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FEMINA

Be unstoppable

**OLDER,
WISER,
HOTTER**

Dating a much older guy

**HOW STRESS
IS KILLING
YOUR CAREER**

**YIN,
YANG,
YUM**

PERFECTLY
BALANCED
ASIAN MEALS

**GYMWEAR
GOES HIGH
GLAM**

'Semen can't
grow hair?'

Dumbest sex
questions—
answered!

Shilpa Shetty
Kundra

'I LOOK BETTER
THAN I DID
10 YEARS AGO'

**Adorable
mess**

EFFORTLESS,
HUMIDITY-PROOF
HAIR

Fitness squad

Five women, five health goals,
five lifestyle makeovers



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WATCH THE BEHIND
THE SCENES OF THIS
COVER SHOOT.
FOR INSTRUCTIONS,
TURN TO PAGE 10

TIPPING THE SCALE

THE EXPERTS



NAWAZ MODI SINGHANIA

She is considered one of India's leading fitness and lifestyle icons with an illustrious list of clients, such as Harsha Bhogle, Lisa Ray and Dr Swati Piramal, among others. She founded a chain of fitness centres called Body Art in Mumbai. An internationally certified trainer, Modi Singhania also writes about fitness and health.



ISHI KHOSLA

A clinical nutritionist, author, entrepreneur and researcher, Khosla is involved in clinical practice at the Centre For Dietary Counseling in Delhi and recently started operations in Dubai. An adviser to several organisations, she also set up a health food company called Whole Foods. The author of *Is Wheat Killing You?* and *The Diet Doctor*, among other titles, Khosla recently launched a nutrition app and online portal called *theweightmonitor*.

Fitness, they say, is a lifestyle. But does young India's understanding of it go any deeper than flat abs and six packs? We asked five women between the ages of 20 and 25, and from diverse backgrounds and professions, to tell us what they eat, how they work out, where they feel stuck and how they want to improve. Since it takes two—diet and exercise—to tango, we got nutritionist Ishi Khosla and fitness expert Nawaz Modi Singhania onboard to advise the girls on what's working for them and what's not, and how they can streamline their routines to reach their fitness goals. Their story could well be yours.

TARISHI KUMARI

23, FINANCE CONSULTANT, MUMBAI

HEIGHT: 5'4" WEIGHT: 64 KG

MY FITNESS GOAL

'TO LOSE WEIGHT'

MY DIET DIARY

"My lifestyle has seen major changes since I moved away from home. I cook almost all my meals and pack lunch for work. Breakfast consists of poha, a fruit, 2-3 almonds/dates, and on most days, lunch and dinner consist of a bowl of paneer curry and three chapatis. I eat out about 4-5 times a week and usually get a yellow dal, curry, chapati and raita for lunch or dinner. I look forward to hot chocolate every Monday at work. I also love ready-made mishti doi and eat about three medium bowls a week. I get about three litres of water a day. I have a deficiency of calcium and vitamins B12 and D, and have a hypothyroid problem."

HOW I SWEAT

"My job requires sitting at a desk for 9-10 hours a day. I walk 1-2 km a day and do some basic stretching exercises in the evening 4-5 times a week. Four out of seven days, I have late nights (say 2 am) either due to work or personal reasons."

KHOSLA'S FOOD FIX

"You need to lose about 8 kg, and should get tested for gluten sensitivity and dairy intolerance. Have one protein-based, one grain-based and one fruit/vegetable-based meal a day. In between, snack on salads or nuts. Since you have a thyroid problem, eating on time is crucial. Also, make sure you get enough sleep as this affects your metabolism. For breakfast, eat poha/millet roti with egg and a glass of vegetable juice or coconut water. Your lunch should comprise salad, two rotis/a cup of rice with dal. Have another meal at 6 pm: two roti rolls/two idlis/poha. Eat a fruit or have a bowl of salad or soup by 9 pm. Cut down on paneer (not more than once a week), and halve your cereal intake."



MODI SINGHANIA'S WORKOUT MANTRA

"You need to get more sleep and eat a balanced diet. If you can get a 45-minute exercise session at the office during lunch hour, it would be great. Most offices have a gym, so get in there and use the cardiovascular equipment, such as treadmill, cycle or the elliptical. If your office doesn't have a gym, even a few compound, total-body conditioning exercises such as push-ups, planks, squats and lunges in some quiet spot will work just as well. Other than that, stay as active as possible. Use the stairs instead of the elevator, and walk down the road instead of driving there. Every little bit helps."

PRO TIP



ADD RAW VEGETABLES TO YOUR DIET IN THE FORM OF JUICE OR SALAD. EAT AT THE RIGHT TIME AND YOU'LL NOTICE A WORLD OF DIFFERENCE IN HOW YOU FEEL—TRY AND WRAP UP DINNER BY 7.30 PM. >



CURRENT
DAILY
CALORIE
INTAKE
2,500 - 3,000

POLYESTER JACKET: ₹3,499, MARKS AND SPENCER, METAL CHAIN: ₹1,545, ACCESSORIZE

MY FITNESS GOAL

'TO TONE MY BODY AND BE MORE FLEXIBLE'

DIVYA KALATI

21, FILM WRITING INTERN, MUMBAI

HEIGHT: 5'6" WEIGHT: 60 KG

MY DIET DIARY

"I generally eat home-cooked food. Breakfast consists of poha/upma/idli/dosa/parantha and fruit juice. I enjoy milkshake once in a while. Lunch is usually two chapatis, along with sabzi, dal, curd and iced tea, and dinner could be pasta/garlic bread/noodles/chilli mushroom or rice with dal/sabzi. I like to round it off with a chocolate ice-cream, though I do try to avoid fried food. I snack on whole fruits and eat out maybe once a week. My water intake is about a litre a day."

HOW I SWEAT

"I'm not really into any kind of exercise at the moment. I take the stairs whenever I can and go for the occasional walk in the evenings. I plan to join a kickboxing or dancing class."

KHOSLA'S FOOD FIX

"Your body weight is fine for your height. To tone up, replace a few things in your diet with healthier alternatives, such as fresh juice that's 80 per cent vegetable and 20 per cent fruit, regular chapati with multigrain chapati at lunch, and chocolate ice-cream with a piece of dark chocolate or 2-3 pieces of dry fruits such as dates, raisins or a small piece of jaggery to satisfy your sweet cravings. Reduce your portion of pasta (have different kinds, and not just wheat) and cereal, and add a bowl of grilled vegetables or soup to your dinner. Reduce one chapati at lunch and introduce sprouts or a carrot and cucumber salad instead. You may also snack on nuts and whole fruits. Increase your water intake to 2-2.5 litres."



MODI SINGHANIA'S WORKOUT MANTRA

"Yoga or Pilates (preferably equipment-based Pilates, and not mat) would be ideal for your fitness goals. It won't be long before you see great results, post which you may switch over to kickboxing or dance. Increase your protein intake in order to support the increase in muscle tone. Train three-four times a week, preferably on alternate days."



CURRENT DAILY CALORIE INTAKE
1,600 - 1,800

PRO TIP



TO INCREASE FLEXIBILITY, GO CEREAL-FREE EVERY ALTERNATE DAY. >

MY FITNESS GOAL

'TO SHED 18 KG AND RETURN TO MY PRE-THYROID SELF'

VANSHIKA AHUJA

24, ACCESSORIES DESIGNER, DELHI

HEIGHT: 5'2" WEIGHT: 59 KG

CURRENT DAILY CALORIE INTAKE
1,000 - 1,200



MY DIET DIARY

"I usually eat a sandwich at 9.30 am after I take my thyroid medicine.

Lunch is at around 1.45 pm and typically comprises one chapati with dal or sabzi. I eat a snack at 6 or 7 pm (Maggi, momos, tikki, pizza), and that's usually my dinner too. Then I eat a fruit at night, either mango, grapes, orange or musk melon. I drink about 2.5 litres of water a day."

HOW I SWEAT

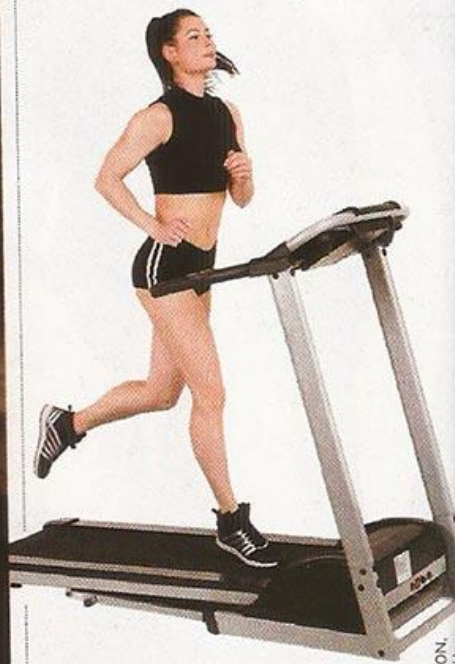
"I did Zumba for a month or so, but couldn't continue it, thanks to my busy schedule. My office is on the ground floor of our house, so the only physical activity I get is climbing up to the first floor or on market sourcing days."

KHOSLA'S FOOD FIX

"You need to lose only 5 kg to be at your ideal weight. Your meal timings are fine, just get some blood work done under professional advice. Instead of snacking on junk food, eat lentil pancakes, chana chat, falafel, dhokla, matar ki tikki—essentially, increase your protein intake. For breakfast, have vegetable juice with egg or sprouts, and lunch can be a jowar/millet's chapati with sabzi, dal and salad. You may also add quinoa to your diet."

MODI SINGHANIA'S WORKOUT MANTRA

"Zumba is a great workout once in a while, but not regularly. It can strain the back and knees tremendously and cause injuries. Since your office and home are the same, you could get in a 60-minute treadmill or cycling session during lunch. If not, just step outdoors for a walk whenever you have the time. If you're relatively new to exercise, start with thrice a week, but gradually build up to 5-6 times a week for maximum benefit. Drink more water to detox and help with the weight loss."



PRO TIP



ADD VEGETABLE JUICE TO YOUR DIET AND CUT BACK ON GRAIN. >



**CURRENT
DAILY
CALORIE
INTAKE**
2,500 - 3,000

MY FITNESS GOAL
'TO PUT ON SOME WEIGHT'

MITALI CHAVAN
25, PRODUCT EXECUTIVE, MUMBAI
HEIGHT: 5'3" WEIGHT: 43 KG

MY DIET DIARY

"I often skip breakfast, although sometimes I manage to eat a cheese sandwich or poha with two cups of tea once I get to work. During the rest of the day, I have five rotis and sabzi, a bowl of rice, snacks (Maggi/ biscuits/fruits), chaas/lassi, a glass of milk, three-four bananas and a helping of some other fruit. I eat fast food/snacks such as burgers or dosa about twice a week. I drink about 2.5 litres of water a day."

HOW I SWEAT

"I walk 3-4 km or more a week."

**KHOSLA'S
FOOD FIX**

"You should ideally weigh 52-55 kg. I recommend you get tests done under professional advice. It would also be a good idea to do an elimination diet under supervision to see if it makes a difference. But irrespective of weight, stay clear of the flour found in Maggi, biscuits etc. Add dry fruits, yoghurt and virgin coconut oil to your diet. For breakfast, replace the cheese sandwich with poha, and tea with milkshake/cold coffee. For lunch, eat a raagi/jowar roti (you may also incorporate quinoa) with sabzi and dal. Snack on nuts, chana, fruits or a smoothie. For dinner, eat a vegetable, dal, rice and milk. Fortify your food with flax seeds and chia seeds."



**MODI SINGHANIA'S
WORKOUT MANTRA**

"Weight training would be ideal for you—do more weights and fewer reps. Join your local gym and work out under a qualified trainer. Increase your protein intake to support the increase in muscle mass that the weight training will entail. Make sure you work out all the muscle groups in a balanced way. Train 3-4 times a week this way, preferably on alternate days. Slow down on walks for some time, till your current goal is achieved."



PRO TIP



MAKE SURE YOU'RE EATING ENOUGH PROBIOTICS AND GET SPECIALISED BLOOD WORK, BECAUSE IF YOU ARE MAL-ABSORBENT, THEN NO NEW DIET WILL HELP. >

COTTON TOP: ₹2,790; ZARA; METAL AND STONE NECKPIECE: ₹1,945; METAL STUDDED EARRINGS: ₹1,345; BOTH ACCESSORIES FOR TARISHI KUNARI; DIVYA KALATI AND MITALI CHAVAN; PHOTOGRAPHS: VINAY JAYKAR; HAIR AND MAKEUP: SEENA TABASSUM (TFM INDIA); STYLING: ANITA KUMAR



CURRENT DAILY CALORIE INTAKE
2,500 - 3,000

MY FITNESS GOAL

'TO IMPROVE MY FITNESS LEVEL'

AMANPREET JOLLY
23, TEACHER, BANGALORE

HEIGHT: 5'3" WEIGHT: 63 KG

MY DIET DIARY

"I eat a sandwich for breakfast and my meals consist mostly of chapati, accompanied by a vegetable or gravy. I probably eat rice twice a week, mostly at night. I also drink a lot of fresh juices. I eat outside about twice a week, which could be a proper meal or just a snack. My first meal is usually at 8 am, followed by tea or coffee. Lunch is at 1 pm and dinner around 9 pm. In between, I munch on fruits or biscuits. My average water intake is three litres a day. I usually eat two fruits a day and two cups of tea/coffee. Since I am diabetic, I avoid desserts."

HOW I SWEAT

"I have a daily workout session of 30-45 minutes, during which I stretch, jog and brisk walk."

KHOSLA'S FOOD FIX

"You need to lose 10 kg to be at your ideal weight. Also since you are a type II diabetic, get your blood work and a complete nutritional assessment done. Replace fruit juices with vegetable juices that contain pulp, and limit fruit portion to one to two. Instead of three full meals, have one lentil-based, one cereal-based and one protein-based meal. I recommend two lentil pancakes for breakfast, 1 jowar/millet roti or half a cup rice, or salad or sprouts, for lunch. The third meal can be dal or eggs, which you should have by 7 pm, and a light snack of fruit or nuts by 9.30 pm. The idea is to reduce the glycemic index of your meals."



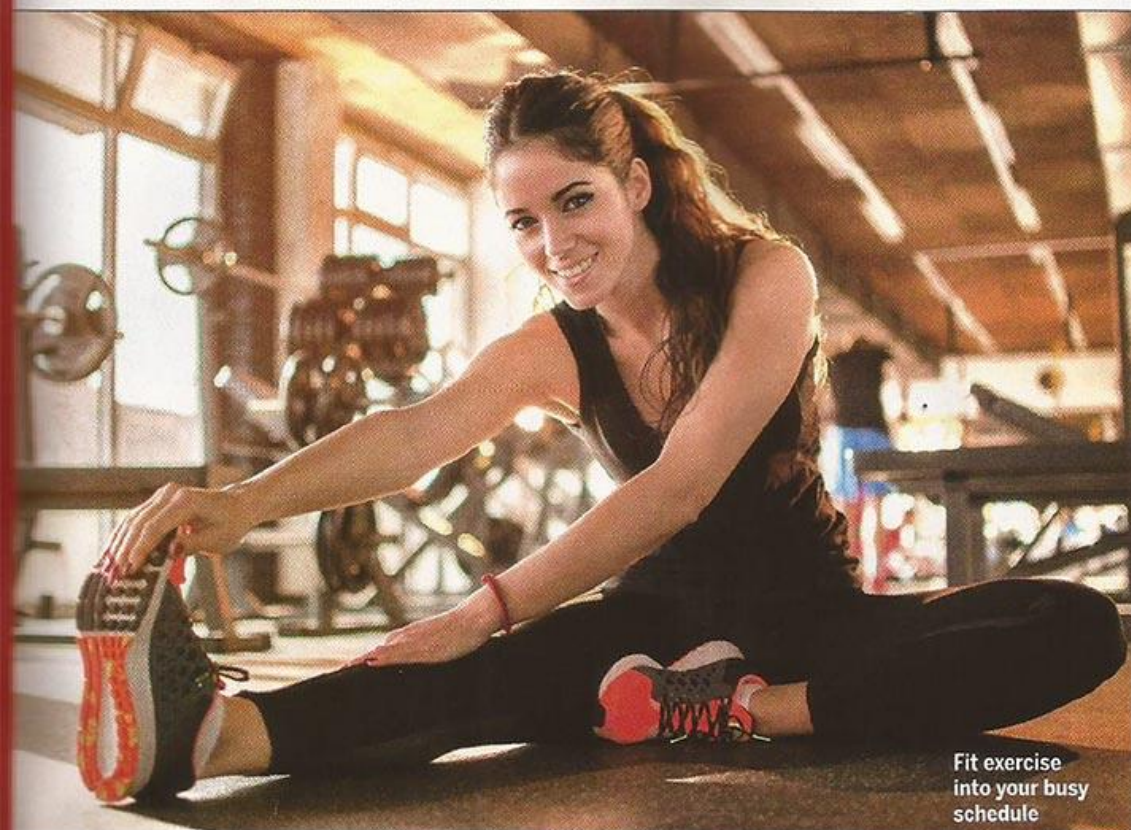
MODI SINGHANIA'S WORKOUT MANTRA

"If you want to improve your general fitness levels, steer away from cardiovascular exercises and choose activities such as Pilates, gym training and yoga. Any form of resistance training might work well for you. Work out every alternate day, 3-4 times a week for an hour per session. You'll start seeing results within the first couple of weeks or so."

PRO TIP



CHANGE YOUR MAIN GRAIN. REPLACE WHEAT WITH JOWAR/MILLET/RAGI/QUINOA. YOU MAY ALSO HAVE HALF-A-CUP BROWN RICE INSTEAD OF A ROTI AT TIMES.



Fit exercise
into your busy
schedule

VOX POP

How do you stay fit?



"I work from home and, therefore, spend long hours on the laptop. To stay fit, I try to alternate between jogging and swimming through the week. Because I'm either cooped up at home or working from a café, I make sure to pick one outdoor activity or hit the gym. As I'm quite susceptible to back issues, I stretch or stand every five minutes to make sure that my posture is right."
Bhani Rachel Bali, 24, social entrepreneur



"I wasn't much of a fitness freak until a few years ago. It all started during my second year in college when I realised that I needed to stop trying to get slim like the other girls and focus on staying fit and leading a healthy lifestyle instead. Since then, I've always made it a point to stick to an eating plan that consists of fresh fruits and vegetables. My mornings begin with an hour of intense cardio exercises and, in the evenings, I cycle or jog for half an hour on alternate days."

Sheryl Lasrado, 21, tour operator



"My workout routine comprises cardio circuit and weight training, along with a healthy diet of fruits and proteins. But once a week, I eat whatever I'm craving. Apart from regular workouts, I also go trekking frequently, which improves my strength and stamina."

Krutika Salvi, 26, senior finance executive

"Working for the social media marketing department of a sports agency can be quite chaotic. But I make sure that it doesn't keep me from my fitness goals. My exercise routine is a mix of functional and CrossFit training, weight-lifting and cardio on five to six days a week. While functional and CrossFit training helps with stamina, speed and agility, lifting weights keeps me strong. This routine ensures that I am highly active the whole day."

Gargy Sarkar, 27, associate manager



"On days when I have class at 7 am, I try to wake up an hour earlier than usual and do power yoga. I jog for an hour or so on days that start after 8 am. Even if I have a super-crazy schedule with back-to-back classes and meetings, I try to fit in at least a 30-minute workout that mostly comprises basic floor exercises. I steer clear of aerated drinks and



also gave up sugar recently. I'm always on the lookout for healthier food options and carry nuts to take care of those untimely hunger pangs."
Amita Priyadarshani, 25, professor