

SAVVY

NEWSSTAND COPY

A MAGNA PUBLICATION
www.savvy.co.in

₹75 JULY 2017

“I WORKED TO ENSURE THAT **SANJAY** DID NOT COME OUT AS A BITTER OR BROKEN PERSON.”
MAANAYATA DUTT

SLEEP...
IT'S GOOD FOR YOU

MONSOON MAGIC

- FASHION
- MAKEUP
- SKIN & HAIR
- MUNCHIES

SUFFERING FROM A **SAVIOUR COMPLEX?**

CARELESS ABOUT YOUR **SEXUAL PARTNERS?**

EGYPT ENCHANTS!



FITNESS SAVVY

WINNING Streak



Fitness expert
**Nawaz Modi
Singhania's**
top 10 tips to
being healthy,
happy and
always raring
to go!



- Happy girls are the prettiest girls - and also the healthiest and fittest. Keep yourself happy and ensure that you glow inside out!
- Eat everything you want! *Biryani, dosas, pav bhaji, dhansak*, desserts, everything! Just cook it with healthy ingredients, replacing the unhealthy, fattening ones. My website www.bodyart.in has all the information that you need.
- Eat mini meals frequently through the day. Remember that your three square meals will only make you round!
- Sip your soup. Studies have shown that a bowl of soup before a meal will curtail your appetite as it is filling and takes a relatively long time to eat. As the brain takes about 20 minutes to realize that the body is full, soup sipping is particularly useful in quantity control.
- Dump convenience food from your diet. As a thumb rule, non-fresh food usually contains added chemicals, a high amount of sodium and fat. This is exactly what adds to their shelf life! They don't, however, do your body any good.
- Keep healthy snacks close at hand. Destiny shapes our end, but caloric intake is what shapes our middles! Keep food like fruits, vegetables, sandwiches made of whole wheat bread and no butter close at hand. When hunger pangs attack, you'll want to grab the first available edible item. Make sure it's low on fat and calories, while being nutritionally rich.
- Get into the habit of reading food labels. If there are some ingredients you can't pronounce, leave alone identify, then the chances are high that this meal is loaded with chemicals. Avoid it.

- The monsoons washed away your exercise programme? Instead of making excuses, find yourself an indoor activity. Riding a stationary cycle, dancing, an aerobics class, rope jumping or stair climbing are just some of the many activities you can engage in. When you lose all your excuses, you'll find all your results!
- Eat smart on the job! Overeating is not the way up the corporate ladder! Eat simple, sensible food. It'll keep you from feeling sleepy, lazy and sluggish all day. Keep your mind on the business at hand. Stay focussed.
- Think thin! It is as simple as mind over matter. Carry yourself, walk and think like a thin person. It works wonders.

