

# WOMENFITNESS

.ORG

MTV ROADIES RISING 2017  
WINNER

## SHWETA MEHTA

TALKS ABOUT HER JOURNEY  
FROM AN IT PROFESSIONAL TO  
A FITNESS ENTHUSIAST

5 YOGA POSES TO RELIEVE  
YOUR BACK PAIN

C-SECTION ON THE RISE:  
FACTS & MYTHS

Wanting To Start A Keto  
Diet? These Recipes Are Here  
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# EDITOR'S NOTE:



The greatest asset is a strong mind. If someone is training harder than I am, I have no excuses

**P.V. SINDHU**

The inspiring story of Indian celebrity Shweta Mehta is on Women Fitness this month's special. An impressive one showing the transformation of as an IT Professional in Bangalore, who after gaining weight and suffering from severe back pain, became a celebrity. Shweta, now a bikini fitness athlete, had to withstand family and societies "orthodox" pressure to achieve her goals. Shweta has also represented India at the Asian Championship as a bikini fitness athlete. One more reason to feel proud of how one can overcome challenges to shine out like a star.

With increase in sedentary lifestyle, stress and odd sleep pattern, back pain is becoming a serious health issue observed in majority of women. Back pain is usually a result of bad posture, long hours of sitting and lack of exercise. Yoga asanas can help you overcome this health issue if you make it a part of your lifestyle. Always warm-up before starting a routine and end with cool-down & relaxation. One more thing, make sure of correct posture while performing the exercises.

There have been various discussions, controversies and talks on Cesarean delivery and its pros or cons. As per World Health Organisation (WHO), the need for Cesarean births in a country should ideally not exceed 10-15%. In India, a rise in Cesarean deliveries have been noted in the last few years, in 1992-93 there were only 2.5% mothers who opted for Cesarean delivery but by 2005-06 this raised to 8.5%. By 2014-15 it had crossed 15.4%. There are various causes that have led to the rise in Cesarean deliveries. Dr Bandita Sinha, Gynecologist & infertility specialist, World of Women answers popular myths surrounding cesarean delivery.

Increasing concern regarding the safety of the food supply has led to an increase in vegetarian, organic and healthy-food options available in supermarkets. The dietary trends of 2018, are based either around the combination of protein, fruits & vegetables or high fat, low carbohydrate, controlled protein diet or complete "Plant Based Diet", the choice is primarily based on personal preference or desired

fitness goals one wants to achieve. Whichever diet you choose make sure you never leave your body starved on nutrients essential for growth & maintenance.

If you are a fresher at the gym, you are bound to be left confused about what is best suited to be worn, so as to facilitate free body movement, feel comfortable & look stylish at the same time. Athletic garments come in cool designs and colors that you'll want to rock both in and out of the gym. Not to mention your gym-to-brunch game will be LIT. There are number of apparel stores dedicated to sportswear both on & off-line and sizes to fit you well.

This month, Dr Anup Dhir, Senior Consultant, Cosmetic Surgeon at Apollo Hospital, enlightens women on Tummy tuck surgery, also known as abdominoplasty, an alternative to remove excess fat and skin and, restores weakened or separated muscles creating an abdominal profile that is smooth and firm. After the surgery, you will be advised to wear a light support garment during the recovery period and to avoid strenuous activity for a few weeks.

For those who love to try new diets, do check out recipes based on ketogenic diet. The end goal of a properly maintained keto diet is to force your body into a metabolic state. Optimal ketone levels offer many health, weight loss, physical and mental performance benefits. Do try the recipes for once.

**Happy New Year 2018.**

**Namita Nayyar**



MTV ROADIES RISING 2017 WINNER

# SHWETA MEHTA

TALKS ABOUT HER JOURNEY FROM AN  
IT PROFESSIONAL TO A FITNESS ENTHUSIAST

Shweta Mehta is the Winner of MTV Roadies (season 15). A software engineer turned fitness/bikini athlete in 2015, Shweta Mehta is popular for her strength and her bodyweight training. Shweta has also represented India at Asian level and in the US.

We recently had the lovely opportunity to catch up with her to talk about her transformational journey into fitness that changed her life forever. Go check out her interview below!

**Your leap from being an IT Professional to a Fitness Competitor to winning the Jerai Women's Physique 2016, sounds versatile. Walk us through your incredible fitness journey and tell us how it all began?**

I finished my studies in 2010 and I went to Bangalore to work an IT Engineer. Fitness was nowhere in picture at that time, so I came to Bangalore to work with a company. At that time I wanted to work in certain companies, so I joined a Telecom company and then another one, and everything was good there, I was supposed to earn a lot of money and everything was set for me to just get married.

But 3 years ago, down the line I found myself interested in fitness. What happened was that I developed backache and doctor asked me to shed my body weight so that I can be fit. I joined the gym & started liking it, probably I had found my passion. Many people they want to do something else than what they are currently doing but they don't get to know that, so probably I was lucky.

My parents didn't like it in the beginning; they thought that fitness is for your health not a profession. So what I did was I did my first competition being in the job itself. It was a very difficult journey because in the morning I used to go for my cardio and then I used to pack my meals (At least 10-12 boxes), go to office, come back from the office and go directly to the gym to do weight training. It was difficult and it went on like this for 8-9 months and then

I took part in the competition and secured the 3rd place. It was in March 2015. That's when I thought that if I can win like this, I should give more time to it, more religiously I should do that.

For this my parents definitely didn't want me to quit my job, because they thought then who will back me up after I leave my job. But it was due to my back pain that I couldn't do so many things at the same time, so I finally quit my job.

The next 5 months I was completely working on my body-building and then I was blank, like I went completely broke. I had no clients because why would someone take training from me because I was such a new comer. Then finally in January 2016, when I won gold at the Jerai Classics, then things changed a little. That's when my parents thought that she's really achieved this. Sometimes you have to prove to people, even if they are your family. Then they started liking the fact that I'm doing what I really want to do no matter what, no matter how many difficulties I see.

But still wearing a bikini on stage was not easy, and that's why I think more than me, I appreciate my parents' transformation, because they heard a lot from society.

Then I signed Adidas and I found a new life, then I represented India at Asia level and then in US also. We are doing a Netflix show called Ultimate Beastmaster which is aired on the 15th of December, where 18 Indians participated.

Meanwhile I was preparing for Roadies also, I auditioned 3 times: 2014, 2015, 2016. And then when I returned from the US, I saw that there was one audition pending for 2017 And I went from Bangalore to Chandigarh just to give that audition and I finally got in the show and I won the show. Things really changed after that at home. People started praising me, liking me, even though I was still doing



what I wanted to do. So more than my winning, it was my family's winning. They could now answer them back and this winning really meant a lot.

**Introduce us to a day in your life. How do you spend your day off?**

Right now I'm in Mumbai and it's a very hectic shoot. So for this I am shooting 10-12 hours a day and I workout in Midnight. So I always carry my gym bag and whenever I finish my shoot I go to the gym. I never skip my workout no matter what, other than on rest days. Fitness is discipline; it requires focus on every single day.

On days off, I like to party, music and rather than wasting my day off, I like to develop myself. Like these days I'm starting a YouTube campaign, Do What You Want To Do. So the message is do what you want to do, like for me its fitness, for you it could be you want to be an actor or a leader or doctor. You have only one life so do not think it's not possible. I

also like to work on my flaws and I try to learn and make the most of my off days.

**What exercises comprise your fitness regime or workout routine?**

When I have time, I split it between Cardio and Strength Training. When I don't have time, I don't have a particular time, I go in the night, midnight, morning, the workout remains the same.

If I have 2 hours to workout, I would do one and a half hour of weight training and last 20 mins cardio. I split my leg workout into 3 parts: chest, hamstrings and glutes. So I split and train them and not together. 2 days I do upper body, 3 days I do legs and one day I do calisthenics.

**Tell us about the diet that you follow to remain healthy and physically fit? Also, tell us your Top 3 favorite recipes.**

Currently I am on a High-fat diet due to my health and time issues. It is a very delicious diet, you can fry your chicken, mutton, your

eggs with lots of cheese and butter in it. So it's a very delicious and healthy diet. It's easy to follow and stay energetic. It was not easy to eat every 2 hours in the middle of a shoot so in this diet I do not eat 6 times a day, it's usually 3 times a day or sometimes 4 times a day. It is often considered difficult for vegetarians, because it has more of non-veg options and you have to quit your carbs and sugar completely. My favorite cheat meal is donuts! I cannot have that in this diet so in this diet, I make coconut flour kheer and other one is cream cheese pancakes.

**Fitness Competitions are often considered to be a male-dominated, do you think it's difficult for a woman to make a mark in this field? Or have the times changed? Also, what would be your best tips for a woman thinking of choosing the fitness field as a career option?**

Yes, it is male-dominated, because we still do not understand that bodybuilding is not about building muscle, it is about building your body, getting in good shape, that is also fitness. Like in my category, the bikini category to look good, you don't have to look very shredded or put on a lot of muscle. This is the beginning, later on with time you have to work on your legs, your glutes, but it comes with time. Another reason is that lot of bodybuilders are from villages and it's actually about the surrounding. So for someone whose in the industry, they know it's not male-dominated, but for those around them they are because this is what is conveyed to them. Like when you buy a protein box, you will see a big bodybuilder standing next to it, so they think protein is only for men and if women will take it they will also become like them. Secondly, people do not accept girls with muscles, not many people do.

Women interested in this field must understand that making money in fitness industry is not easy. Very few competitions happen, prize money is very less as compared to the amount of money you put to be on stage. So you have to understand that if you're doing it you're doing for your passion.

For example, if you're given certain amount of money, you're given a gym, food, then you'll

definitely do something good. But that's not the scenario, you have to put in the money, you have to put money in for your gym, training and everything to become what you want to do. That's the difficult part and you should be aware of it.

Struggling is part of fitness in India, you have to struggle to be there. As a career there are many ways to get into fitness, you can be a good gym instructor or a personal trainer for which you have to study of course. But at the same time, I would say if you want to then you should do that.

**What are the 5 things that are an absolute must in your gym bag?**

Proteins, Amino acids, music player, good deodorants and hand sanitizer.

**You became the MTV Roadies Rising Winner 2017. Tell us about your journey on the show. Also, we would like to know about a memorable moment that is most dear to your heart, in the show?**

You are put in a place where there are 20 people who think they are the best, from different parts of the country. Thousands of people come and, from them 20 people are selected who are definitely the best. So initially I gave up. Because I thought I cannot fight with these kids. But in Roadies you have to know that, how to take away things.

So in the beginning I didn't know how to be in front of the camera and I felt that I am not being seen and judges had not noticed me so far, so I realized that if I want to be seen it has to come from my task performance. So I started asking for my tasks from Neha, that I want to do it. I had to convince her to send me with the promise that I will win the task.

So my journey actually started after 12-13 days, after 15 days, I decided that I'm not giving up and I started working towards it. Finally I won the show which is a very big thing. The journey is difficult, you have to prove yourself in the tasks, you have to prove yourself to the judges, in everything since it's a 24 x 7 reality show.





The biggest moment was the semi-finale, it was a very difficult task and it was supposed to be done in 25 minutes. Everybody thought I could not do it, I don't know how they forgot that I do pull-ups and I'm an engineer. The task was all about your upper body strength and maths. I started chanting to God and I actually completed the task in 2 minutes, creating history in Roadies by becoming the best performer in Roadies history. That was the best moment because in the most difficult task I gave the best performance.

**With an audience of over 269k followers on your Instagram account @theshwetamehta you're a social media sensation and a leading fitness star. How does it feel that you are able to inspire and influence the healthy lifestyle of so many individuals?**

Firstly I do not promote health or fitness, I promote dreams. Go dream and fulfil your dreams since you've got only one life.

Secondly I feel good about it that people follow and get inspired, but I take it as a responsibility. I never post anything that I am not connected with; I don't do any campaigns just for money, so I am very genuine with my fans and followers. Because they actually follow me, there are so many girls who message me and I actually feel like taking care of them.

One of the best compliments that I got was in Bangalore, in a party, few girls came to me, they were from Haryana, and they said that they are in Bangalore just because of me, their parents had sent them just because of me, after winning the show. It was very touching and it meant a lot. So I try not to do anything which may hurt people.

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

It has definitely changed. Every year there are 3-4 expos happening in India and the number

of female participants have changed from 30-40 to 100. So many of these girls come with their families, in the beginning my parents never came for my competitions but once I met a parent and they said that they wanted to meet my parents and tell them that we are inspired by you and you should also come for Shweta's competitions. I felt so good that these parents wanted to support their daughter. Parents have now started supporting their daughters.

So many girls are there who are wearing bikini, thongs in India, earlier when I competed we were not allowed to wear thongs. So definitely things are changing.

**Advice and motivational words to the inspiring and budding fitness competitors who are your fans. They shall like to know from you, what they should do to climb up the ladder of success in this field?**

Do what you want to do is what I believe in. It is difficult; it is never going to be easy. When I won Roadies, they started respecting me, but I am still doing what I love doing. I am following my dreams, and I have accepted that it is going to be difficult.

Do what you want to do and if something is stopping you then accept that you don't want to do it. Don't look for motivation or inspiration from outside, it just doesn't come, it comes from inside, it has to be self-motivated. I don't have an idol, I do follow some people, but nobody can motivate me, it has to come from inside.

**How do you think has social media helped bring multiple opportunities in the fitness industry?**

Right now social media is playing a very important role in every industry. We should be thankful to social media that we are able to reach out so many people, inspire and motivate them, through your journey.

The path is no longer narrow, it is wider. Like for a person who wants to get into fitness, that person does not have to get on stage, you can be a trainer, a guide, a mentor, a teacher in a school or if not all this, then social media comes into picture, you can get associated with a nutrition brand, or a fitness brand, and by that you can stay close to your fitness. Social media has brought so many things together.

**What do you wish to say about the website Womenfitness.org and message for our visitors on this New Year?**

Do not make New Year Resolutions, rather implement them in life. You have only one life and that's why every day is very important. Do something good every day. Stop talking about people, if you really want to grow in life, talk about yourself, your flaws, and accept your flaws.

Success is nowhere related to fame, you have to be happy, and once you accept where you lack and you're ready to work on it, there is nothing that can stop you. Things are not impossible, it just takes time. No excuses.



# 5 YOGA POSES TO RELIEVE YOUR BACK PAIN

We all know the multifold benefits that yoga has on our health. One of it being relief from back pain too. Back pain is now becoming a common issue in modern India with the huge number of jobs involving continuous sitting hours.

So, Women Fitness brings to you a few easy yet effective Yoga Poses to relieve you back pain:

## 1. CAT POSE:

Start with your hands and knees in a "tabletop" position. Make sure your knees are set directly below your hips and your wrists, elbows and shoulders are in line and perpendicular to the floor. Center your head in a neutral position, eyes looking at the floor.

As you exhale, round your spine toward the ceiling, making sure to keep your shoulders and knees in position. Release your head toward the floor, but don't force your chin to your chest.

Inhale, coming back to neutral "tabletop" position on your hands and knees.

## 2. CHILD'S POSE:

Often referred to as the most relaxing yoga pose, the child's pose definitely helps in stretching your entire back and hip area, which most often becomes stiff while sitting.

Start on all fours, keep your arms forward and sit back so your butt is resting just above your heels. Hold and breathe deeply, feeling the breath reach all the way into your hips. The more you extend in either direction, the more you'll feel relief.

## 3. DOWNWARD FACING DOG POSE:

Come onto the floor on your hands and knees. Set your knees directly below your hips and your hands slightly forward of your shoulders. Spread your palms, index fingers parallel or slightly turned out, and turn your toes under.



Exhale and lift your knees away from the floor. At first keep the knees slightly bent and the heels lifted away from the floor. Lengthen your tailbone away from the back of your pelvis and press it lightly toward the pubis. Against this resistance, lift the sitting bones toward the ceiling, and from your inner ankles draw the inner legs up into the groins.

Then with an exhalation, push your top thighs back and stretch your heels onto or down toward the floor. Straighten your knees but be sure not to lock them. Firm the outer thighs and roll the upper thighs inward slightly. Narrow the front of the pelvis.

Firm the outer arms and press the bases of the index fingers actively into the floor. From these two points lift along your inner arms from the wrists to the tops of the shoulders. Firm your shoulder blades against your back, then widen them and draw them toward the tailbone. Keep the head between the upper arms; don't let it hang.

#### **4. BOW POSE:**

Lying face down, reach your hands toward your ankles and grab hold one at a time. Slowly lift your chest and thighs away from the floor by drawing your chest forward and the back of your thighs toward the sky. This posture is a wonderful way to strengthen the

back muscles, but if you have a back injury, take this easy as it can be intense.

#### **5. TRIANGLE POSE:**

Stand with your feet 3 1/2 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 right knee cap is in line with the center of the right ankle.

Exhale and extend your torso to the right directly over the plane of the right leg, bending from the hip joint, not the waist. Anchor this movement by strengthening the left leg and pressing the outer heel firmly to the floor. Rotate the torso to the left, keeping the two sides equally long. Let the left hip come slightly forward and lengthen the tailbone toward the back heel.

Rest your right hand on your shin, ankle, or the floor outside your right foot, whatever is possible without distorting the sides of the torso. Stretch your left arm toward the ceiling, in line with the tops of your shoulders. Keep your head in a neutral position or turn it to the left, eyes gazing softly at the left thumb.

Stay in this pose for 30 seconds to 1 minute. Inhale to come up, strongly pressing the back heel into the floor and reaching the top arm toward the ceiling. Reverse the feet and repeat for the same length of time to the left.

These poses will definitely help in curing your back issues. For beginners though, you must begin with these yoga poses.



# C-SECTION ON THE RISE: FACTS & MYTHS

There have been various discussions, controversies and talks on Cesarean delivery and its pros or cons. As per World Health Organisation (WHO), the need for Cesarean births in a country should ideally not exceed 10-15%. In India, a rise in Cesarean deliveries have been noted in the last few years, in 1992-93 there were only 2.5% mothers who opted for Cesarean delivery but by 2005-06 this raised to 8.5%. By 2014-15 it had crossed 15.4%. There are various causes that has led to the rise in Cesarean deliveries.

Since the last few decades, female education and their awareness regarding career has changed immensely. These factors have led to an increasing number of women giving priority to their career and settling down in a suitable job. Thus, by the time they get married and become pregnant with their first child they have crossed 30 years of age. Increasing number of women opting for delayed marriage followed by late child birth, along with lifestyle and environmental factors leads to an increase in the chances of a C-section delivery. Post thirty, the biological clock starts ticking for women. This gives rise to

complications related to pregnancy and thereby chances of normal delivery also reduces. As the flexibility, pain enduring capacity of the body and fear of pain is not the same post thirty, it leads to various complications during delivery.

## **Myth: Complications faced in C-section and normal delivery are similar**

**Fact:** Those who undergo a C-section are more likely to suffer complications as during delivery the mother may face severe bleeding, blood clots, heart attack, kidney failure and major infections.

## **Myth: Babies born through cesarean find it difficult to breast feed after the operation.**

**Fact:** Those with a normal delivery experience the onset of milk around day 3 after delivery but those who undergo a C-section experience increase in their milk volume from Day 4. Nowadays, a lactation consultant or even the nurse helps understand how to breastfeed in the side lying or clutch hold positions to help the baby's weight off the incision.



**Myth: Recovery period for any kind of delivery is similar**

Fact: Those who undergo a normal vaginal delivery manage to recover within a week or two but after a C-section the recovery can take up to six weeks as well. Hospital stay, post normal delivery is two days but after a Cesarean it takes 4 days. Six weeks postpartum, one should ensure complete rest, avoid exercise or driving as well.

**Myth: Post your due date, prefer scheduling a C-section rather than trying to induce.**

Fact: Induction before your cervix is dilated does increase chances that you may need a C-section in the end due to the possibility that the induction will fail to cause contractions. Through an induction, many people can have uncomplicated vaginal deliveries with less maternal morbidity than with a Cesarean.

**By: Dr Bandita Sinha,**

Gynecologist & infertility specialist, World of Women



# WANTING TO START A KETO DIET? THESE RECIPES ARE HERE TO HELP

Indian meals have an entirely different pattern of cooking and making food. Thus for Indians to follow a diet plan like Keto, it may sometimes become difficult. Since many vegetables, foods and sauces are not so widely available.





## 1. CASHEW VEGETABLE KORMA

### INGREDIENTS

- 1 cup roasted, salted cashews, plus additional for garnish
- 1 can coconut milk (14 or 15 ounces--shake the can well before opening)
- 2 cloves garlic, peeled
- 2 teaspoons ginger paste
- 1 fresh jalapeno, seeded and stemmed
- 1 to 2 tablespoons curry powder
- 1 teaspoon ground turmeric
- 1 tablespoon olive oil
- 1 small, white onion, peeled and sliced
- Several cups of vegetables of your choice (one small cauliflower, 8 ounces sliced mushrooms, two medium carrots, and two cups of green beans)
- water, as needed
- salt, to taste

### INSTRUCTIONS

- In a small mixing bowl, stir the cup of cashews into the coconut milk and let them soak for an hour.
- Pour the coconut milk and cashews into a blender. Add the garlic, ginger, jalapeno,

curry powder, and turmeric. Blend until the mixture is smooth.

- In a large pot with a lid, heat the olive oil over medium-high heat. Add the sliced onion and cook until it is soft, but not browned. Add the remaining vegetables to the pot and pour the coconut milk mixture over the top. Add two cups of water and about a half teaspoon of salt.
- Cover the pot, and bring to a low boil. Reduce heat to medium and let it simmer for 15-20 minutes, stirring occasionally to be sure the sauce doesn't burn. Add more water if the sauce is too thick. When the vegetables are tender, taste and adjust seasonings as needed. Serve the korma hot, sprinkled with some additional cashews.

### SERVES

6 Servings

From

[www.seasonalandsavory.com](http://www.seasonalandsavory.com)





## 2. PANEER KEBABS

### INGREDIENTS

- 1 cup roasted, salted cashews, plus additional for garnish
- 1 can coconut milk (14 or 15 ounces-- shake the can well before opening)
- 2 cloves garlic, peeled
- 2 teaspoons ginger paste
- 1 fresh jalapeno, seeded and stemmed
- 1 to 2 tablespoons curry powder
- 1 teaspoon ground turmeric
- 1 tablespoon olive oil
- 1 small, white onion, peeled and sliced
- Several cups of vegetables of your choice (one small cauliflower, 8 ounces sliced mushrooms, two medium carrots, and two cups of green beans)
- water, as needed
- salt, to taste

### INSTRUCTIONS

- In a small mixing bowl, stir the cup of cashews into the coconut milk and let them soak for an hour.
- Pour the coconut milk and cashews into a blender. Add the garlic, ginger, jalapeno,

curry powder, and turmeric. Blend until the mixture is smooth.

- In a large pot with a lid, heat the olive oil over medium-high heat. Add the sliced onion and cook until it is soft, but not browned. Add the remaining vegetables to the pot and pour the coconut milk mixture over the top. Add two cups of water and about a half teaspoon of salt.
- Cover the pot, and bring to a low boil. Reduce heat to medium and let it simmer for 15-20 minutes, stirring occasionally to be sure the sauce doesn't burn. Add more water if the sauce is too thick. When the vegetables are tender, taste and adjust seasonings as needed. Serve the korma hot, sprinkled with some additional cashews.

### SERVES

6 Servings

From

[www.seasonalandsavory.com](http://www.seasonalandsavory.com)



### 3. BAIGAN KA BHARTA

#### INGREDIENTS

- 1 cup roasted, salted cashews, plus additional for garnish
- 1 can coconut milk (14 or 15 ounces--shake the can well before opening)
- 2 cloves garlic, peeled
- 2 teaspoons ginger paste
- 1 fresh jalapeno, seeded and stemmed
- 1 to 2 tablespoons curry powder
- 1 teaspoon ground turmeric
- 1 tablespoon olive oil
- 1 small, white onion, peeled and sliced
- Several cups of vegetables of your choice (one small cauliflower, 8 ounces sliced mushrooms, two medium carrots, and two cups of green beans)
- water, as needed
- salt, to taste

#### INSTRUCTIONS

- In a small mixing bowl, stir the cup of cashews into the coconut milk and let them soak for an hour.
- Pour the coconut milk and cashews into a blender. Add the garlic, ginger, jalapeno,

curry powder, and turmeric. Blend until the mixture is smooth.

- In a large pot with a lid, heat the olive oil over medium-high heat. Add the sliced onion and cook until it is soft, but not browned. Add the remaining vegetables to the pot and pour the coconut milk mixture over the top. Add two cups of water and about a half teaspoon of salt.
- Cover the pot, and bring to a low boil. Reduce heat to medium and let it simmer for 15-20 minutes, stirring occasionally to be sure the sauce doesn't burn. Add more water if the sauce is too thick. When the vegetables are tender, taste and adjust seasonings as needed. Serve the korma hot, sprinkled with some additional cashews.

#### SERVES

6 Servings

From

[www.seasonalandsavory.com](http://www.seasonalandsavory.com)





#### 4. COCONUT MASALA CHAI

##### INGREDIENTS

- 1 cup coconut cream (from the top of a can of refrigerated coconut milk)
- 1 cup water
- 1 teaspoon raw honey (or other sweetener of choice or can be increased or omitted)
- 1 Tablespoon loose black tea leaves
- Pinch of masala tea spice blend

##### INSTRUCTIONS

- Heat the coconut cream and water in a saucepan.

- Add in the honey/sweetener, the tea, and the spice blend. Mix well.
- Heat at a low simmer for approx. 4-5 minutes.
- Taste the tea and add more honey/sweetener or spices to taste.
- Pour through a strainer (to remove the tea leaves) and serve immediately.

##### SERVES

2 Servings.

From  
[paleoflourish.com](http://paleoflourish.com)



## 5. BAKED CURRY CHICKEN

### INGREDIENTS

- 1 cup roasted, salted cashews, plus additional for garnish
- 1 can coconut milk (14 or 15 ounces-- shake the can well before opening)
- 2 cloves garlic, peeled
- 2 teaspoons ginger paste
- 1 fresh jalapeno, seeded and stemmed
- 1 to 2 tablespoons curry powder
- 1 teaspoon ground turmeric
- 1 tablespoon olive oil
- 1 small, white onion, peeled and sliced
- Several cups of vegetables of your choice (one small cauliflower, 8 ounces sliced mushrooms, two medium carrots, and two cups of green beans)
- water, as needed
- salt, to taste

### INSTRUCTIONS

- In a small mixing bowl, stir the cup of cashews into the coconut milk and let them soak for an hour.
- Pour the coconut milk and cashews into a blender. Add the garlic, ginger, jalapeno,

curry powder, and turmeric. Blend until the mixture is smooth.

- In a large pot with a lid, heat the olive oil over medium-high heat. Add the sliced onion and cook until it is soft, but not browned. Add the remaining vegetables to the pot and pour the coconut milk mixture over the top. Add two cups of water and about a half teaspoon of salt.
- Cover the pot, and bring to a low boil. Reduce heat to medium and let it simmer for 15-20 minutes, stirring occasionally to be sure the sauce doesn't burn. Add more water if the sauce is too thick. When the vegetables are tender, taste and adjust seasonings as needed. Serve the korma hot, sprinkled with some additional cashews.

### SERVES

6 Servings

From

[www.seasonalandsavory.com](http://www.seasonalandsavory.com)





## 6. FISH CURRY

### NUTRITIVE INFORMATION

- Calories: 535 Fat: 37 g Net Carbs: 5.75 g net Protein: 44 g
- INGREDIENTS
- 4 7 ounce portions of Silver Hake or other sustainable white fish
- 4 Tbsp Coconut Oil
- ½ tsp mustard seeds, whole
- 2 long green chilies, cut in small pieces, deseeded if you prefer a milder curry.
- 1 tsp fresh ginger, grated
- ¼ tsp ground cumin
- 1 tsp curry powder
- 1 inch fresh turmeric root, grated or ½ tsp of ground turmeric powder
- ½ red onion finely chopped
- 3 cloves of garlic, chopped
- 1.5 cup full fat coconut cream
- ½ tsp sea salt
- ¼ cup chopped cilantro
- ½ cup water

### INSTRUCTIONS

- Heat half of the coconut oil in a large saucepan or a small dutch oven.

- Add the mustard seed and stir until it starts to pop.
- Add the onion, garlic and ginger and sweat for about 5 minutes.
- Add the chilli, curry, cumin and turmeric and cook for a further 5 minutes.
- Add the coconut milk and salt and bring to the boil then simmer for about 15 minutes.
- In the meantime heat the rest of the oil in a nonstick pan.
- Fry the fish in the coconut oil for about 2 to 3 minutes, turning it gently in the middle careful not to break the fillets.
- Now add the fish to the curry sauce, and cook for another 5 minutes on a low flame.
- Add the cilantro and mix well. Serve immediately.

### SERVES

4 Servings.

From  
[thenourishedcaveman.com](http://thenourishedcaveman.com)





# HOTTEST DIET TRENDS FOR 2018

People all around the world today have become a lot more careful of what they eat and how it might affect their health. Concerns about the safety of the food supply are on the rise and increasing nutritional awareness has led to an increase in vegetarian, organic and health-food options in supermarkets. So, let's take a closer look at dietary trends which will rule the internet search engines in 2018.

## **Ketogenic Diet:**



The ketogenic diet is a high fat, low carbohydrate, controlled protein diet that has been used since the 1920's for the treatment of epilepsy and other

morbid obesity treatments. It involves drastically reducing carbohydrate intake, and replacing it with fat. The reduction in carbs puts your body into a metabolic state called "Ketosis". When this happens, your body becomes incredibly efficient at burning fat for energy. It also turns fat into ketones in the liver, which can supply energy for the brain. It becomes easy to access your fat stores to burn them off. In order for a weight loss approach to work, it has to have "done to the core and make you feel well, physically and emotionally. Otherwise it can back fire and risk gaining back any weight you lose (and possibly more).

## **Intermittent Fasting:**



Intermittent fasting (IF) is a term for an eating pattern that cycles between periods of fasting and eating. It is currently very popular in the health and fitness community especially who want quick results. There are several different ways to do intermittent fasting. All of them split the day or week into "eating periods" and "fasting periods."

There are various types:

16/8 – Fasting for 16 hours and then only eating within a specific 8-hour window. For example, only eating from noon-8 PM, essentially skipping breakfast.

24 HOUR PROTOCOL -Skipping two meals one day, where you are taking 24 hours off from eating. For example, eating on a normal schedule (finishing dinner at 8PM) and then not eating again until 8PM the following day.

### **Vegan Diet**



Basically, its complete "Plant Based Diet", Vegetarians do not eat meat, fish, or poultry. Vegans, in addition to being vegetarian, do not use other animal products and by-products such as eggs, dairy products, honey, leather, fur, silk, wool, cosmetics, and soaps derived from animal products. The key to a nutritionally sound vegan diet is variety. A healthy and varied vegan diet includes fruits, vegetables, plenty of leafy greens, whole grain products, nuts, seeds, and legumes. There are many benefits like 0 animal fats, good heart health, lower risk against Prostrate cancers, but there are few risk too involved Vegans may

be more prone to shortages of vital nutrients like vitamin B12, Vitamin D3, Omega 3, Calcium, Zinc etc.

### **Gluten Free Diet**



Today, gluten-free products and diets are all the rage. But do you know why Gluten Free????? Individuals with gluten-related disorders (celiac disease, non-celiac gluten sensitivity, or dermatitis herpetiformis, which is the skin manifestation of celiac disease) must avoid gluten for health reasons. Gluten is the generic name for certain types of proteins found in the common cereal grains wheat, barley, rye and their derivatives. When individuals with celiac disease ingest gluten, an immune response occurs which damages the lining of the small intestine. Common foods that regularly contain ingredients with gluten include: wheat, pasta, breads, cracker, seasonings and spice mixes. Although there is no harm in eliminating gluten from your diet, doctors say there is no reason to avoid it— unless you're one of the two million people who cannot tolerate the proteins.

### **Detox Diet**

There are many types and variants in detox diets, a fad diet which has less or no nutrients - no grains, no alcohol, no milk, no sugar (and no fun) – a detox is far from a quick fix for weight loss. The purpose of any detox plan is to take the load off the organs that detoxify the body – the liver,



kidneys and bowel – while at the same time supporting and improving their performance. It claims to detoxify your liver and kidney while the sad truth is our body has its own very system of detoxing toxins out of the body and only if you want to get-over a bad party hangover you can give it a try, that too under a professional's guidance.



### **Some Types of Detox Diet:**

- 10-day Smoothie Diet
- 7-day Juice Diet
- Superfood Diet
- Beauty Detox Diet
- Raw Food Diet
- Liver Cleansing Diet

### **The Meal-Box Diet**



This is a very new trend, in which the hotel/restaurants/cafe provides full course including breakfast/lunch/dinner/snacks at the door step with a calorie and nutrient counted meal. Also, this is a very good option for people who are working. But we totally cannot rely on this as we are not aware of what actually is going in the ingredients of what they, But, there are very limited options.

Read on to learn which diet trends may suit you best and which ones you're better off avoiding. And be sure to check in with your health care provider before embarking on any weight-loss plan.

**By Kejal Sheth,**

Nutritionist, Weight Management Expert and Founder of Nutrivity.in



# WORKOUT DRESS CODE: WHAT TO WEAR/WHAT NOT TO



If you have just started out at the gym, we bet what to wear to the gym is a common thought that most of us have. You want to wear something that's comfortable yet trendy and compliments your physique.

So Women Fitness thought of bringing to you a must-see check list for what to wear to the gym!

## 1. GOOD SPORTS BRA



Now the first and foremost thing that is absolutely the most important one too, is a good supportive sports bra. Try on a variety of styles before you choose the one that's right for you. You must also move around, jump and run to check that the bra is well-fitted and has good grip.

## 2. GYM SHOES

When buying gym shoes, look for shoes that are light, comfortable and keep your feet cool. Some gym-goers favor lightweight barefoot-style shoes, although this type of shoe can require a period of adjustment. So look for something that has a good grip on your ankle for all that fast leg workout.

## 3. TANK TOPS

Gone are those days where women would wear loose shirts or sweatshirts to the gym. Now more well-fitted t-shirts or tank tops are in. You can easily find one at Jockey or Nike. They fit well and give the trainer a better idea about your posture and where you are going wrong, especially during yoga.

## 4. TROUSERS

Another very important part of your gym clothing is what trousers are you wearing. The key components to keep in mind are the waistband should be flexible to give a good fit and the material should be stretchable so that it doesn't tear off and cause an embarrassing situation for you during leg workouts. For this women have a wide variety of gym trousers to choose from, including shorts for cycling classes, cropped leggings for yoga and stretch pants for Pilates and general exercise. So you can choose accordingly.

## 5. ACCESSORIES



We often leave this one out, but as we all know who doesn't like to accessorize! For those of you who have long hair they can make use of a good headband to keep long hair and sweat out of their eyes. Similarly, gloves are good for weightlifting workouts because they absorb sweat and help you maintain a strong grip on the weights.

Make sure you keep these things in mind before hitting the gym, to have a fabulous workout!





# DESTINATIONS TO KICK START 2018!

With a number of tourists opting for holiday destinations abroad there are a few who like to be a part of their country to begin the new year.

Gear up to make this New Year special by travelling to one of the below mentioned places in India.

## **Udaipur- The City of Lakes**

Kick off the new year in the City of Lakes, Udaipur! Apart from lakes there are numerous

things for tourists here, palaces, forts, temples and hills. There are numerous attractions for tourists like, The City palace, Pichola lake, Fateh Sagar Lake, Eklingji temple, Saheliyo ki Bari, Jaisamand Lake, Jag Mandir palace and Shilp gram. If you have a doubt you can go palace hopping, handicraft shopping, touch the Aravalli hills, touch the Peak of Bansdara Mountain, or play with the cars at vintage car museum, watch the Haldigatti caves, boat ride at Pichola Lake etc. Check out your budget and choose a place to stay.



## **Kerala – The backwaters**

It is a perfect place to party at New Year's eve amidst natural beauty and water bodies worth craving for. The beach parties are as exciting as ever. You can book a houseboat and enjoy personal time in the backwaters of Alleppey. Ideal for beach lovers.

New Year is the most celebrated event at the Tent City. When the fireworks light up the wide sky, the Tent City glows with colours of celebration and grand cultural activities. Guests indulge in dancing and singing at our exclusive New Year party. Rann of Kutch during the new year period organizes the much-awaited Rann



## **Jaipur – The Pink City**

The Amer fort, known across the world for its regal charm, Jaipur is without a doubt one of the best places in India to celebrate new year. When here, you can welcome the new year in so many ways. If you feel like diving into the local heritage, you can spend the new year's eve at Choki Dhani, witnessing cultural performances and eating delicious Rajasthani cuisine. And if you want to feel like the maharajas, there is always so many royal resorts and hotels in Jaipur like the ITC Rajputana that offer the best of hospitality and world-class amenities.

Utsav. This makes it among the best places to visit during new year in India. The stunning white salt desert complements the colorful ethnicity of Gujarat, which is showcased beautifully in this event.

## **Coorg (Kodagu): The Scotland of India**

This is one of the best places to celebrate this New Year in India against a scenic background. Kodagu is. Destinations to look out for are Abbey Falls, Namdroling monastery, Nagarhole national park and much more. Besides, Coorg is the place to taste some authentic Kodava cuisine, explore the coffee and tea plantations, taste some jackfruit, buy some spices, watch some migratory birds, or simply enjoy the beauty of the hills by sitting in the resorts on hills.

## **Rann of Kutch – The white salt desert**

## **Jaisalmer: The Golden City**

Enjoy your New Year as you travel to this Golden city for exploring its deserts, camel safari and clear skies. Places to visit are many including, the Jaisalmer fort, sand dunes, camping, and famous monuments. Don't miss out the camel safari and finish your night by viewing the clear skies of the Milky Way. You can even taste some authentic Rajasthani cuisine and make your New Year special.

## **Lakshwadeep: The Paradise on Earth**

Once again one of the most desired New Year destinations to hang out with Family or friends. The serene beaches, coral reef romantic atmosphere are enough reasons to visit this paradise on Earth. Make sure to visit, the Nicobar Islands, Agatti Islands, Bangaram Island, Kadmat, Marine museum, Amindivi Islands, Andretti Islands and Light house. Go for water sports fun at Agatti Islands, fish watching at marine museum and experience the culture and markets at Amindivi islands.

## **Shillong: The Rock Capital of India**

One of the best place to celebrate your New Year with your beloved ones. The attractions instored for you include the Elephant Falls, Mawlynnong, Umiam Lake, Don Bosco museum, Shillong peak, Mawsynram and Ward's lake. You have innumerable options like, putting some tents on any of the sprawling meadows, visiting the Sacred Forest, Trail on the David Scott, get mesmerized by the Sweet falls, or gush down to see Spread Eagle falls.

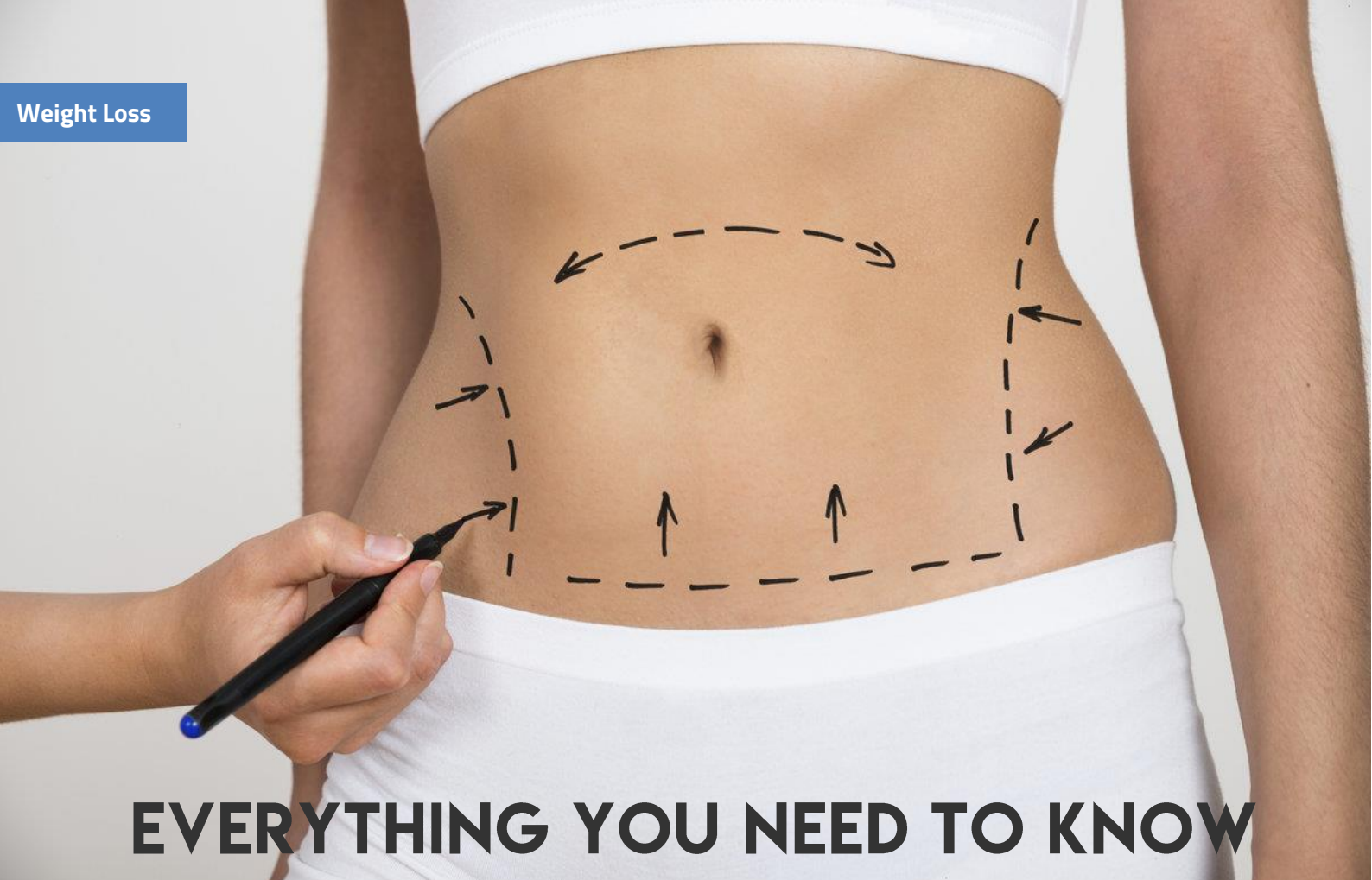
## **Andaman and Nicobar Islands**

Another place to celebrate new year, with unique freshness in air, serene atmosphere and calm islands, is to make it to the Andamans to welcome 2018. Some of the attractions are the Neil Island, Elephant Beach, Ross Island, Chidiya Tapu, Bharatpur beach. The Radhanagar beach can leave you relaxed and rejuvenated, or go visiting the Cellular jail, taste some best sea foods or relax at the Jolly Buoy Islands or cruise at Makruzz.

## **Goa: The beach Paradize**

The list remains incomplete without mentioning, Goa as one of the ideal place for a vacation around New Year. Goa is also blessed with a wide range of biodiversity from sea-eagles to water buffaloes. Add the luxurious hotels, the umpteen food choices and the numerous party places-you now have the best places to celebrate New year 2018. If you are a seeker of peace and utterly enchanting beaches, Gokarna is the quieter version of Goa. This is a perfect place to spend your new year's eve in India.

The list can go on and on. The metropolitan cities like Delhi, Bombay, Kolkata are all time favourites.



## EVERYTHING YOU NEED TO KNOW ABOUT TUMMY TUCK SURGERY

Tummy tuck surgery, also known as abdominoplasty, removes excess fat and skin and, restores weakened or separated muscles creating an abdominal profile that is smoother and firmer. A flat and well-toned abdomen is something many of us strive for through exercise and weight control. Sometimes these methods cannot achieve our goals. After multiple pregnancies or large weight loss, abdominal muscles weaken, and skin in the area can become loose. Abdominoplasty can tighten the abdominal muscles and, in some instances, improve stretch marks. In women who have fat that is concentrated in the abdomen, the procedure will remove excess skin and fat. The surgery may not eliminate minor wrinkling or take the place of dieting, but it can improve a loss of skin elasticity in combination with localized fat accumulation.

This operation may be performed under general anaesthesia and you may need to

stay in hospital for one or two days. The surgeon works through a low abdominal incision that spans the hips. The skin is detached from the abdominal wall to reveal the muscles and fascia to be tightened. The muscle fascia wall is tightened with sutures. The sagging skin will be pulled down over the abdomen before it is removed, so it would be necessary to release the navel from its surrounding skin and bring it out through a new skin opening in the skin flap. The scars across the pubic area and around the navel are permanent but improve, flatten and lighten in color overtime.

Sometimes, abdominoplasty may be combined with liposuction of the upper part of abdomen and flanks to achieve the best result. In some instances, when skin laxity and muscle weakness are limited to the area below the navel, a modified or mini abdominoplasty may be required. This



procedure usually leaves a shorter scar and no scarring around the navel and recovery time is less. Endoscopic abdominoplasty is another technique for limiting scars and is useful when patients have only a minimal amount of excess skin and muscle laxity.

Giving birth is one of the most wonderful experiences in life, but it comes at a price. A lot of women experience some sagging in the lower area of their abdomen after delivering their child. Unfortunately, no amount of exercise and diet will be able to make this pouch completely disappear. This is often because of two distinct contributing factors. The first is that much of the affected area is excess skin that has nowhere to go. The other, larger problem is known as diastasis recti.

Diastasis recti refers to when the right and left halves of the abdominal muscles (the "six-pack") spread apart. The tissue that connects the two halves of the ab muscles begins to stretch as the baby grows and your uterus expands, pushing against the abdominal wall. Pregnancy hormones add to the thinning of this tissue by making it softer and more pliable. A small amount of widening along the mid line is normal and expected in all pregnancies, but a separation of more than about 2 centimeters is considered a problem. Diastasis recti can happen at any time during the second half of pregnancy, but is most common after childbirth. This is because the abdominal wall slackens, and the thinner mid line tissue can no longer support the torso and internal organs. This results in the appearance of a paunch or pot belly.

Though diastasis recti occur in only about 30% of pregnancies, there are a few mitigating factors that increase its probability. Genetics can play a large role in developing the

condition; for some women, it's simply how their body responds to pregnancy. Women who experienced diastasis recti in an earlier pregnancy have a significantly higher probability of experiencing it again, and more severely, in subsequent pregnancies. Lastly, women expecting more than one child, petite women, and those with poor abdominal muscle tone have the highest risk.

After the surgery, you will be advised to wear a light support garment during the recovery period and to avoid strenuous activity for a few weeks. Dr Anup Dhir performs all types of tummy tuck procedures at Image medical centre.

#### **TUMMY TUCK RISKS INCLUDE:**

- Anesthesia risks
- Bleeding
- Infection
- Fluid accumulation (seroma)
- Poor wound healing
- Skin loss
- Numbness or other changes in skin sensation
- Skin discoloration and/or prolonged swelling
- Unfavorable scarring
- Recurrent looseness of skin
- Fatty tissue found deep in the skin might die (fat necrosis)
- Deep vein thrombosis, cardiac and pulmonary complications
- Asymmetry
- Suboptimal aesthetic result
- Possibility of revisional surgery
- Persistent pain

#### **By: Dr Anup Dhir**

Senior Consultant, Cosmetic Surgeon, Apollo Hospital, New Delhi

# SHOPPING

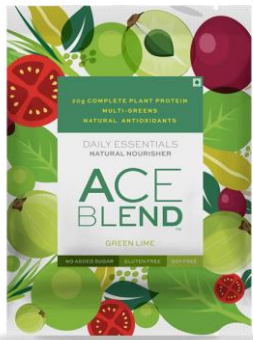
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7

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## Aries



Happy New Year! Look back and be amazed by how much progress you've already made. You have so much energy and are so motivated now that you should set a reasonable pace for yourself. Work flat out some days. Go light on other days. Rest and recover from time to time. Remove the words "burnout" and "pain" from your vocabulary.

Get going on January 1 and burn up some of those extra holiday calories. The sixth is a brilliant day for bodywork of all kinds. Mars and Jupiter are conjoined in Scorpio today. Maybe have a major breakthrough on January 9. Shatter a personal best. Go farther or faster. You're building stamina.

Keep moving on the fourteenth and have a safe, strong session with the weights. Coordination could be a problem on January 17. That's okay. Lift your other right foot.

The twenty-first is great for building muscle. More crunches and planks, then to the hot tub! January 22 and January 23 are your power days with the moon in Aries. Make your best effort.

On the twenty-sixth, be the captain or play point in hoops. You're in charge now. Pamper your skin and hair on the last day of the month. Great work!

## Taurus



Welcome to a brand-new year! You're prepared to get more serious about your basic health and fitness. You've been making great progress and now is the time to get a broader perspective and a plan that moves you up to the next level. It does not have to be dramatic. It can as be gradual and gentle as you please.

Greet January 1 bright and early with enthusiasm and dreams of victory. Do your favorite video and rock it. Wear those new yoga pants on the eighth. Look and feel fantastic. Yoga is fantastic, too.

Be patient with yourself on January 13, but work hard anyway. No slip-ups or bumps or bruises, okay? You want to keep moving. Have a powerful workout, run, or substantial walk on the sixteenth. Want more sports cream? Get it.

Venus enters Aquarius on January 17. Make a small but smart adjustment to your posture and see how much better you move and breathe.



Get thoughtful on the twenty-second and learn the new aerobic dance moves more quickly.

January 24 and January 25 are your power days with the moon in Taurus. Do more steps on the flats or on the stair climber. You rock! On the last day of the month, your workout is playtime. Looking great!

## Gemini



Happy New Year! Don't overthink your health and fitness routine. Get your heart into it and don't lose that spirit. The emotional energy you put into your physical well-being matters every bit as much as the time you spend sweating in your workout clothes. Feel good about every single minute you spend working out, as well as the time you spend figuring out and getting the equipment and gear that you need.

Start January 1 in your best new outfit and ready to go. It can be aerobics, chair yoga, or a brisk run around the neighborhood.

Try something slightly new on the sixth, maybe belly dancing? January 9 could get complicated, so work out or run early, or take a good, long, decompressing walk at the end of the day. Now, that improves the mood!

Mercury conjoins Saturn on the twelfth. Go for slower but stronger. Do all those steps (and no cheating). On January 19, do the yoga class or video with extra grace and better balance.

Surprise yourself on the twenty-fourth and do everything perfectly. How many steps have you done so far? Drive carefully or take more care if walking or running on January 27. Be strong and safe. What a great month!

## Cancer



Happy New Year! You did great last year, and this year can be even better. Be healthier and fitter by starting out with a good mindset. What is your motivation? Do you want to look better? Do you want to feel better? Are you recovering or recuperating from something chronic? Are you healing? These are all great reasons.

January 1 and January 2 are your power days with the moon in Cancer. Grab the day, and the year, by the horns and have a great run or video workout. Don't wait.

Nothing is going to keep you from your workout on the sixth. You may even lengthen or intensify your routine. Mars and Jupiter are conjoined in Scorpio today, and you're dedicated. If schedules conflict, at least do extra steps on January 11.

On the sixteenth, stock up on your favorite soups and healthy snacks. Be nice to hair, skin, and nails the next day. It feels so good to look good.

January 20 and January 21 are made for swimming, or perhaps it's a spa weekend? On the twenty-sixth, join a pickup game and shoot hoops or pucks. January 28 and January 29 are also power days for you with the moon in Cancer again! End the month strong! Fantastic!

## Leo



Happy New Year! You had a great year last year. Now get out there and make this year even better. You know that you want to do it. Take care of yourself, get over an obstacle or mental block, and continue to get stronger and healthier little by little, bit by bit.

Pounce on January 1, put on your new workout gear, and rip into your run or aerobics workout. The third and fourth are power days for you with the moon in Leo. Get yourself to the gym and glow with good health.

The sun conjoins Venus on the eighth and conjoins Pluto on the ninth. Be intense and determined. Pay attention to posture and breathing and feel wonderful.

Be adaptable on January 14. Schedules may shift, people may interfere, or the pool may be closed for repairs. Get smarter about your exercise routine on the nineteenth. Maybe eat earlier or after your workout. The sun enters Aquarius today. Try something new on January 24, perhaps body pump. More moving, less sitting. On the twenty-sixth, go for more speed or more distance or more time. Push the envelope a little.

The last two days of the month are your power days with the moon in Leo. Work hard and see the great progress!

## Virgo



Happy New Year! Last year was great but it's over now. Have a clear view of where you are, what your condition is, and how you want to proceed. Better health and fitness are the goals, and you understand that incremental progress is what works best. You can be ambitious and make a sacrifice here or there without exhausting yourself.

On January 1, get into your new yoga pants and stretch the body. Every muscle is thanking you. Is the third a dance day? If not, it's still about full-

body motion. Even when working with weights, your whole body is involved. You're doing great.

January 5 and January 6 are your power days with the moon in Virgo. Do your best. It'll be easy. Be strong and ambitious on the sixth when Mars and Jupiter are conjoined in Scorpio. Excellent. Pour a little wild passion into your run or equipment workout when the sun conjoins Pluto on January 9. Not too wild, okay?

Be strong and steady on the sixteenth. More steps, maybe another lap or two? Good. Make a certain move better on January 24. Hah! Find a new instructor or workout buddy on the last two days of the month. You're going strong!

## Libra



Happy New Year! As great as last year was, you can do even better this year. You're looking good and know how to make the most of every workout. Be willing to work just a little bit harder, not every day but often, and see how quickly your health and fitness improve.

Begin January 1 with a strong run or workout with your favorite video. Chair yoga or meditation counts. Now, go seize the day! Perform big on the sixth, when Mars and Jupiter are conjoined in

Scorpio. The head and the body want to work together now.

January 7 through January 9 are your power days with the moon in Libra. Have a powerful run or spinning session on the ninth, when the sun conjoins Pluto. Get serious about core strength on January 14. Do those burpies, crunches, and asymmetric pushups. Burn now and be glad later. Have a moderate workout or spirited walk on the sixteenth. How is your step count? Bet it's great.

On January 17 and January 24, fix a minor posture or movement problem and say ahhh! You're improving fast. Work on quicker reflexes on the twenty-sixth. Improve balance on the last day of the month. All right!

## Scorpio



Happy New Year! No matter how last year felt, you're ready to make this year absolutely great. Stay mentally organized, don't skip out unless there's a compelling reason (and sometimes a mental health day is a perfectly good reason), and value every little bit of progress.

Start January 1 full of energy. Suit up and do your run or walk with no hesitation or excuses. Pump more power into your workout on the sixth,



when Mars and Jupiter are conjoined in Scorpio. Respect your physical limits, but aim for the sky emotionally.

Have a great workout on January 9, when the sun conjoins Pluto. The hardest part may be not burning out or being safety conscious. Be smart.

The ninth through eleventh are your power days with the moon in Scorpio. Make as much progress as you can. Push yourself. Maybe have a moderate workout or run on January 16. Work on reps, and drink more water. You're stressing your system and you deserve more rest and recovery.

The weekend of January 19 through January 21 could be hot tub and massage time. Maybe visit a new class with a new instructor or trainer on the twenty-fourth. Spin or do the elliptical on the last day of the month. Nice work!

## Sagittarius



Happy New Year! You made a great effort last year, and you have plenty of ideas for making this year better still. You know that the best thing you can do for yourself and for your loved ones is to maintain your own health and fitness.

Progress does not need to be dramatic or flashy. Stay dedicated and persistent.

Begin January 1 bright and early (unless you're a night owl) and do your run or favorite video workout first thing. Then breakfast. Look out, world, here you come!

Be focused and strong on the sixth, when Mars and Jupiter are conjoined in Scorpio. No more fooling around. January 9 is intense with the sun-Pluto conjunction in Capricorn. Work hard and do those steps, for sure.

The twelfth and thirteenth are your power days when the moon is in Sagittarius. Think less about appearance. Sweat up a storm and look fantastic afterward. Exchange skin-care tips with locker room buddies on January 17. Consider the hot tub on the twentieth and twenty-first.

Are you drinking enough water? Do it. Maybe put on gloves and hit the bag on January 26. Think balance, fast reactions, and precision. Nothing will slow you down on the month's last day. Excellent!

## Capricorn



Happy New Year! Dig in deeper and get stronger and healthier day by day. What a great way to

start a new year! All your effort is paying off, so honor and value all the progress you're making. You may sometimes feel that progress is rare or that you've lost ground, but none of that is true.

Grab 2018 by the horns and have a great run or aerobic workout first thing on January 1. Chair yoga or meditation is great, too. The physical-mental divide is narrower than a lot of people think.

January 8 and January 9 are great for working on posture and core strength. The sun conjoins Venus in Capricorn on the eighth and then conjoins Pluto on the ninth. Work hard, feel great, and look great.

January 12 is for serious playtime. Learn or relearn something basic. The fourteenth through sixteenth are your power days with the moon in Capricorn. Love every minute you work hard. Every step. It's all for you. Keep moving.

Maybe slow the pace on January 24, but don't skip or take the time for granted. Eat well afterward. Drink more water. Restock healthy snacks on the twenty-ninth and thirtieth. Treat yourself well. Yes!

## Aquarius



Happy New Year! You're seeing good results from all your efforts, inspiration, and emotional drive. If last year was good, this year will be even better. Stick to your program. You can always improve features, be it exercise or diet or rest schedule. But you have the basics down and they are working. Don't stop now.

Greet January 1 in your new workout gear and have a great run or walk, or do a cardio video. Improve core strength on the eighth and ninth. The sun conjoins Pluto in Capricorn on the ninth. Do burpies, supermans, crunches, and asymmetric pushups. Let's not forget planks. After this, everything will seem easier. It is. Pull back a bit on

January 11 and January 12. Walking can be stretching as well as aerobic exercise. The seventeenth and eighteenth are your power days with the moon in Aquarius. You know you want to move more. Add up your steps and maybe use the elliptical. Make your legs happy.

The sun enters Aquarius on January 19. Treat your hair and skin well. Is it hot tub time? Probably. Rock that yoga class on the twenty-third. Respecting limits, yoga is great physical therapy. Challenge yourself on January 27 and January 30. You're up for it. Fantastic!

## Pisces



Happy New Year! You did a great job last year, no matter what you think. Your head and heart are into it. Look and feel better and better as you continue to do what you can, when you can. Be persistent and consistent. You've got this.

Start January 1 with powerful intent. Dress in your new gear and get running or walking. Or try that new stretching or aerobics video. Do more steps on the third and gradually build up your stamina.

Get in tune with your body on January 6, when Mars and Jupiter conjoin in Scorpio. The ninth could get intense when the sun conjoins Pluto in Capricorn. If there's stress in your life, pour it into your workout and feel great.

January 14 and January 15 are for no-nonsense workouts in the equipment or weights room. Turn the treadmill up a notch, raise the heart rate a bit, and count those steps.

The nineteenth through twenty-first are your power days with the moon in Pisces. Stay focused and then reward your body with the hot tub. Maybe a new moisturizer or shampoo would be nice. Lavender? Ahhh.

Compete only against yourself on the twenty-sixth. Be happy with your effort on January 29 and January 30. Tremendous!

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





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