days after my research for a Gym, suiting my time, goals & comfort I joined a gym.

DID YOU TAKE ANY SUPPLEMENTS?

Yes. When I met my dietitian we discussed my health concerns keeping the fact in mind that my fat loss had also slowed down. So she advised to undergo quite a few blood tests to figure out what would be the underlying cause of all of this issue. My blood test said I was severely deficient of vitamin B12, folic acid & vitamin D3 which were apparently one of the causes of my inability to lose fat and the cause for my aches, pains and spasms. My work out regime was extensive and my trainer was quite strict too, so we decided to add nutritional supplements to correct my levels and to avoid further nutritional deficiencies.

HOW DO YOU FEEL NOW ABOUT YOURSELF?

3 Lessons I have learnt from fitness, I would wish to share.

1) **Patience & Persistence**, because it is not going to happen in day, it is not going to happen overnight, you need to work for it.

2) **Dedication & Discipline**, if you wish to achieve anything, hunger of how bad you wanted is going to change the game. Be it anything a purposed and disciplined lifestyle change will make you an achiever.

3) **Attitude makes a person**; It had, Is and always will be Mind over Body. A calm sea never produce the best sailor.

Challenges are part of life, they make you tougher, stronger & better, now I feel I am the best version of myself each day.

Credits:

- Trained by Mr. Aniket Chavan and then Mr. Sahil Hala.
- Transformation Courtesy 9th Gear Fitness Club
- Dietitian – Dr. Pujah Kundaar.

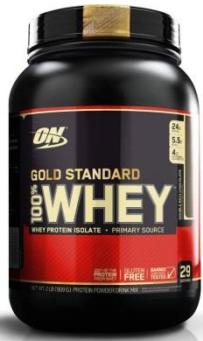
IF NISHA'S STORY INSPIRED YOU, [CLICK HERE](#) TO READ MORE SUCH SPECTACULAR WEIGHT LOSS STORIES!

SHOPPING

Nike Women's Dart 11 Msl
Running Shoes Rs. 2,899/- on
[amazon.in](https://www.amazon.in)



Star X Beginner foam gloves
Rs. 180/- on [flipkart.com](https://www.flipkart.com)



Optimum Nutrition Gold
Standard 100% Whey Protein
Rs. 2,608/- on [flipkart.com](https://www.flipkart.com)

Adjustable Exercise
Equipment

Rs. 1,499/- on [amazon.in](https://www.amazon.in)



TRX Yellow Suspension
Trainer

Rs. 6,200/- on [shopclues.com](https://www.shopclues.com)



Workouts to Lose Belly Fat

Rs. 231/- on [amazon.in](https://www.amazon.in)



BTWIN HOPTOWN 320

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Bulfyss Home Total-Body
Fitness

Rs. 499/- on [amazon.in](https://www.amazon.in)



CROSS TRAINING KETTLEBELL

Rs. 899/- on [decathlon.in](https://www.decathlon.in)



HAANS Cyclone Shakers
Combo

Rs. 329/- on [flipkart.com](https://www.flipkart.com)

Aries



Dig down deep and don't argue with yourself about what you should or shouldn't do. You already know what works for you. It isn't wimpy to stick with your favorite exercises. Work hard and get more out of your efforts. Begin on December 1 and have a strong workout. Don't let that Mars-Uranus opposition trick you into getting careless. Get super serious and very methodical on the weekend of the ninth. Mars enters Scorpio now, and you want every minute to count. Maybe do the weight room on December 13. Have a second healthy dessert the next day. Be sociable on the sixteenth and seventeenth, too. Maybe square dance or contra dance and work up a good sweat. Make the legs and lungs happy. Don't skip the gym on December 21, unless the pool is closed. You can do the video workout at home. Get in plenty of steps while holiday shopping on the twenty-second. Carrying packages also counts as exercise, right? Workout, run, or do yoga early in the morning on the twenty-fifth through twenty-seventh. With the Moon in Aries, these are your power days. Give yourself the gift of glowing good health. What a great month and great year. You're just getting started!

Taurus



You may be more sociable at the gym or in a fitness club, but you will still be doing all that hard work for you. And that's the right way to get stronger and healthier. Suit up in your favorite yoga pants on December 1 and have a fantastic session. Venus enters Sagittarius today, and you want to look and feel your best. With the Moon in Taurus, the first and second are your power days. Be determined, and then reward yourself. December 7 is great for a new or different dance class. Keep moving and stay flexible. It could be problematic to do your run or walk on the ninth and tenth. Do your best, but exercise indoors if the weather is an issue. Be organized and enjoy your workout on December 15. Pick a nice, new shampoo or moisturizer. Consider a milder or more cautious workout on the twentieth, but don't skip. Venus squares Chiron now. On December 24, do all your steps and burn all your calories preparing for the holidays. Do your run, yoga, or other routine early on the twenty-fifth and twenty-sixth, so the days are free for celebrating. Your best present to yourself is your ever-improving health and fitness!

Gemini



There are so many good examples, role models, and professional athletes to inspire you, but in the end, you're the athlete. You are. Expand your limits and get stronger and healthier. Every step, every breath, every minute is important. Your dedication to yourself is what counts the most. Dress and get going on December 1. Mercury turns retrograde on December 2, but you don't have to slow down. With the Moon in Gemini, the second through fourth are your power days. If nothing else, have fun. Keep moving and piling up those steps. Do you need new shoes or gloves or tank tops? Replace them on December 6. Be comfortable. Get in the zone on the elliptical or treadmill on the ninth and tenth. Your feet and legs want the attention. Dance up a storm on December 12, and go for a healthy snack or drink afterward. Check out a new trainer or class or sports magazine on the seventeenth. Stay focused. You're doing great. Catch up on grocery and gift shopping on December 22. Citrus fruits and healthy desserts add to the holidays. Work out early on the twenty-fifth and twenty-sixth so you can enjoy the feasts and festivities!

Cancer



You can be careful and still rock the routine. Focus on the fundamentals - good posture, good diet, good rest - and then show up and mean business. You're improving with every workout. You may not notice all your progress. It's gradual and real. Set the pace on December 1, do the aerobics or chair yoga video, and rock the rest of the day. Mercury turns retrograde on the third. You may be sore or tired, but don't skip. It's the full moon and you'll be sorry otherwise. With the moon in Cancer, the fifth and sixth are power days. Do extra steps, go farther or faster. The hot tub awaits. Work on your balance and breathing on December 9 and December 10. You're building stamina. Excellent. Push yourself on the thirteenth. Perhaps add weight or do more reps. Do you have sports cream? Take extra care on December 16. Tomorrow is the new moon. Wear good shoes and protect your toes and ankles. Mercury turns direct on the twenty-second, and holiday shopping may be in full swing. Choose healthy foods and treats. Run or work out early on December 25 and December 26, and celebrate the year's good health. Mind the calories. Happy holidays!

Leo



You've got good health on the brain. Good! You won't be perfect overnight, but you're making progress every day. A little fatigue and a snack craving here and there are all part of it. You're rocking this health and fitness thing. Greet December 1 with a strong run or workout and then a healthy breakfast. A smoothie counts, with or without kale. If the weather is bad on the third, move indoors. Run in place, skip rope, or walk the stairs. Feel playful and young. You are. With the Moon in Leo, the seventh and eighth are your power days. Maybe try a new piece of equipment at the gym and make a friend. Dance on December 12 and let your body flow. Get back to serious stuff on the thirteenth. Body pump, anyone? Keep adding steps. Exercise early on December 17. It's the new moon. You're looking great. Scheduling may be difficult on the twenty-first, but you won't skip out. The sun enters hardworking Capricorn today. Do wise grocery and gift shopping on December 22 or December 23. Count all those steps. Carrying packages gets easier and easier. Exercise early on the twenty-fifth and twenty-sixth, and celebrate the gift of good health!

Virgo



Learn from other people's efforts and you can improve even faster in your quest for better fitness and health. Are you staying hydrated? Are you stretching and warming up when it's appropriate? You're getting stronger and stronger. Eat well and have a strong, steady run or aerobic workout on December 1 and December 2. Mercury turns retrograde on the third, and you'll want to schedule more carefully. December 5 and December 6 may be for close body exercises. Hit the bag and then the hot tub. How are your hands? With the moon in Virgo, the ninth and tenth are power days. Have a comfortable but strenuous workout, maybe in the weight room. Think more about core than upper body. December 12 is great for a dance or aerobics class. Sit-ups, leg lifts, spider crawls, burpies, oh my! The sixteenth and seventeenth could be party time, and you want to be able to dance the night away. You can, too. Burn calories, and drink healthy liquids. Mercury turns direct on December 22. Shop wisely for gifts and healthy foods like tangerines and almonds. Shopping is exercise, too. Run or exercise indoors early on the twenty-fifth and twenty-sixth, then celebrate. Good health may be the greatest gift!

Libra



Are you eager and on fire some days, and then some days you'd just as soon sleep in and drive everywhere rather than walk? Welcome to the club. You aren't lazy. You're finding the balance between overextending and rest and recovery. Don't give up. You're good. Jump in on December 1 and have a great run or aerobic workout at home. Venus enters Sagittarius today, and you're looking fantastic. Eat well on the second and do more steps on the third. Mercury turns retrograde now, but you're not backsliding. Swim on December 5 or December 6, and remember the hot tub. On the ninth and tenth, pick one thing - posture or breathing - and concentrate on that. That's great. With the moon in Libra, December 11 and December 12 are your power days. Wear your favorite cross-trainers and lucky headband and improve a personal best. If the weekend of December 16 is holiday party time, you're ready to rock it. Eat and drink wisely. Mercury turns direct on December 22. Finish up holiday chores. Shopping and cooking can be exercise, too. Find healthy recipes for favorite foods. Exercise early on the twenty-fifth and twenty-sixth, relax, and celebrate the great gift of good health!

Scorpio



You're thinking big, and that's great. Push the envelope and see how far you can go. Go that extra mile, so to speak, and make phenomenal progress now. Respect your limits, of course, and don't suffer a setback from being unrealistic. You've got this. On December 1, do an old favorite aerobics video and see how easy it has become. Mercury turns retrograde on the third, so take extra care. Eat healthfully on December 5 and December 6 and stay hydrated. Orange juice, pineapple juice, and water. Mars enters Scorpio on the ninth. Have a great run or maybe win a holiday race or other competition. With the moon in Scorpio, December 13 to December 15 are power days. You can get serious when you want. Crunches, pushups, and planks are not torture. They're building a strong core. Walk and shake out those muscles, then soak. Fantastic. The twenty-first could get complicated. The sun enters hardworking Capricorn and then conjoins no-slack Saturn. Hammer on a basic technique and save new stuff for later. How are your shoes and gloves? Use familiar equipment. Exercise or run early on December 25 and December 26, then celebrate. Good health is a great gift. Happy holidays!

Sagittarius



You are progressively getting stronger, healthier, and fitter. It may feel like stop and go, but it's way more go than it is stop. You're fantastic just by showing up and trying. You're all business once you're deep into your routine. You're still having fun, too. Start early on December 1 and do your run or video workout. Venus enters Sagittarius today. You're looking good! The morning of the fifth may be smoother, so start earlier and run or walk then. More steps. Keep moving. Holidays could interfere on December 10. Stick to your regimen and be happy. Have an "ah ha" moment in your workout on the fourteenth. Now repeat it so you don't lose it. December 16 or December 17 might be party night, so be ready. Dress up, dance, and look smashing. Eat and drink well, and be respectful of the drinks and party snacks. With the moon in Sagittarius, these are your power days. The Mercury retrograde ends on the twenty-second. Get holiday chores and shopping done in no time. Walking, shopping, and cooking all count as exercise. Maybe do yoga early on December 25 and December 26, be centered, and then celebrate a year of improving health and fitness. Happy holidays!

Capricorn



Of course, there's always more you could do. Don't let that throw you off your game. Don't let anything become an excuse to do less. After a while, you'll look back at your stats - at your weight or whatever your yardstick is - and you'll see that you've been doing a bit more, and then a bit more. Do your walk or run outside on December 1, and get some sunshine if you can. Add distance or time rather than speed or exertion on the second and third. Keep moving. It's getting easier. December 6 is great for pushing the envelope and increasing your stamina. Mars sextiles Saturn today. Be determined on the ninth and tenth. Eat and drink well, sweat away the time on the elliptical, then refuel and rest well. Fewer empty calories, right? The Moon-Mars conjunction on December 13 urges you to chalk up more steps, breathe deeply, and feel good. Saturn enters Capricorn on the nineteenth. Celebrate with a strong run or floor exercise. Planks, yes! Do your routine on December 24, then relax and slip easily into your holiday clothes. Run or walk early on the twenty-fifth and twenty-sixth, then celebrate the new, improved, healthier you. Happy holidays!

Aquarius



Your body may have settled into your routine, you're eating and resting in sync with when you work out. Is the exertion level high enough, or are you trying to do too much and getting run down? Modify if you want, and don't let it get boring. Do your run or yoga first thing on December 1. Don't let the Mars-Uranus opposition say it's boring or silly. It isn't. Now have a great day! Be smart and sensible on the sixth. Work hard, with no heroics or grandstanding. You're doing great as is. Reward skin and muscles on December 8 with a soak and then soothing lotion. Ahhhh. Get deep into a yoga seminar or a special class on the ninth or tenth. This weekend is yours. Maybe find an inspiring teacher. Get serious about core strength on December 13. Sit-ups, pushups, planks, and variations. Feels so good afterward. The sixteenth might be holiday dance party time. Fantastic exercise! Look for healthier drinks and snacks. They're out there. Mercury retrograde ends on December 22. Shopping and cooking are exercise, too. Find healthy versions of favorite recipes. Run or walk early on the twenty-fifth and twenty-sixth. Celebrate the great gift of improved health! Happy holidays!

Pisces



Your goals are high, but you can reach them step by step. Be persistent and stay motivated. Your heart is in it, and you know that you can do it. You can do anything that you set your heart on doing. Excellent. Be in a good mood on December 1, and waltz through your run, aerobic workout, or yoga. You're really moving. The full moon and Mercury retrograde on the third could make you hyperactive. Don't burn out. Swim or do water aerobics on December 5. Then do the hot tub. The body says thank you! The ninth and tenth could get complicated, but don't deprive yourself of that hour workout or that half-hour walk. Keep moving. On December 14, drink more - fruit juices, smoothies, water, all of the above. Your skin and heart are grateful. Move with extra grace and agility on the fifteenth, with the Mercury-Venus conjunction. Have more fun, too. Strengthen your core on December 19. Sit-ups, pushups, planks. Walk and stretch. Keep moving. Finish holiday preparations on the twenty-second. Mercury is direct now.

Credits: <https://www.astrology.com/>



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