June/July 2020 (Voga Day Special

Gayatri Shetty

Dances Her Heart Off! Celebrity Fitness Coach Maahek Nair Decodes 5 Fitness Myths

Malaika Apopa On Diva Yoga E Much More!

Red Flags to Identify **Eating Disorder** in Your Loved One Can I Catch **Covid-19 from Food?** Food Safety Tips

Celebrity Trainer **Rupal Sidhpura Faria's** 3 Yoga Asanas for **Pregnant Women**

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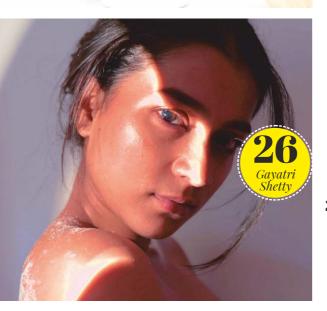
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Rupal Sidhpura Faria According to yoga Trainer Rupal Sidhpura Faria in her interview with Women Fitness "Every pregnancy is different from the other. There's no two poses that could be the same in case of complications." Check out 3 Yoga Asanas for Pregnant Women.

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JULY SPECIAL

26 Gayatri Shetty is a contemporary artist/ mover/ dancer from Bangalore, India. She received her BA in Performing Arts and Psychology in 2018 from Christ University, where she trained in Bharatnatyam -an Indian classical dance form. Women Fitness India joins the beautiful dancer in her journey to success!

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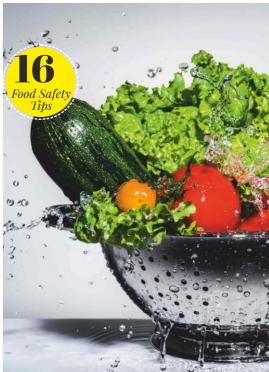
34 COVID-19 essentials are the need of the hour, so here are 10 products that you can buy online to stay well-equipped during this pandemic. Stay Safe, Stay home.

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Be of good cheer. Do not think of today's failures, but of the success that may come tomorrow. You have set yourself a difficult task, but you will succeed if you persevere; and you will find a joy in overcoming obstacles.

- Helen Keller

So what will you find in your newly fresh and shiny Women Fitness

Celebrities talk. This issue covers Malaika Arora, Gayatri Shetty, Celebrity Trainer Rupal Sidhpura, Maahek Nair all featured in this issue talking about yoga, fitness, diet beauty, and a lot more.

Easy health tips. We are constantly reminded how busy you are and how you want to get to the really-useful-for-you stuff as fast as possible. So, we've added some new tips on identifying food disorder and quick recipes to keep you wellfed. We've included 10 Covid essentials and where to buy.

Of course, we're keeping the expertise that has remained key to the <Women Fitness> brand since day one. That expertise runs throughout the magazine – not just in our health section.

Hope you love it – and (even if you don't) do let me know what you think,

Stay Safe,

In fitness,

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MALAIKA ARORA on Diva Yoga & Much More!

he is synonymous with being a supermodel, India's favourite "Chaiyya Chaiyya" girl and the judge of India's Next Top Model. She is our very own Malaika Arora.

Photo Credits: Bralet - flirtatious, joggers - Kica Photographer- Avinash Gowarikar. HMU- Subbu Styling: Maneka Harisinghani

As a stunning dancer, she is acclaimed for her performances in the songs Chaiyya Chaiyya (1998), Gur Naalo Ishq Mitha (1998), Maahi Ve (2002), Kaal Dhamaal (2005), and Munni Badnaam Hui (2010).

She recently co-founded Diva Yoga with an aim to encourage more and more women to practice yoga.

Women Fitness India joins the beautiful actress and yogini, Malaika Arora for an interesting conversation on this International Yoga Day! Its All About Maintaining A Healthy Balance Between Your Personal And Professional Life.

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You are India's leading Media personality, Model, Actress, Dancer, Model, VJ, Television personality, Proponent of Diva Yoga and a Mother. How you go about managing a remarkable multidimensional lifestyle?

Its all about maintaining a healthy balance between your personal and professional life. Proper time management, prioritizing work and a good team backing you is the key to all of this. Believe it or not but the good ol' early to rise and early to bed helps me manage my lifestyle a lot. Your Bollywood debut started with your acclaimed performance in the song 'Chaiyya Chaiyya' in the year 1998. Since then there has been no looking back. Share with us your journey in the field of entertainment to making a mark for yourself?

Chaiyya Chaiyya till date is one of my best experiences in the industry. I have loved each and every song, dance number that I have done ever since and I am extremely thankful to this industry for giving me what it has given. The journey has been extremely beautiful and I am happy that I am part of this big and beautiful family.

Being an actress and a model, fitness is of utmost importance. Unfold the exercises that comprise your fitness regime on a daily basis?

My daily fitness regime comprises of doing Yoga at least one hour everyday. My simple goto everyday asanas are- *Shirshasana*, *Suryanamaskar and Padmasana*.



One of the biggest challenges for mothers is to get back their prepregnancy sculpted physique. Tell us about 5 post-pregnancy exercises that your venture "Diva Yoga" proposes?

Setubandh asana – This posture helps strengthen and lengthen the glute muscles, the pelvic floor, hips hamstrings, spine and neck.

Vipritkarni (wall) –

This pose helps circulate the blood from the toes to the head. After being on our feet most of the day its incredibly beneficial to release stagnation and let new fresh blood move through our body.

Virbhadrasana – This will alleviate tight hips and strengthen the lower body.

Adhomuksavnasan – This pose tones and

stimulates the abdomen, pelvis, torso, and back.

Majariasana – This relaxes the lower back muscles & lumbors and works on core & shoulder strength

What advice you have for mothers who consider you as their role model and wish to be fit as you? 5 diet myths busted by you?

My only advice to anyone who's looking at becoming fit is sincerity and dedication. Whatever form of exercise or workout you choose, you have to be sincere and dedicated towards it. It can't be a one time thing. Try and remove at least an hour for yourself from 24 hrs and make it a habit. You'll see the results for yourself.

I am not someone who believes in fad diets. I believe that we should eat everything but in moderation- be it fat, carbs or calories.

Do you take some special diet or have a strict menu that you follow to remain healthy and physically fit? 5 favorite foods that are a must?

My 5 favourite must have foods are-Avocado, greek yogurt, green veggies, organic ghee and fruits. You have glowing skin and gorgeous hair. Do you take some kind of skin treatment to keep it young and glowing and secondly what you do to your hair to make them look so stunning?

I have got my hair and skin from my mother but I do take care to maintain them. Starting my day with Shishasana gives a natural blush and glow to my skin. Also, as mentioned earlier, I watch what and how much I eat. Consuming one spoon of organic ghee everyday also helps me maintain my skin and its glow. I am also big time into home made masks made out of fruits, yogurt etc that I try and use at least once every week. For my hair I trust the good old oiling once a week atleast.

With a massive following of over 11.2 Million followers on your Instagram account @malaikaaroraofficial you're a social media sensation and an internet leading star. How does it feel that you are able to inspire and influence the healthy lifestyle of so many individuals?

It feels great when you are able to inspire someone to move into the right direction. Good health is a life long treasure and I always encourage people to achieve it. Thats the sole purpose of me collaborating with Diva Yoga to reach out to as many people as possible and encourage them to adopt a healthy lifestyle. Be True To Your Self And Your Art, Recognise Your Talent And Work Hard On It, Success Will Follow.



Your recent endeavor is starting of "Diva Yoga". We would love to know more about this venture of yours.

I was actively looking at pursuing an initiative in the fitness space. In this process, me and my management agency Exceed Entertainment, came across the most interesting proposition in Diva Yoga founded by the CEO of Sarva – Sarvesh Sashi. Sarvesh' thoughts were perfectly aligned with my aim of wanting to make an impact in the world by adopting Yoga and fitness as a lifestyle. Both Sarvesh and I believe that women need to be empowered at every step in their life and the only way that they can be a positive role model is by taking time out for themselves towards health and wellness.

With cut-throat competition in the entertainment industry, one has to work really hard to shine in the crowd. What would be your best tips for a newcomer entering the Indian Film Industry?

I don't have tips as such for anyone but my only advice to anyone who wants to enter the industry is to be true to your self and your art, recognise your talent and work hard on it, success will follow. Women Fitness works round the clock with a goal to reach out to women all over the world providing them with the best in health, fitness, nutrition, beauty & fashion. What do you wish to say about the website (Womenfitness.net) and message for our readers?

I feel it's a great goal that you have set out to achieve. My message to all readers is that, today we have such amazing platforms that are here to guide us towards achieving better health and fitness, so we should make the most of it.

Photo Credits: Sports bra - kica , leggings - flirtatious Photographer- Avinash Gowarikar, HMU- Subbu Styling: Maneka Harisinghani

Celebrity Fitness Coach

Workout

Decodes 5 Fitness Myths

Celebrity Fitness expert Maahek Nair has actively been a part of the fitness industry for more than 10 years. In her interview with Women Fitness she clarifies 5 fitness myths strongly believed by women.

Myth 1: THE MORE YOU SWEAT, THE MORE FAT YOU LOSE

Fact I: Sweat has nothing to do with intensity; it's your body's way of getting rid of heat. Fat is oxidized inside your body, and it is not going to vaporize because you're sweating!

Myth 2: FRUIT IS A HEALTHY SNACK THAT CAN'T MAKE YOU FAT

Fact 2: Humans eat food because it gives us nutrients and fuel, but any kind of food, no matter how healthy, can make you gain weight. The fruit has a lot of easily accessible carbs. When you provide your body with easily accessible carbs, you're basically telling it to stop burning body fat for fuel.

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Myth 3:

DOING CARDIO BEFORE WEIGHTS WILL HELP YOU GET SHREDDED FASTER

Fact 3: If you run on a treadmill before you hit the weights, you'll be too fatigued to train as heavy as you can. You need muscle, not miles to burn fat.

Pilates as a Program is Fabulous. It increases Muscular Endurance, Core Strength. The increase in deep core muscle strength helps to make your abdominal muscles look tight and toned. It also improves your flexibility and posture, which can decrease your chances of injuring yourself.

HIGH-PROTEIN DIETS ARE BAD FOR YOUR KIDNEYS

::<mark>Myth 4:</mark> :::::::::

Fact 4: Protein taxes the kidneys because they have to work harder to process it. Healthy people without a preexisting kidney condition are fine to eat a lot of protein as long as they drink a lot of water too.

Myth 5: SPOT-REDUCTION

Fact 5: Spot-reduction is not possible unless you go for liposuction. Without such surgery, your body will draw fat from different regions at different rates depending on your genetic makeup. If spot reduction was possible by training and diet, you'd seldom see women with lower-body fat deposits or men with big guts.

She goes on to add "I strongly believe that fitness can be only achieved when you start prioritizing exercise and eating pattern... that is the reason most of athletes and actors look fit all year round."

Workout Tip

> If you can't fit in one '30-minute walk, try three 10minute walks instead. Interval training, which entails brief (60 to 90 seconds) bursts of intense activity at almost full effort, is shown to be a safe, effective and efficient way of gaining many of the benefits of longer duration exercise.

Celebrity Trainer **RUPAL SIDHPURA FARIA'S 3 Yoga Asanas** for Pregnant Women

ccording to yoga Trainer Rupal Sidhpura Faria in her interview with Women Fitness "Every pregnancy is different from the other. There's no two poses that could be the same in case of complications." She further adds" But under a registered Yoga practitioner without any complications the common most and beneficial is the Baddha Konasana, Wide Legged Forward fold and Child's pose would be a few of many many asanas that pregnant women can do."

Pregnancy is the most powerful transformation you go through in your life as a woman! Your body is rapidly changing, hormone levels are increasing, and emotions fluctuate dramatically. Yoga can help you stay present and accept these remarkable changes with awareness, patience, and respect.



Women Baddha Konasana (Bound Angle Pose)

This pose helps open up the hips and stretch the muscles of the groin, two areas that can become tight throughout pregnancy. It's also a very grounding pose that can centre you if you're feeling a little scattered.



To Perform:

• From Easy Cross-Legged, take the soles of the feet together, drawing them as close to the body as you can comfortably manage, while being respectful to your body.

Pregnancy

• Hands can be on the ankles, feet, or lower legs, or next to the hips to help create more length in the spine.

• Press down evenly through both sit-bones, feeling the connection with the ground beneath you and the length in the spine all the way up to the crown. You can also lean forward a little, which may increase the intensity in the groin and hips, but leave plenty of space for your belly (no squishing baby!).

• Stay for 5 breaths, or more if that feels intuitively good. When ready, slowly come out of the pose.

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Prasarita Padottanasana (Wide Legged Forward fold)

This is a great pose for relieving low back pain, stretching the backs of the legs, and widening the pelvic region. Place hands on a block or support to keep the spine stretched forward and make space for the baby.

To Perform:

• Stand upright in Mountain (Tadasana) with feet hip-distance apart.

• Step your feet apart about 3 feet with the outer sides of your feet parallel to each other (might seem a bit pigeon-toed).

• Distribute your weight evenly throughout your feet. Lift and firm your kneecaps and thighs and gently press your thighs back.

• Move your tailbone down and in.

• Gently lift your abdomen and sternum while taking your shoulders away from your ears.

• Put your hands on your hips, thumbs point toward the spine, elbows point back, broaden across your chest.

• Bend forward stretching your sternum away from your firmed thighs, place your hands on blocks on the floor under your shoulders.

• Take your shoulders back toward your hips.

• Hold the pose for 30-60 seconds or longer if you feel comfortable. If you tire or lose focus come out earlier.

• To come out, return your hands to your hips, elbows point toward the ceiling and lift with your chest while lengthening your torso.

• Step your feet back to hip-distance and stand upright in Mountain.

Balasana (Child pose)



When in child's pose, focus on relaxing the face and breathing deeply into the spine.

To Perform:

• Kneel on the floor. Touch your big toes together and sit on your heels, then separate your knees about as wide as your hips.

• Exhale and lay your torso down between your thighs. Broaden your sacrum across the back of your pelvis and narrow your hip points toward the navel, so that they nestle down onto the inner thighs. Lengthen your tailbone away from the back of the pelvis while you lift the base of your skull away from the back of your neck.

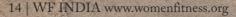
• Lay your hands on the floor alongside your torso, palms up, and release the fronts of your shoulders toward the floor. Feel how the weight of the front shoulders pulls the shoulder blades wide across your back.

• Balasana is a resting pose. Stay anywhere from 30 seconds to a few minutes. Beginners can also use Balasana to get a taste of a deep forward bend, where the torso rests on the thighs. Stay in the pose from 1 to 3 minutes.

• To come up, first lengthen the front torso, and then with an inhalation lift from the tailbone as it presses down and into the pelvis.

• As your belly grows, keep your big toes together and spread your knees apart to create space. Likewise, if it's more comfortable to sit up high, rather than bringing your bum to your ankles, go for it. Just remember to rest your forehead and to breath deeply into your back.

Try these three yoga asanas for pregnant women at home. Do not push.





Choose foods with healthy fats, limit foods high in saturated fat, and avoid foods with trans fat. Plant oils, nuts, and fish are the healthiest sources.

Can I Catch Covid-19 from Food Food Safety Tips

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ood is essential for survival and so it Food safety. For that, one does have to step outside into grocery stores to buy them. For many, it could pose a serious risk considering it is a public place and everyone will be touching some item or the other on the racks to either check the contents or straight up buying it.

The alarm of Coronavirus has already made people conscious of maintaining personal hygiene. Moreover, barring dishes which include raw vegetables and fruits, most of the food we eat is cooked at a very high temperature rendering the virus dead in the process.

Healthy Eating

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It is still not proven whether fruits and vegetables are prone to the virus, it is still important to keep them clean and not susceptible to the virus. Some experts are of the opinion that even if one were to intake a virus with the food inside their body, the virus is unlikely to survive the acidic nature of our stomach. Food Safety Tips

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Guidelines issued by the Centres for Disease Control and Prevention are as follows,

When going to grocery stores, make sure of the following points:

• Make sure the product you buy is not bruised and is fresh.

• If you are bringing fruits or vegetables that are pre-cut, make sure they are cold and come from the refrigerated sections.

• Keep your fruits and vegetables separate from your raw meat, poultry, or seafood in distinct and clean grocery bags. Once you have brought home, follow these guidelines religiously,

- Before and after you prep your vegetables for cooking, wash your hands thoroughly as well as your kitchen utensils and your preparation equipment and surfaces such as chopping board, etc.
- Clean your fruits and vegetables properly and carefully before cooking or eating them. Disinfection is important to sanitize the green leafy vegetables and fruits. Many researchers have found the efficacy of various disinfectants to reduce the bioload on ready to eat leafy green. It has been known that potassium permanganate (KMnO4) solution is one such effective disinfectant, and many researchers used it against a wide range of microorganisms. Washing edible items with very low concentration (0.1%)KMnO4 solution followed by plain water wash will not have any adverse effect on human health.
- Wash and scrub them under running water even if you are planning to peel out the skin.
- Dry them with the help of a clean paper towel.
- Refrigerate your fruits and vegetables within two hours of you cutting them.

Keep yourself and your family safe and practice social distancing!

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Quick And Easy Quinoa Recipes

uinoa Poha with green peas

Poha is one of the most popular breakfast recipes in our country. It is not only healthy and nutrients packed but is also very delicious. However, it can be made even healthier and complete by twisting the recipe slightly, with a change of grain choice. An alternative healthier than flattened rice such as quinoa, fulfills the nutrient needs in a complete manner. Quinoa Poha is a great way to start the day. Try out this nutritious breakfast recipe and see how it

The importance of whole grains in the breakfast is huge because whole grains are not only packed with all relevant nutrients but also are slow burning in the process of digestion. All foods that are consumed slowly in our bodies, give us energy and keep us satisfied for longer periods of time. Quinoa being one such amazing ingredient is a high protein whole grain and is also a very good source of calcium, magnesium and manganese. It also contributes useful levels of several B vitamins, vitamin E and dietary fiber. Quinoa, therefore is an excellent choice for some healthy breakfast recipes.

works for you. Quinoa Poha With Green Pegs

Ingredients for Quinoa Poha Recipe:

● Quinoa 1 cup ● Mustard Oil 2 Tbsp. ● Mustard seeds 1/2 Tsp.

• Curry leaves 2-10 ● Onions finely chopped 2 medium ● Turmeric powder 1/4 Tsp. ● Green chilli chopped 1 ● Potatoes boiled, peeled and cubed 1 Medium ● Green peas 2 Tbsp. ● Salt 1Tsp. ● Red Chilli powder 1/2Tsp. ● Lemon Juice 1 Tbsp. ● Roasted Peanuts 2 Tbsp.

• Fresh coriander chopped 1 Tbsp.

• Fresh coconut grated 2 Tbsp.

Method:

• Wash and rinse the quinoa well. Bring quinoa in a non-stickpan with 3 cups of water. Allow to boil. Cover and cook on low heat for 20 minutes.

> • Heat oil in a nonstick pan. Temper the mustard seeds and curry leaves and sauté for a few seconds, until they start splattering.

> > • Add onions and sauté till golden brown. Next, add turmeric powder, green chilli, red chili powder and sauté well.

• Add boiled potatoes and green peas and mix well. Sauté for 10-15 minutes and add the cooked quinoa, salt and mix well.

• Add lemon juice and mix well. Turn off the heat and transfer the poha in a serving bowl.

• Sprinkle roasted peanuts, coriander leaves and grated fresh coconut and serve hot.

Quinoa Chocolate Cake

Ingredients Cake Ingredients:

2 cups cooked quinoa
loosely packed • 1/3 cup milk
4 eggs • 1 teaspoon vanilla •
3/4 cup butter melted and
slightly cooled • 1 cup agave
nectar or 1 ½ cup sugar • 1 cup
unsweetened cocoa powder • 1
1/2 teaspoons baking powder •
1/2 teaspoon baking soda • 1/2
teaspoon fine sea salt

Frosting Ingredients: • 2 cups heavy whipping cream • 1 cup semi-sweet or dark chocolate chips

Quirloa Dosa Dosa

Instructions

• Preheat the oven to 350 degrees. Grease two round cake pans (or a 9×13 pan) and then line the bottoms of the pans with parchment. (Do not skip the parchment if you want to be able to flip the cake out of the pan.)

• Combine the milk, eggs and vanilla in the blender or food processor and pulse a few times to combine. Add the cooked quinoa and the butter and puree until completely smooth. Stop the machine as needed to scrape the sides and make sure everything is well mixed. This will be a thick and creamy consistency once the quinoa is pureed. (You should not see any little beads of quinoa in the pureed mixture.) Whisk together the dry ingredients in a mixing bowl and add the contents from the blender. Stir until well combined. • Divide the batter evenly between the two cake pans and bake on a center oven rack for 28-30 minutes, until a toothpick inserted comes out clean. Remove the cakes from the oven and let cool 10 minutes before inverting them onto a wire cooling rack. Peel off the parchment and let the cakes cool completely before frosting.

• Place the chocolate chips in a medium size glass bowl. Heat the cream in a medium saucepan until is gently simmers. Remove from the heat and pour over the chocolate. Let the mixture sit for 5 minutes or so and then whisk to combine until it is smooth and glossy. Refrigerate and let cool completely. (2-3 hours in the refrigerator or about an hour in the freezer.) When fully chilled. use a mixer to whip the chocolate cream into soft peaks.

• Place one cake layer upside down on a plate. Scoop half the frosting onto that layer and gently spread it across almost to the edge. Place the other layer on top of the frosting and top with the remaining frosting. You can frost the sides if you like, I chose to leave mine simple. Chill 2-3 hours before serving to allow the frosting to set. Enjoy!

Ingredients-• 1 cup quinoa • 2 tablespoon vegetable oil • 1/2 cup moong dal • 1/2 cup urad dal • 1 teaspoon salt

• water as required

Instructions-

• Soak both the dals with quinoa for up to 4 hours

• To prepare this yummy dosa recipe, wash together urad and moong dal in a bowl. Next, wash quinoa with water and mix in the dal bowl. Add water in the bowl and soak the trio for up to 4 hours.

• – Prepare the dosa batter by blending the dal-quinoa mixture

• After soaking, drain the extra

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water and add the mixture in a blender jar. Blend the mixture using a little water to make the batter of dosa. Add a little salt in this batter as per your taste and make a smooth dosa batter.

• - Prepare the Quinoa Dosa

• After preparing the batter, heat a non-stick pan on medium flame and smear it with a little oil (You can also use a dosa tawa for making them). Using a ladle, spread the batter in the pan in a circular motion and cook for a minute. Flip the other side and smear again with a little oil. Once the dosa is cooked to a brownish hue, transfer to a plate. Repeat with the procedure to make more such dosas. Serve with sambhar and chutney.

By- Ms. Pretty Tyagi



Steps to Perfect Water-Free Manicune Home

reviously, it was believed that soaking our nails in water was the best way to begin a manicure and soften cuticles – this is a myth! Soaking our nails causes them to absorb water and expand, so the nail may not contract back to their true size for another 24 hrs. Polishing right after could mean less wear. Water also puffs out our cuticles, preventing a thorough clean up and it can also spread infection if you happen to have a cut on your finger. For many reasons, go water-less!



Begin your at-home manicure by first removing nail polish, if any. Avoid rubbing back and forth. The best and easiest way to remove stubborn nail colors is to press the nail polish remover wipe onto your nails, wait 5 seconds for it to loosen the nail polish, and wipe down the length of the nail. Repeat this step. a few more times to remove any excess.



Once your nails are polish free, wash your hands with soap and water (or sanitize) to start with a clean canvas!

Trim your Nails :

If your nails grown too long, begin by giving your nails a trim. With your nail clipper, trim the nails using small clips working from one side of the nail to the other. Never begin clipping your nail in the center because it can put stress on your nail plate.

Don't forget to File them:

Once you have your desired nail length, file your nails in shape with a soft nail file. Always file in one fluid motion with long, light strokes in one direction. Start from the outside edge and continue in a side-to-center movement. This method will create a smooth finish and give you more control over the shape, too. Filing back and forth weakens nails, making them prone to splitting.

) Get your Cuticles in Shape:

To soften your cuticles, apply a drop of cuticle oil to every nail. With an orange wood stick or a clean stainless steel cuticle pusher, gently guide any overgrown cuticle back into place. Always remember that our cuticles ce a protective barrier, preventing bacteria from entering our bodies. Some people have thin, barely visible cuticles while others naturally grow thicker, but both are healthy when cared for properly, so don't over push!

Buff Before Polish:

For nail color that lasts well beyond three days, it is essential to eradicate all traces of dirt, oil, and polish residue to give it a clean base to cling to. Buffing is essential for perfectly prepped nails. Be gentle and sparing, using a soft and smooth fourway block or buffing file. Buffing brightens, smooths, and creates natural shine in addition to removing ridges, giving you a perfectly prepped base to paint on.

Moisturize:

After you've trimmed your nails, hydrate the skin with a moisturizer focusing on dry areas. Once absorbed, wipe nails and use nail polish remover to clean the beds for the fun, color part.

Apply your Base Coat:

A base coat provides a barrier between nail polish and your nail, preventing stains. It also acts as an anchor to nail polish, holding it in place like glue and preventing chips.

Apply 2 Coats of Color:

Select your nail polish shade and apply two thin coats of nail color, waiting 2 minutes between each. The aim of the first coat is coverage and the next is to achieve full depth of color.

Whether a special occasion or just a day to treat yourself, picking a nail color should be fun – but even for pros, applying nail polishing on your own hands can be challenging, especially when it comes to your nondominant hand! Steady your hand by keeping both of your elbows on the table.

For novice polishers, it's helpful to begin with the hand you're least comfortable with to ensure a less-than shaky start. Finish with a Top Coat:

Whether you're walking out the door in less than 60 seconds, want a gel-like shine or matte finish, choose a top coat.

> Following these nail tips will give you a professional quality home manicure that you can proudly show off!



If You Enjoy Swimming, Be Sure To Wear Goggles To Protect Your Eyes. The Chlorine In Pools, Salt In The Ocean, And Debris In Interior Waterways Can Damage Your Eyes.







dolescent eating disorders such as anorexia (starvation to achieve the 'ideal body' weight though the person may already be at it), bulimia (excessive eating and purging), binge eating disorder, and compulsive overeating are concerns every parent hopes to avoid. An eating disorder begins with emotional health problem that escalate into a mental health illness that has severe physical consequences. It is not as simple as a desire for slimness.

Red Flags for Identification of Eating Disorder

- A sudden change to vegetarianism, as a means of cutting out food groups, fat or calories.
- Clothes that suddenly start to fit more loosely followed with negative comments about self-image or the body.
- Extra time in the bathroom, particularly after meals, with evidence of vomiting in the bathroom or elsewhere.
- A drop in weight noted at home, at school, or in the clinician's office.
- Lack of appropriate weight gain at a time when the child is growing.
- Cutting up food in tiny pieces, or playing with food more than eating food.
- Lot of time spent on meal preparation, without eating properly what has prepared.

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- Obsession with food, calories, fat grams, or exercise.
- Extreme guilt if she cannot exercise on a given day.

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- "I'm so fat" or "I need to weigh myself" repeated often to herself or to others around her.
- Concern by a parent, peer, or teacher that the child or adolescent has developed an eating disorder.
- Eating disorders are at times serious biologically influenced illnesses. Recent studies do speak of possibilities of increased family heredity, says Dr Das . "These are based on familial studies, where higher rates of eating disorder are found in the first-degree relatives of those with eating disorders." Similarly, twin studies have shown that monozygotic (identical) twins are more likely to develop eating disorders compared to dizygotic (fraternal) twins. Women and adolescents are at greater risk.

The last red flag, in particular, should warrant investigation and close follow up; when a parent or other significant person in the child or teen's life expresses the concern, there is a strong likelihood of an eating disorder either existent or in its earliest stages.

If any of these red flags occur, its an alarm signal that clinician should see the patient back at least monthly, and weekly when rapid weight loss is apparent.

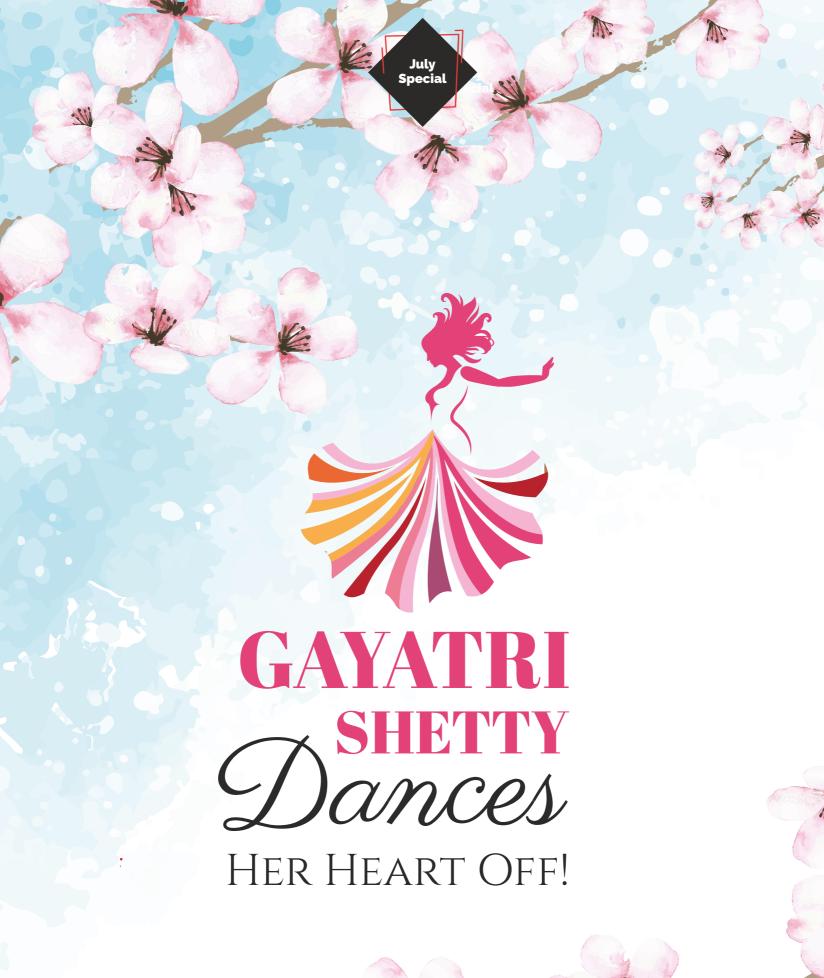
You can find out if you have an eating disorder, by taking the SCOFF test available online.

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Pregnancy Tip

Before you begin a prenatal yoga program, make sure you have your health care provider's OK. You might not be able to do prenatal yoga if you are at increased risk of preterm labor or have certain medical conditions, such as heart disease or back problems.





ayatri Shetty is a contemporary artist/ mover/ dancer from Bangalore, India. She received her BA in Performing Arts and Psychology in 2018 from Christ University, where she trained in Bharatnatyam –an Indian classical dance form. She then went on to receive her diploma in Movement Arts and Mixed Media at the Attakalari Center of Movement Arts in 2019 where she recieved a Distinction for her work. 27 | WF INDIA www.womenfitness.org





At Attakalari, I trained an average of 9 hours a day which has remained as my regular until recent events.



At Attakalari Center she trained under the Artistic Director Jayachandran Palahzy and other renowned choreographers like: Stefano Fardelli (Italy) Teresa Rottemberg (Switzerland) Ion Garnika , Daniel Navarro Lorenzo (Italy). She moved to New York last year to live the Big Apple dream, and trained at Gibney Dance for a period of 9 months where she trained with Bobbie Jean Smith, Daniele Agami, VIM VIGHOR and Teresa Perez (Simonson technique) and many others. During her time in New York she worked with companies Wild She Dances and Phyllis Rose Dance Company and performed for Alex Tomassian and Henriette Robert. When not on the dance floor, you can find her devouring fried chicken or dosas, or expressing her deep appreciation for poke bowls.



Women Fitness India joins the beautiful dancer in her journey to success!

How did your journey as a dancer start?

I don't even recall when exactly I fell in love with dance. My early memories are being in a class learning dance & excitement about going to dancing class. I was told that my mother caught me dancing when I was around six years old, in-front of mirror looking at my expression. She instantly enrolled me into dance classes where I first started my formal training.

Having trained under M.S. Sreedhar at the Body Language School of Dance in Bangalore, India through my childhood and teenage years. Here I first encountered the stage and I never looked back since, dance became integral part of my life; it defines me.

Body Language School put up an annual day entertainment event in December' 2004 at one of Bangalore's most prestigious auditoriums Chowdiah Memorial Hall. This brought me pride and recognition which solidified my love for dance into passion. The event was a huge success and we continued to put up these events for several years following.

I took a break from dance when I turned 16 to focus on school and grades. It was during this sabbatical that my determination to learn dance more formally started to brew. Thus with the support of my parents, I decided to pursue my under grad in Performing Arts and Psychology at Christ University, Bangalore, India.



When in life did you decide to pursue Dance full time and professionally?

My three years in Christ university consisted of learning various form of dancing – Contemporary Indian Bollywood &. Others. I trained over 10-12 hours a week and had the good fortune of being on stage every other day.

I was also deeply interested in studying Psychology and the fear of choosing the road less taken and pursue dance full time was making me incline towards considering Creative Arts Therapy as a full-time career.

It's with the immense support of the people around me I decided to jump in and risk the uncertainty of a career as an artist to follow my passion.

I started training in Dance full time post my graduation, through Diploma on Mixed media and Movement arts at one on India's most well-known contemporary dance companies and school, Attakalari Center of Movement Arts. The Attakalari program was a yearlong full time intensive training program. Here I received a Distinction certification for my skill, talent and hard work that I had put in the during my year with Attakalari. It is then that I knew I was capable of choosing this path. For my immense passion started becoming clear in terms of next steps even though I still felt it's a long hard road until my dreams start realizing.

How many hours of dancing does your day usually comprise of?

At Attakalari, I trained an average of 9 hours a day which has remained as my regular until recent events.

I trained under the artistic director Jayachandran Palahzy and other acclaimed choreographers

- Stefano Fardelli from Italy,
- Teressa Rottemberg from Switzerland,
- Irma Cardano from Italy and
- others like Lina Gomez, Daniel Navarro Lorenzo and Ali Salmi.
- I also performed Solos in
- Stefano Fardellis "HOLY-LAND"
- Irma Cardanos "Reflections".

Wild She Dances photographs by Julian Myles

Why did you decide to move to New York and what has your journey been like so far?

It was my dream to train and dance in one of the finest cities in the world. I started applying to programs early 2019; sent out various audition tapes to many schools and finally got the opportunity to be part of a short term program at Gibney Dance Company.

Moving to New York was a huge mental transition for me in two ways;

a) the more obvious, geographical & cultural shift

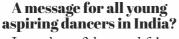
b) It was here that I transitioned from being a student to becoming a professional.

I was confident in the training I had received hence was keen to sharpen it for international standards. I also wanted to use this golden opportunity to start my professional career in dance by using the time here to work for companies, perform for other choreographers and expand my network.

Being part of the program ensured that, I was in studio training hard 22 hours a week. The flexibility of the program allowed me to go look for learning opportunities outside as well. I did several live auditions, video auditions got rejected way more than got accepted but that only gave me a better understanding of how the industry works & expects.

I was even asked to be part of the Student Showcase at Gibney which presented work by 4 of Gibneys graduating students. I was asked to be in 2 of the 4 choreographies presented. This was a great opportunity for me as a lot of my teachers and mentors watched me perform for the first time and expressed their desire to work with me which is huge for me considering I didn't trust myself to ever be good enough.

Currently I'm a guest artist for two companies; Wild She Dances and Phyllis Rose Dance Company, for season 2019-20 and working with them has been an absolute dream come true. In the10 months I have been here I was able to perform in many locations across New York City which I never thought would happen. The artists in the community have begun recognizing me as a performer and fellow artist.



I wasn't confident and felt nervous about how I would ever match the skills of international dancers. Classical Ballet was totally new to me hence I had the fear of being left behind. This is a misconception. Many Indian dancers, only after moving to New York realize that the Artist community is looking for something fresh, they do not want dancers that only know ballet. They need dancers who are more wellrounded in their training. This versatility in my training is my greatest strength, I am able to quickly understand what the choreographers want, in-fact even provide a fresh perspective to a common movement which Is a skill I



loto Credits: Wild She Dances p

learnt being a dancer in India.

So, All One Needs To Do, Is To Believe In One Self And Be Aware That The Dance Community Is Open To All Possibilities. All You Have To Do Is Show Up & Do Your Best; Be At Every Rehearsal Every Audition And Every Class. Your Work Will Not Go





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3

Shopping



COVID-19 Essentials Where To Buy Them

Sera 3 Pcs Printed 3-Ply Reusable Outdoor Fabric Masks *Price*:Rs. 539 OVID-19 essentials are the need of the hour, so here are some of the products that you can buy online to stay wellequipped during this pandemic.

PEEBUDDY Reusable Portable Urination Funnel Price: Rs. 550

Plastic Reusable Long Lasting Face Shield *Price:* Rs. 399 Pace Shield

DABUR Sanitize Hand Sanitizer Price: Rs. 250

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Fabindia Snug Fit Set of 3 Printed Non Surgical Mask *Price:* Rs. 100



Tim Hawk Zeiss Pre-Moistened Lens Cleaning Wipes Price: Rs. 281



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Generic Plastic Gloves Disposable (80pcs) *Price:* Rs. 108

> Omved BREATHE EASY Cold & Sinusitis Therapeutic Eye Mask & Eye Pillow *Price:* Rs. 1490

Breathe Easy

Medimix Ayurvedic Classic 18 Herbs Soap, 125 g (4 + 1 Offer Pack) *Price:* Rs. 160



Sun-Sign Fitness



LEO:

You've got a lot of energy, but not much direction. You're more interested in working on your tan than working out. It might be hard to drag yourself away from your lounge chair, but you'll feel great once you get your body moving! Don't be impatient if you miss your goals, there may be bigger issues you need to work on.



VIRGO:

Get motivated by calling your friends about your fitness progress. They need the motivation, too. Organize a video meeting with your crew about the best ways to work out and stay fit. If you don't have a support system, you'll face some unexpected consequences when the full moon is in Capricorn on the fourth. Put your pride aside and ask for help.



LIBRA:

While you're excited about working out and getting fit, remember to take it slowly. If you want to try Pilates or yoga for the first time, do some research before you jump in. No one wants to feel ridiculous on their first day doing something, or waste a ton of money because you don't know how to use your expensive exercise bike!



SCORPIO:

This month, you may be more focused on your mental fitness than your physical fitness, which is great! You might be drawn to doing puzzles, taking online courses, or taking care of your mental wellbeing. It's always important to work out your brain as well as your muscles. Make a change to your normal workout routine to include some mental fitness like listening to a podcast while you exercise.



AQUARIUS:

Take iteasy with your workouts this month, Aquarius. Pushing yourself too much could lead to injury or burnout. Instead, take care of your body and mind by giving yourself a spa day at home, complete with a bubble bath, manicure, and massage wand.



TAURUS:

If you want something—toned arms, more stamina, better abs—July is the month to reach out and take it. You are more driven than ever to reach your goals. You are powerful this month, Taurus. Don't forget that when the full moon in Capricorn delays your progress on the fourth. It's just a plateau.



SAGITTARIUS:

Mental health is just as important as your physical health. Past baggage comes back to haunt you, and not even the best workout will help. Take some time away from exercise to take care of your mental well-being. Talk to a professional or do some emotional healing.



CAPRICORN:

Is the summer heat putting your exercise goals on pause, Capricorn? If you're lacking the motivation to work out, talk to a friend about it. What better way to do that than by having a fitness partner to keep you in check? If you have any questions, call a professional when the full moon is in your sign on the fourth. A nutritionist or doctor can give you the health answers you need.



PISCES:

Go with the flow. You'll need to be adaptable when sudden changes interrupt your workout and fitness goals. Take a deep breath, do some yoga, and stay chill. No one wants a meltdown while meditating. Call a friend to help you out.



ARIES:

Stress gets the better of you. Be kind to yourself during this time. It's not the worst thing in the world if you can't do your workout right now. Get yourself grounded when Mercury goes back into direct on the twelfth by doing some meditative activities. Tai chi in your room will do the trick.

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GEMINI:

It's the summer of self-love this July, Gemini. With Venus still in your sign and retrograde Saturn entering Capricorn on July 1, you are loving how your body looks and feels. You've hit some fitness goals and your workout is paying off. Rock that swimsuit! Take those selfies! You're hot and you know it. The full moon in Capricorn on the fourth will give you an extra boost of stamina to keep your workout going strong.



CANCER:

This is your time to shine, Cancer! You have tons of energy and a list of goals you want to achieve. You're in the headspace to do amazing things, whether you want to start jogging or do more weightlifting. Don't be afraid to ask for help, especially when the full moon is in Capricorn on the fourth. Call a dietitian or trainer about the best course of action you should take.



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