

# WomenFitness

June 2024

INDIA

# 10

## STRETCHES

For Marathon  
Training

Yoga Expert  
**Rupal Sidhpura**  
**unlocks**

The Wonders  
of Garbh Sanskar

# SHREYA

DHANWANTHARY  
Unfiltered And Raw



## Foods

To Ease Upset  
Stomach

## LIP

CARE DURING  
SUMMER TIME

## CIRCADIAN

## RHYTHM

In Weight Loss

## SUN YOGA

EMPOWER YOUR  
INNER SENSE

# DIGITAL NOT ENOUGH?



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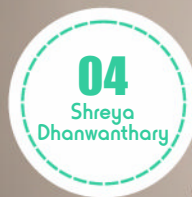
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Puja G Talukdar is an entrepreneur, fitness enthusiast, and former model and actress, known for founding Revolve, a revolutionary fitness studio in Mumbai. Catch her on the July Special story. Her journey began with winning beauty pageants, inspired by her father's support, which led her to acting and modeling.



## 41 Holiday Travel

Always ready to set out on a journey, travel content creators are the storytellers of our time. With a camera as their companion and an unquenchable curiosity to explore a new destination, these adventurous souls dive into the unknown.

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# Editor's Note

*"Looking at beauty in the world, is the first step of purifying the mind"*

**– Amit Ray, Spiritual Master –**



Welcome to the June/July edition of Women Fitness Magazine India! As the days grow longer and the temperatures rise, it's the perfect time to rejuvenate your mind, body, and spirit. As we join millions around the world in celebrating the profound impact of yoga, we are reminded of its timeless relevance and transformative power.

International Yoga Day, observed on June 21st, is a global celebration of the ancient practice that originated in India and has since transcended borders, cultures, and generations. Yoga is not just a physical exercise; it's a journey towards holistic well-being, encompassing the mind, body, and spirit.

We are also thrilled to feature an exclusive interview with actor, Shreya Dhanwanthary, who shares her insights on staying motivated and embracing "the beauty of being yourself."

We hope this issue serves as a valuable resource and a source of inspiration for you. Whether you're a fitness enthusiast or just beginning your wellness journey, there's something here for everyone.

**With heartfelt gratitude,**

**Namita Nayyar**

**President, Women Fitness**



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# SHREYA

## DHANWANTHARY

### Unfiltered And Raw

**A**s someone who doesn't want to miss any chance to unpack her suitcase of dreams, Shreya Dhanwanthary has always found solace in stories. When it comes to bringing them to life on screen, the lass believes in taking up new challenges, which is also reflected in her choice of work. After innumerable auditions and a decade-long struggle in the industry after her modeling stint, it was her portrayal of journalist Sucheta Dalal in Hansal Mehta's acclaimed series Scam 1992: The Harshad Mehta Story that brought her to the limelight. Since then, this Hyderabad-born girl has been winning hearts in distinct ways across different mediums.



## *Women Fitness Gets In A Candid Chat With Shrey As She Graces Our June Cover!*

**Sheya, you started your journey with modeling and then walked into the acting world, talk about your journey so far.**

If I could describe my journey as the name of a book title, it would be Choose Your Own Adventures! I came to India to complete my engineering, there was an acting call in my college and I picked up the call and rest it history as they say.

**You have been part of the critically acclaimed web series The Family Man and Scam 1992 and many more, tell us your experience on sets, and how you prepared for the role.**

The chance to work on these series has been Epic! Firstly I have always loved and admired these directors and their work, be it Hansal Mehta, Nikhil Advani all of these, and also the crew and my co-stars it was such a great time working with them, and also at the same time the scripts were so good that I enjoyed being on sets, rehearsing my lines, and making sure that I deliver a great performance so that the effort and hard work of everyone on sets doesn't get wasted.



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**Women Fitness India talks about celebrity diets and fitness regimes, do you follow any special diet, what is your favorite meal of the day?**

I generally don't follow any diet, but currently, I am on a lean diet and cutting on sugar since I am preparing for Family Man 3, which requires me to look a certain way, so I am currently eating more protein in the form of meat and cutting on the carbs and sugars, which is again a big deal since I love to eat sweets.

**What consists of your fitness regime? What is your preference for functional or weight training?**

As I mentioned I am currently preparing for Family Man 3, so I am more invested in body weight and weight lifting exercises, and that has been my fitness routine currently also when I am not training for a specific character I still prefer doing weight training.

**Besides physical fitness, how do you keep up with your mental wellness?**

This year has been quite tough for me since I am being honest and vocal about it. There is no denying it, concerning how I am dealing with it I have been vocal about it and talked about it to my family and friends. Along with that, I have been working on my mental wellness and hopefully, I will feel great again mentally.

**Being on the cover of Women Fitness India, you are an inspiration for our readers what message would you like to share?**

That's very kind of Women Fitness India to call me an inspiration, I sometimes end up not thinking that great about myself, my message would be to you, just embrace the beauty of being yourself because everything else is taken.

**Lastly, what are your upcoming projects and plans?**

My plans for the year are to be healthy, wealthy, and wise, I know how cliché this may sound but that's what I wish for this year, and regarding my projects as I mentioned Family Man 3 is coming up and besides that, I have shot for some amazing movies which are again in the pipeline and I would be talking about them soon.



# 10 STRETCHES BEFORE & AFTER RUNNING MARATHON

by Praveen & Maahek Nair

A marathon is a physically demanding event that requires careful planning in addition to physical stamina. Stretching is important, but it's sometimes forgotten along with training runs, good diet, and mental preparation. Stretching can improve performance, reduce the risk of injury, and facilitate recovery after a marathon. We'll go through ten stretches that are essential for marathon runners in this tutorial.



A vertical background image on the left side of the page showing a wet, paved road with a yellow curb, surrounded by greenery and pink flowers, with rain falling heavily.

# Stretching Before a Run:

---

**#1**

## Quadriceps Stretch

- Holding onto your ankle or foot, take a tall stance and draw one foot towards your glutes.
- Maintain a modest bend in your standing leg and keep your knees together.
- After 15 to 30 seconds of holding, switch sides.
- For strong strides, the front thigh muscles are the focus of this stretch.



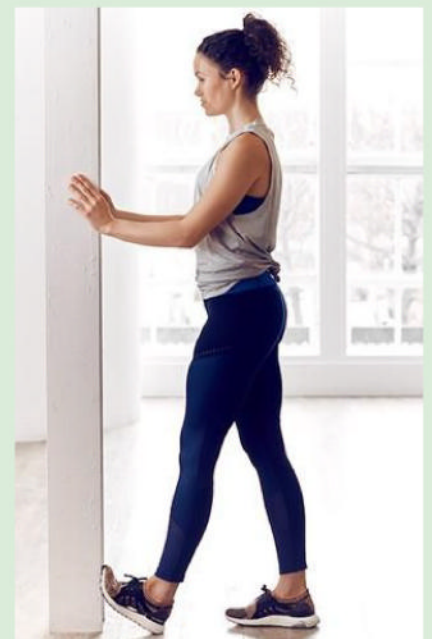


## #2 Stretching Your Hamstrings

- Place your foot against your inner thigh while sitting on the ground with one leg stretched straight and the other bent.
- Reach for your toes with a forward hip flexion.
- After 15 to 30 seconds of holding, swap legs.
- Enhancing flexibility and lowering the chance of strains are two benefits of hamstring stretches.

## #3 Stretching the Calf

- Locate a wall and press both hands shoulder-height on it.
- Maintaining a straight gait, take one step back and plant your heel on the ground.
- Feel the strain in your calf from the outstretched leg as you bend forward.
- After 15 to 30 seconds of holding, swap legs.
- Stretching your calves properly will help prevent discomfort during the run caused by tight calves.





## Stretches After Running:

### #6 Forward Fold

- Place your feet hip-width apart, bend forward toward the ground, and hinge at the hips.
- Loosen up your upper body and ease into the pose.
- Hold for 15-30 seconds.
- This exercise relieves stored tension in the hamstrings and lower back from the run.

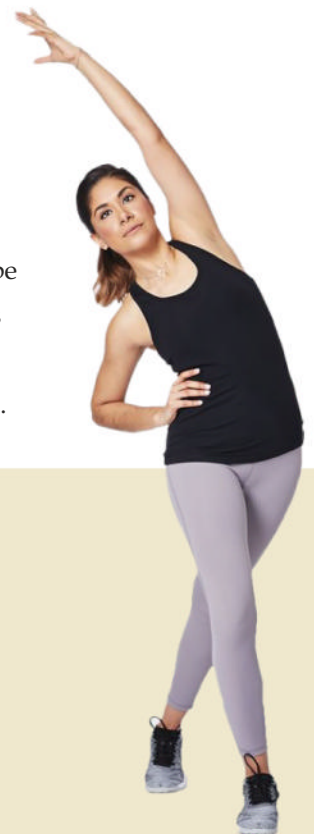


### #4 Stretch Your Hip Flexors

- Make a 90-degree angle with your knee by bending it on one knee and placing your other foot flat on the ground in front of you.
- Feel the stretch at the front of the kneeling leg's hip as you gently press forward.
- After 15 to 30 seconds of holding, switch sides.
- Enhancing range of motion and running efficiency can be achieved by activating the hip flexors.

### #5 Stretching the IT Band

- With one leg crossed behind the other, take a tall stance.
- Maintaining both feet flat on the ground, slant to the side opposite the crossed leg.
- Your hips and outer thighs ought to feel stretched.
- After 15 to 30 seconds of holding, switch sides.
- Knee discomfort can be avoided and tightness can be relieved by stretching the IT band.





## #7 Glute Extension

- With both legs bent, lie on your back.
- Form a figure-four by crossing one ankle over the other knee.
- Pull the bottom knee toward your chest by reaching through the opening.
- After 15 to 30 seconds of holding, switch sides.
- Releasing the glutes' strain promotes healing and avoids stiffness.

## #8 Child's Position

- With your arms out in front of you, begin on your hands and knees and then sit back on your heels.
- Feel the stretch in your shoulders and back as you lower your chest toward the floor.
- Hold for a duration of 30 to 1 minute.
- This healing position eases tension in the hips and spine while encouraging calm.



## #9

### Bending Forward While Seated

- Legs straight out in front of you, take a seat on the ground.
- Keep your back straight as you extend your hand toward your toes.
- Hold for 15-30 seconds.
- Enhancing flexibility and preventing stiffness can be achieved by stretching the whole posterior chain.



## #10

### Stretch your quads and hips

- With your elbows bent to support your upper body, lie face down.
- With the matching hand, bend one knee and hold the ankle, pushing towards your glutes.
- After 15 to 30 seconds of holding, switch sides.
- The quadriceps and hip flexors, which can feel tight after a long run, are the muscles targeted by this stretch.

Including these stretches in your pre- and post-marathon routine can help you stay flexible, avoid injury, and recover more quickly. Always pay attention to your body's needs, extend slowly, and never push yourself over your comfort zone. Stretching should be a priority in addition to your training plan if you want to prepare yourself for race day and beyond. Cheers to your jogging!

## Workout Tip /

**M**uscle groups are designed to work in pairs. If your hip flexors are stronger than your glutes, they can pull your pelvis into an unnatural alignment known as anterior pelvic tilt (AKA hollow back). This can cause pain and other postural challenges. To combat the effect, practice the hip thrust.

Hip thrust is a perfect choice! as it strengthens the muscles in the hip, buttocks, and quadriceps. It helps stabilize the pelvis, lower back, and knees, making it ideal for targeting low bone density in the hips and femur bones, aligning the knee joints, and promoting strong glutes and better balance.



International Yoga Day 2024

# YOGA EXPERT

**RUPAL SIDHPURA**

Unlocks the Wonders  
of Garbh Sanskar

**C**elebrity Trainer, Rupal Sidhpura Faria, the owner and founder of Rupal's Yogasthenics specializes in Pre-Natal and Post-Natal yoga. She is unstoppable with an unquenching thirst to learn more.

*"Being #mindfulinmotherhood is one of the most underrated emotions. We tend to get so many opinions on what to do and what not, we are perplexed in our choices." In this article, Rupal enlightens us about biohacking, GarbhSanskar, and the use of cannabis during pregnancy.*





### **What exactly is bio hacking in terms of pregnancy?**

New parents face unique challenges in today's modern age, and it can be challenging to focus on balancing your work, responsibilities, relationships, health, and well-being. Biohacking provides new parents with practical tips and advice on creating the ideal conditions for their babies to thrive. From reducing exposure to toxins and providing a conducive sleep environment, to boosting immunity and promoting healthy brain development, biohacking can help new parents overcome the hurdles of parenthood and support a robust, resilient, and healthy baby.

GarbhSanskar is nothing more than preparing the fetus for delivery and the outside world, for instance, it is seen that if the mother listens to a particular music during pregnancy and that music is played again during delivery it is easier for her to have delivery reducing the pain. So we can say biohacking is GarbhSanskar which is a practice to prepare the baby for delivery.



**Women who use cannabis during pregnancy, potentially to relieve stress and anxiety, may inadvertently predispose their children to stress susceptibility and anxiety, according to a study. Increasing instances of the use of weed as a way to relax during pregnancy have been reported. You say the same. Can you suggest asanas to combat stress and anxiety during pregnancy?**

Irrespective of whether one can do any yoga pose or posture, any women pregnant need to start doing pranayam it not only helps with stress and anxiety but also with lymphatic drainage. So it's important to start practicing pranayam, also during the process of pregnancy the women go through hormonal and physical changes since the baby is pushing all the organs to create a space for it to grow therefore it's important to practice pranayam to help the body expand and give a space for the baby to grow.

I don't recommend using cannabis or any type of drug although it's promoted in the West, that's not something I would choose or endorse over the natural and Ayurvedic practices that are available and easy to incorporate into the routine.

**We are observing an increasing trend in the biohacking of pregnancy by women to personalize their experiences. According to you is it right or wrong?**

It depends on how biohacking is being used, sometimes it's very natural and organic like massaging your genitals with castor oil to make them loosen up before delivery so it purely depends on how you use the technique.

**Any specific incident where you observed its benefits in a newborn? Tips and rules one should follow while practicing Garbh Sanskar.**

There have been instances where I got the chance to observe children who grew up to be calmer and more composed than mothers who were my clients and practiced the same, and it's not only related to GarbhSanskar it is related to the Dosh of the parents, the diet that was taken during the pregnancy and it must be a healthy one like the ayurvedic diet.

Also, the season the child is born plays a role. Besides that what is more important is that the baby once it comes out should feel like it's at home, therefore the music technique helps since it hears it all the time in the womb and then when it comes out from the womb, it feels calmer and protected.

Another important tip is breastfeeding it's not only important for the baby but also for the mother, it improves the immunity of the mother and baby and hence should not be discouraged at all.



**Please suggest yoga postures to focus on to strengthen the pelvic floor muscles to enhance the womb space for a healthy growing baby.**

Some of the postures that are great for strengthening the pelvic floor muscles to enhance the womb space for a healthy baby are

- Ekpadasana
- Virabhadrasana
- Sukhasana
- Natarajasana (without bending forward)
- Hastapadangushtasana (side leg lift)
- Ushtrasana (camel pose)
- Baddhakonasana

**The latest projects you are working on.**

I have a show coming up on tantra yoga in the UK, I am the writer on the show they also wanted me to be part of the show but that would require me to be outstation for 3 months which is at the moment not possible since I have been training a lot of clients regularly, and also have my regular prenatal clients besides that I have my boot camp coming up, been writing a book too! Also plan to get regular with my content posting on YouTube so yes a lot of things in my kitty.

*According to Rupal*

*“ It’s also about keeping up with the trends yet not forgetting your roots as a teacher. I run a school, authentic yoga is my thing I enjoy the best of both worlds. It’s the best. ”*



**Lastly, on this International Yoga Day, what message would you like to share with those who are curious about starting their yoga journey?**

This International Yoga Day I urge everyone to take yoga with every other activity they are doing because taking up yoga as a complimentary activity or the main activity, and eventually you will see how it benefits you in different ways in your day-to-day life.

To someone who is just beginning with yoga, I would suggest beginning with very basics and not going for fancy or elaborate things, yoga is not only a physical activity once you start practicing yoga, you will tend to realize how it benefits you in more ways than one in overall health, mental health, managing stress and more. It's going to open realms you've not been to and make you the best version of yourself which even you would've not thought!

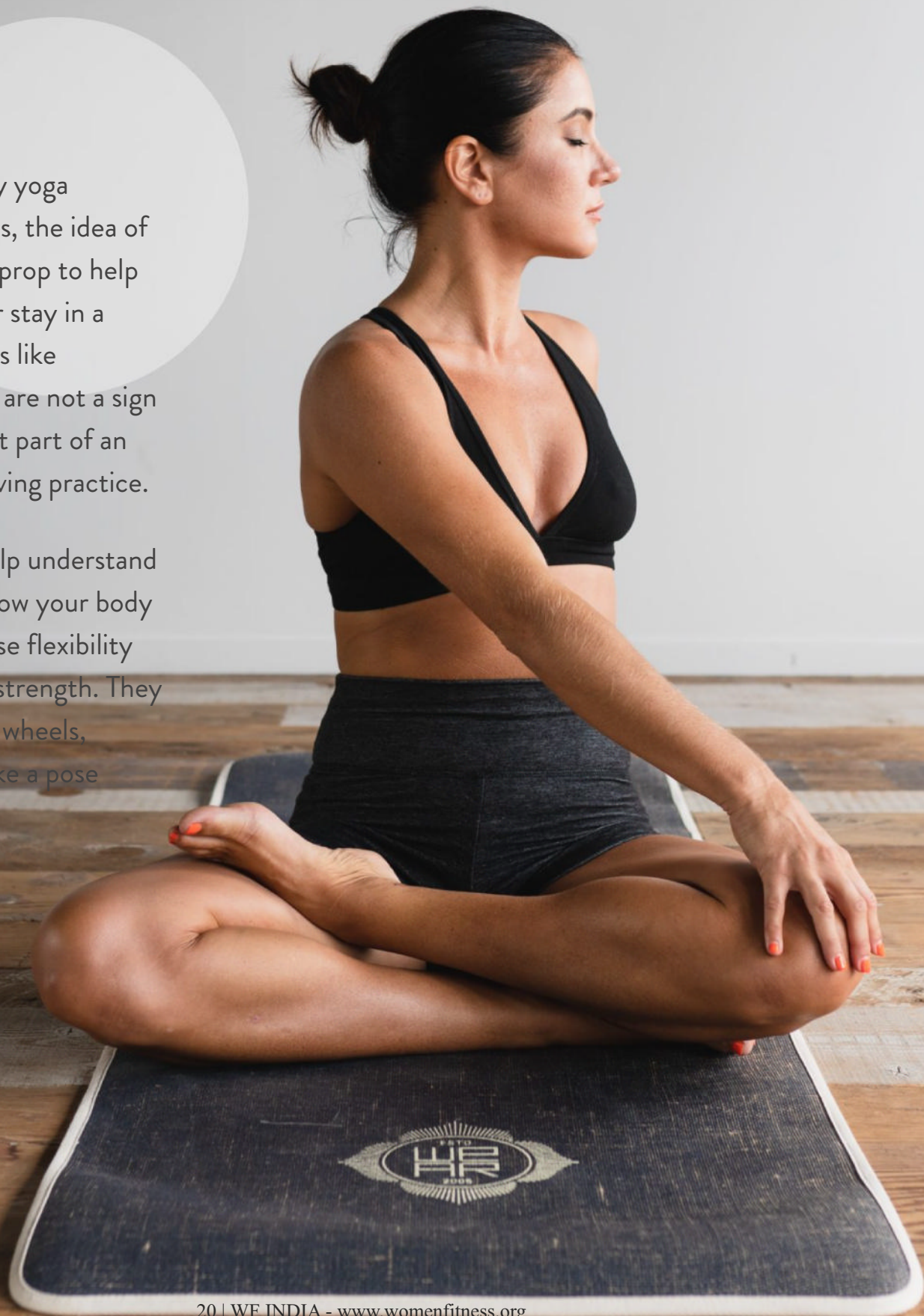
I would be more than happy to connect with people beginning their yoga journey to guide them and help them grow and evolve in this journey, also if someone wants to teach yoga we help them become a yoga coach as well.



## Yoga Tip

**F**or many yoga students, the idea of using a prop to help them achieve or stay in a yoga pose seems like cheating. Props are not a sign of weakness, but part of an intelligent, evolving practice.


Use props to help understand the pose and allow your body to slowly increase flexibility and improve in strength. They are like training wheels, designed to make a pose easier at first.



## Embracing BODY IMAGE IN MOTHERHOOD

by Sucheta Pal

A 2015 study compared labor to be as taxing on the body( if not more) as running a marathon. While a woman's body endures the most physically challenging activity known to humankind during pregnancy, child birth and postpartum, we as a society are instead bombarding her with "lose weight to fit into your pre-pregnancy jeans" narratives.

A photograph of a woman's legs from the knee down, wearing black leather boots and a blue denim jacket. She is sitting on the ground, and her legs are extended outwards. The background is a wall made of vertical bamboo poles.

**So its time to know what  
superhuman changes happen  
within our body (not just on the  
outside) to change the bounce  
back narrative forever:**

- ▶ Did you know that as women our abdominal muscles stretch 115% during pregnancy and pelvic floor muscles by 250% during labor.
- ▶ Our body produces more estrogen during pregnancy than during our entire lifetime.
- ▶ Our heart is working at 40% more than resting state capacity by 2nd trimester and our uterus is the size of a watermelon from a pear by the 3rd trimester.



*As a women's health coach specializing in pre-postnatal here is how I train my clients from my 6 week Postpartum fitness program Mom.Bod.Strong*

*( <https://www.suchetapalofficial.com/mom-bod-strong> )*

- 1- Focus on learning** foundation postpartum breathwork to reconnect with your pelvic floor & deep abdominals most affected during pregnancy
- 2- Work on Core Rehab** and Posture correction for pain free motherhood
- 3- And then begin** functional strength training with progressive overload for an active real life or gym life.

Weight loss or the reduction in belly bulge is a side effect

The way I looked at my body completely changed after knowing these. I hope it changed for you too. Pure respect for women in motherhood! And that is just a few from the hundreds of changes a woman undergoes while creating, growing and birthing a mini-universe. So now that you know, let's first do something that you should have done long before. Close our eyes, put your palm gently on the belly, breathe and say **THANKYOU**.

**How do you feel? Does the “bounce back post baby” societal pressure matter any more?**

All that matters now is, healing the body from the inside out. Preserving it, Thriving in it. So before you fall prey to the 10 day lose your belly fat challenges, it's time to build strong body foundations.



**Note:** Always begin after you get the green signal from your doctor if a new mom

- The society does not care if you have an unhealed Diastasis Recti resulting in slip disc/ umbilical hernia after 5 years post delivery.
- The society does not care that you leak everytime you sneeze, laugh or do a jumping jack.
- The society does not care if you feel back pain or pelvic bulge every time you lift your toddler in your arms or do a burpee.



So its time to say “*bye bye bounce backculture*” and rethink how we want to show up for ourselves and our lil ones in motherhood

Working out not just for appearance but for performance. Preparing for the hardest role in life. A mother!

## Delivery Tip /

**B**y practicing yoga, the expectant mother learns to adapt her mind and body in a way that will help her through her pregnancy, prepare her for labour and delivery.

Labour and birthing are meditative processes. The most valuable ingredient of self-awareness cultivated through various yoga practices and techniques makes the mother sensitive towards herself during labour.

Relaxation, breathing, and a meditative attitude help the mother stay calm and let her body and baby do the needful. The severity of contractions is minimized to a great extent, labour is shorter, and birthing is hassle-free.



*Eating Healthy*

# Foods To Ease UPSET STOMACH

By Mr. Luke Coutinho

Adviser of Integrative Lifestyle and Nutrition at  
[Purenutrition.me](http://Purenutrition.me)

All of us have experienced an upset stomach at some points in our lives. Stress, unhygienic food, allergies, parasites, are some of the few reasons which can cause tummy trouble. Common symptoms include nausea, vomiting, bloating, heartburns, and diarrhea.

What to eat during an upset stomach can be a hassle for most of us. We have to be careful regarding our food choices as we do not want to aggravate these symptoms. To make the task of choosing the right food for your upset stomach easy, here are seven tummy-friendly foods that will help ease your upset stomach.

## Green Bananas:



Bananas are the most nutrient-rich fruit available. It is a rich source of potassium which helps in lowering the pH level of the stomach. Hence, bananas reduce acidity which is a common symptom experienced during an upset stomach. It contains resistant starch which moves through the colon and helps in absorbing excess water in the body, thus reducing symptoms of diarrhea. It also contains sugar which acts as an energy booster.

## Seeds:

Seeds like cumin, fennel, and carom can be brewed into a tea or churned into a powder and then be consumed to ease an upset stomach. Cumin seeds help in fighting stomach discomfort by stimulating the secretion of digestive juices in the stomach. It is also an efficient painkiller and relieves stomach cramps. Fennel seeds contain phytonutrients which act as an antioxidant and helps in reducing symptoms of gas and bloating. Whereas, carom seeds have antioxidant and antifungal properties which can eliminate the bad bacteria and fungi in your stomach.





### Yogurt:

Yogurt is rich in probiotics, which reduces symptoms of constipation, bloating, and irregular bowel movement. Yogurt is also responsible for increasing the good bacteria in your gut. Plain yogurt with active cultures is recommended. Flavored yogurt must be avoided as it contains artificial sweeteners which may lead to gastrointestinal problems.



### White Rice:

White rice contains bland carbohydrates which are easy to digest. When your stomach's topsy-turvy, white rice is essential for your meals. It absorbs extra fluid and is gentle on the stomach. It contains starch and has low fiber content which reduces diarrhea. The starch firms up and hardens the stool. It is also a source of folate, a water-soluble vitamin, which is good for your stomach. Brown or black rice must be avoided since it is difficult to digest. Rice kanji or rice water also has many health benefits and can alleviate the symptoms of diarrhea and constipation. It also eases bowel movements. Rice kanji can be prepared by boiling the rice in excess water and then straining that to obtain the liquid.

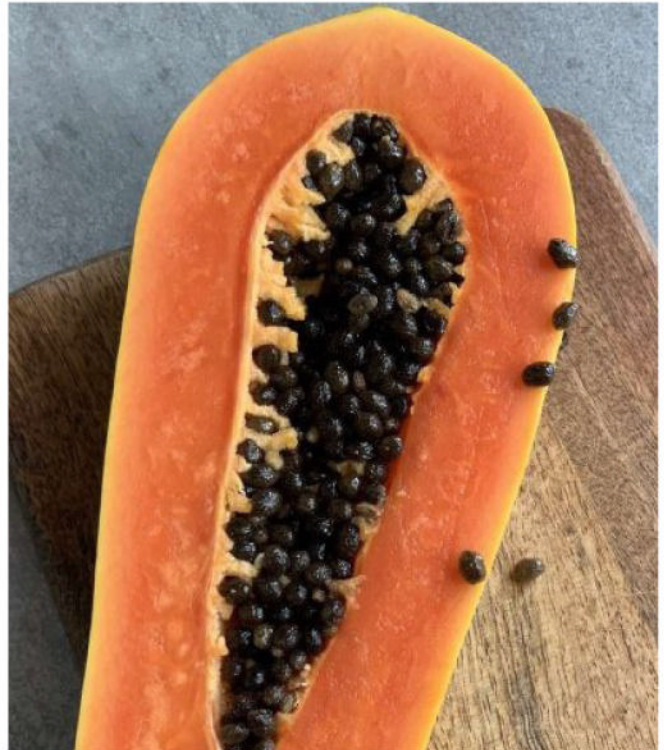
## Papaya:

Papaya is a well-known organic remedy for indigestion, stomach ulcer, and bloating. It is a source of proteolytic enzymes such as papain and chymopapain which breaks down food and helps maintain acid balance in the stomach. It aids in regulating the natural digestive processes and helps ease symptoms of an upset stomach like constipation. Although excess consumption may be harmful due to its high fiber content.



## Coconut Juice:

Symptoms of vomiting and diarrhea during an upset stomach often makes it difficult to consume any solid food. Vomiting and diarrhea also lead to loss of electrolytes. It then becomes essential to restore these minerals in the body. Under such circumstances, coconut juice is recommended. Coconut juice is a rich source of sodium and potassium. It prevents dehydration and restores the fluid balance in the body. It also helps in maintaining the optimum functioning of the nervous system. In addition, it helps in preventing stomach ulcers by eliminating the bad bacteria present in your stomach. The kernel of the coconut is also good for the stomach as it helps in regulating blood flow to the stomach lining.



## Peppermint Tea:

Often termed as the 'stomach healer', peppermint tea can ease a multitude of your stomach grievances. It helps in reducing stomach cramps, diarrhea, constipation, flatulence, indigestion and gas. It also contains antioxidants and has anti-inflammatory properties.



*Fasting can also be an effective technique to detoxify your body. During fasting, the enzyme system of the body can effectively focus on the breakdown on toxins without having to digest heavy food. Besides having these amazing foods that aid your stomach, stay away from raw food such as salad, caffeine from tea and copy, white sugar, carbonated beverages, milk, fried and other foods that have saturated fats, processed items that have artificial color and preservatives, and spicy food. All of these cause inflammations in the stomach that aggravates the issues of digestion further.*

## Food for Yoga /

**A**ccording to yoga instructors, raisins are a rich source of natural sugar that provide instant energy if consumed 20 minutes before the yoga session. Incorporating raisins into your daily routine can be a simple yet effective way to enhance your health.



July 2024

# Puja G Talukdar

## On Revolution Of Fitness With Revolve

**P**uja G Talukdar is an entrepreneur, fitness enthusiast, and former model and actress, known for founding Revolve, a revolutionary fitness studio in Mumbai.

Her journey began with winning beauty pageants, inspired by her father's support, which led her to acting and modeling. Passionate about holistic wellness, Puja established Revolve to offer diverse fitness routines like spin, barre, mat Pilates, and aerial yoga under one roof. She emphasizes community, mental health, and enjoyment in fitness. Committed to spreading joy and wellness, she envisions expanding Revolve across Asia and supports animal welfare through her philanthropic efforts.



***Women Fitness India talks about her journey, fitness and wellness, catch her exclusively on our July cover story.***

**Talk about your pageant story and your journey to winning the title of Miss Universe India.**

Oh Wow...It was a magical moment. I had so much determination to get the crown, and it was such an important moment for me.... when I got crowned, I screamed (in my head) YES I DID IT! It was self-acknowledgment that with the right effort and focus, nothing is out of reach.

You know, everyone doesn't understand just how much goes into preparation and training just to get into the Miss India contest. If I remember correctly, from the more than ten thousand entries from each state, they only picked 30 contestants for the final contest. After winning Miss India, I had 15 days to be trained to go represent my country in Mexico. Representing your country on a global stage is next-level intimidating....I was aware that everything I said and did, could lead to impressions being formed on my country. So I had to be on the top of my game. I was very proud and honored to have the opportunity, and I honestly, gave it my best shot and 100% of my effort. In retrospect it was the best time of my life and the achievement I am most proud of – I was able to make my mother and my country proud... we rarely come across such opportunities.





”

*Animals to me are my  
Ikigai - my reason to live. I  
feel my purpose is to do the  
utmost that I can, to help as  
many animals as I can*

“



*I Joined  
Equinox Club  
Where First  
Time I Did Soul  
Cycle Class*

**Talk about your love for furry friends and investment in angel for animals.**

Animals to me are my Ikigai – my reason to live. I feel my purpose is to do the utmost that I can, to help as many animals as I can. Helping animals has given me immense satisfaction, fulfillment, and joy. With every day, I feel that I want to do more... I hope I can magnify my impact. I'm honored to be supporting angels for animals in Goa. They are an NGO and an animal clinic where they help all needy animals and feed neuter and spay them. Charlie Chaplin is known for saying, *“He who feeds a hungry animal feeds his soul”* – this is so true. I have a family of six dogs and 40 cats around Bandra that I care for.. to feed them and take care of them when they are hurt, brings me peace. I sleep a happy girl.

**What inspired you to venture into the fitness industry and establish Revolve?**

It all started in 2019 when I was studying in New York at The Lee Strasberg Theater and Acting School I joined Equinox club where first time I did Soul Cycle class and I completely fell in love with the cardio and the fun music it was just so liberating once I got back to India COVID happened and how much I missed my spinning classes I was determined to have my place where I provide people cardio and sense of community where we all fit and happy and the joy of working together just let go and enjoy the revolve and evolve That's how the name established The evolution of fitness Revolve

**How does your passion for fitness influence the ethos of Revolve?**

Great question I stay in the city where I struggled to find one place where I get barre, spin, mat pilates and aerial yoga and boxing, sound bath healing yoga, and meditation These are the fitness routines I have personally sworn by and keep my body and mental health at ease, so I thought of combining them into one studio where you don't have to struggle and find and go to different places Hence my Revolve The Revolution of fitness

**How can one embody the values and mission of Revolve in ones daily life?**

By understanding to promise yourself health and happiness and take one hour for yourself and your mental health.

We do not promise anyone weight loss nor do we believe in labeling people fit or unfit

We believe in community to be aware its important to take time out for yourself and to just sweat out All your problems and all your mental stress just let go and enjoy your fantastic class and automatically you will glow and be healthy it simple science

**What challenges did you face in launching and growing Revolve, and how did she overcome them?**

As I mentioned we are very new every day is a challenge and we thrive on it cause what's the fun if everything is so easy? For now, we spreading the joy of spin it's a new concept so it's taking people to understand the benefits of cardio spinning but gradually I'm sure we will help people understand how fun and healthy spinning and cardio is for mental health and heart and overall well being



**Being on the cover of Women Fitness India, How do you use your platform to advocate for these causes, and what message would you like to convey to women who may struggle with self-confidence and body image issues?**

It's an honor and thank you for choosing me. The reason I started my spinning studio, Revolve, is because I believe it can play an important part in building self-confidence and empowerment for individuals. I also believe that Revolve's approach to fitness, which is a community-based experience, can be a fun and social journey towards a healthier life. This is largely missing in most fitness boutiques in the city, and I'm excited for Revolve to step into this gap.

At Revolve, we are not promising weight-loss – as the primary goal. Revolve is a way of life. Revolve is a fun workout – we’re providing a community experience for a fun workout, a fun journey to a life where fitness is a part of the day-to-day because it’s ingrained in your social life. We hope that our members will love the experience and focus on loving themselves. I meet all the members to start them on their journey. Often people are nervous about starting a fitness journey, and nervous about judgment – I try to comfort them on this. I’m careful to have trainers who are empathetic and ‘cheer-leaders’ for everyone’s journey. It also helps that the workout experience is unique – it’s spinning, with music you can enjoy and dance to, but in a dark room, where no one is judging you.



My message to women who may struggle with body issues and self-confidence is to be gentle with yourself – this is not a competition with other people; your only competition is yourself, and the goal is to feel a little better about yourself each day. I have learned with experience that it’s so easy to want what others have - better bodies, more fame... it’s never-ending, and more importantly not fulfilling. A more sustainable and fulfilling journey is self-growth but with an effort to grow. This is a path to being happier with yourself, to just loving yourself and looking ahead. I want our clients to be more confident in their skin... that feels beautiful and we hope Revolve can be part of that journey.

# Lip CARE DURING THE SUMMER *Time*

**M**ost people forget that it is very important to follow a lip care routine during the summer season since our lips cannot produce natural oils the way our skin can.



## LIP CARE TIPS

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One simple lip care tip to keep your lips soft in summer is to drink water. As the summer sun gets hotter, your lips need extra water. Wetting or licking your lips too often can create irritation. Chapped lips result in dry, flaky skin – not great for long-lasting lipstick.

### **Exfoliate:**

Exfoliating will even out any imperfections on your lips, like uneven tone, dry skin, and fine lines.



## NATURAL EXFOLIATING SCRUB-

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- 1 tablespoon sugar
- 1 tablespoon honey

Just mix both the ingredients well and then simply apply them to your lips and massage for at least 5 minutes to get luscious smooth lips.

### Protect And Moisturize

Protect and moisturize. Lips receive a lot of sun exposure – particularly the bottom lip. That means they are a common spot for skin cancers. So it's SUPER IMPORTANT that your daytime lip product includes an SPF 15 or higher sunscreen. And yes, you still need to protect your lips, and the rest of your skin, even if you are wearing a mask!

### Reapply Sun-Protection

Remember to reapply sun-protective lip product every two hours, especially after eating or drinking.

*Following these tips, you'll have a perfectly prepped pucker, ready to seize the day.*



## Beauty Tip /

**A** good daily product that will give your skin light to medium coverage while keeping it protected is a CC cream, which can be your go-to product this summer. If CC isn't your thing, the BB creams are a good alternative with their lightweight texture and SPF protection.

*The Role of your*  
**CIRCADIAN**  
**RHYTHM** *in*  
Weight Loss

**W**hen it comes to losing weight, many people want to know what the best diet is. But increasing research shows that when you eat is equally important for your health and weight.





The importance of when we eat is tied to our internal 24-hour biological timing system, called the circadian system. This is controlled by a master clock in the brain which helps regulate many metabolic processes in the body – including digestion, the release of hormones, and blood sugar levels, as well as when we sleep, wake up and eat. Regular circadian rhythms (our eating and sleeping times) help to maintain normal body functions.

In the circadian diet, you eat during a 12-hour window -- typically between 7 a.m. and 7 p.m. -- and fast during the other 12 hours. Meal sizes are flipped, with breakfast the largest meal of the day and dinner the smallest.





## Circadian Rhythm Fasting: Effective for Weight Loss



*Research suggests that practicing circadian rhythm fasting may promote weight loss in multiple ways:*

### ◆ **Reduced Calorie Intake:**

Even though people engaging in circadian rhythm fasting are allowed to eat as much food as they would like, they often end up consuming fewer calories. In fact, one study found that people who stuck with a time-restricted eating plan unintentionally ate 20% fewer calories than they usually would have.

### ◆ **Reduced Appetite:**

Studies have found that people who are overweight or obese experience a reduction in appetite when practicing early time-restricted eating. This appetite reduction could be due to synchronizing eating with the release of certain hormones in the body.

## ◆ Improved Metabolism:

By aligning meal times with one's circadian rhythm, a person can optimize their metabolism. Meals are consumed at times when hormones related to eating, like ghrelin and adiponectin, are at their peaks. These strategic meal times mean food is likely to be digested and metabolized more efficiently and less likely to be stored as fat tissue.

### Factors that can change Circadian Rhythm

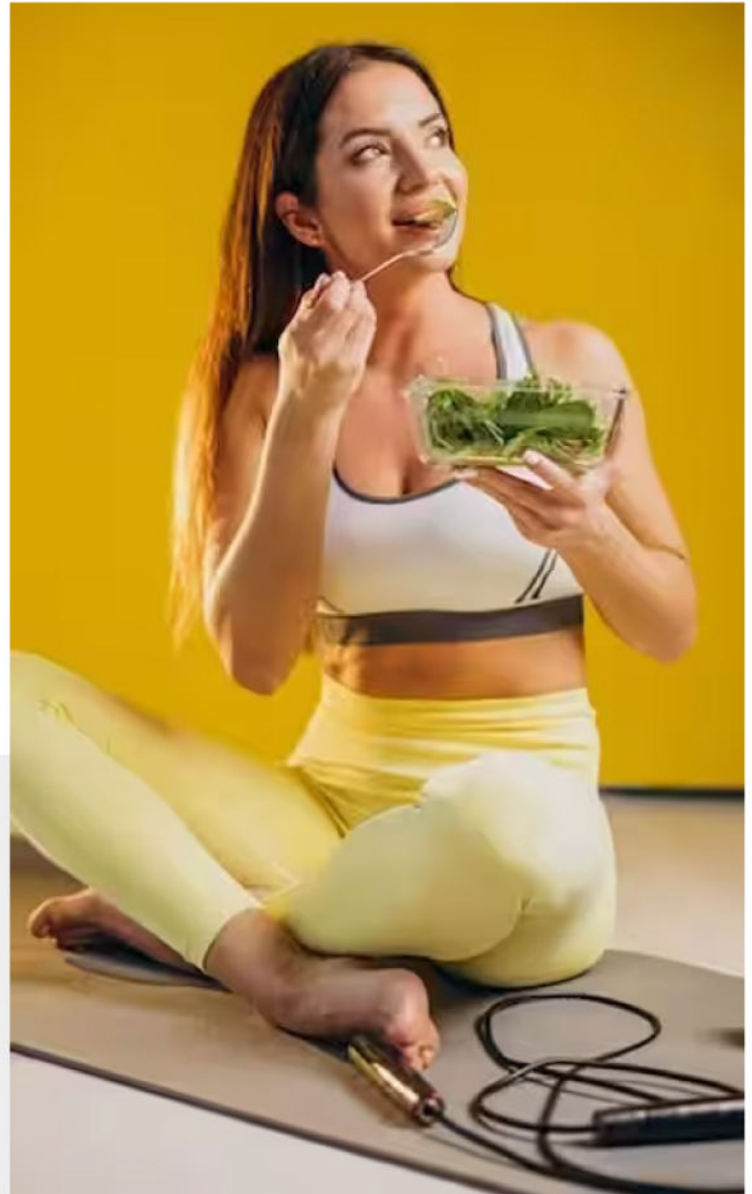
*Sometimes it is not possible to follow your circadian rhythm, and your lifestyle needs and internal clock clash. This can occur because of:*

- Overnight or off-hours work shifts that go against the natural light and dark times of day
- Work shifts with erratic hours
- Travel that spans the course of one or more different time zones
- A lifestyle that encourages late-night hours or early wake times
- Medications
- Stress
- Mental health conditions
- Health conditions like brain damage, dementia, head injuries, or blindness
- Poor sleep habits — not having a regular sleep schedule, eating or drinking late at night.

## Who should Avoid Circadian Rhythm Fasting?

*Most people seem to easily tolerate circadian rhythm fasting or an early time-restricted eating schedule. However, this eating style might not be the best choice for everyone, including:*

- Older adults with declining metabolism
- People who are underweight or have a lower average weight
- People who have an eating disorder



*See a doctor if you experience prolonged difficulties in realigning with your circadian rhythm and get the issue resolved.*

# SUN YOGA

Empower Your  
Inner Sense

**T**he Sun is the most visible representation of the deity, the veritable “Face of the Divine” as the ancient Vedas eloquently state. The Sun is no mere luminous material globe or light in the outer sense, but the source of life, intelligence, love, and consciousness



# Understanding Sun Yoga



As we embark on our meditation journey, we direct our gaze towards the Sun, engaging our third eye. Our eyes remain wide open to absorb the Sun's brilliance, yet angled maximum upwards to prevent direct rays into the eyes. Ultimately, the Sun will not be visible with our physical eyes. All the time, it is crucial that we intend to create and feel friendship with the Sun and free our minds from all expectations. Thus avoid getting distracted by our thoughts and instead surrender and fully immerse ourselves in the experience.



## Key Essentials:

- ❖ **Do not look directly at the Sun.** The eyes should be fully open, but the head needs to be tilted down, so we are looking through the third eye (Ajna Chakra) at the Sun.
- ❖ **Create friendship with the Sun.** It is an inner feeling of unconditional friendship. Not easy to explain in words. That's why to establish this on a deeper level, our courses are so indispensable.
- ❖ **Remove all expectations and judgments.** We are searching to surrender until it is complete. Also, this is not easy to explain in words and is best learned in our practical courses.
- ❖ **Beginners should look at the rising sun early in the morning.** Start between the first and second hours after sunrise. You can also look at the setting sun, but it is not as at sunrise because the energy decreases.
- ❖ **If you feel any trouble gazing at the sun, remember to focus your gaze a short distance above the sun.** Try not to blink, but if you feel discomfort, blink several times and then start again. If you do this three or four times, your resistance power will increase and it will be easy to look at the sun. Then, we can gradually increase the time we gaze at the sun.





## Access the power of the Sun:

### Follow these Steps

*Perform the Sun Salutation particularly in the morning to the Sun, preferably honoring the different names of the Sun.*

- Practice Prana Yoga or Pranayama, including alternate nostril breathing and honoring Prana as the inner Sun in the heart.
- Practice Solar or light-based mantras, like Hrim, Gayatri, or the Hamsa Mantra.
- Use the sunlight to energize the water and the herbal beverages.
- Visualize God or the guru or whatever you are most devoted to as dwelling in the Sun of your own heart.
- Practice Self-inquiry or meditation upon the source of all light as the Self or pure I, the spiritual Sun within the heart.

*The simplest thing to do is to greet the sun every day with the astrological mantra:*

**Om Sum  
Suryaya Namah!**



## Tip for Travellers /

**P**acking clothing for a big trip may seem overwhelming at first, but packing smart can alleviate unnecessary stress. When travelling, especially to another country, it's best to pack a few lightweight clothing items that work for every kind of adventure—from city touring to wilderness exploring.



# Summer TRAVELS

With Rashmee & Anant Aka

Travel With Searats!

**A**lways ready to set out on a journey, travel content creators are the storytellers of our time. With a camera as their companion and unquenchable curiosity to explore a new destination, these adventurous souls dive into the unknown, capturing the heart of diverse landscapes, vibrant cultures, and hidden treasures that define our world. So, let's embark on this adventure together, unwrapping the tales spun by one of these passionate wanderers and travel content creators: "Travel with Searats!"





**Can you tell us how you both started your journey as travel bloggers and what inspired you to pursue this career?**

We never planned to become travel bloggers, we just loved travelling and taking photos. We went to Thailand in 2017 and picked up our first GoPro and we shot everything. When we came back we realised we had way too many photos to spam our personal feeds so we decided to make a travel channel instead. Rashmee is a graphic designer, so we became one of the first people who would colour grade photos and I guess people really loved that as they started asking for tutorials on how to edit.



**Share with us one of your most memorable travel experiences. What made it so special or unforgettable?**

On our recent trip to Queensland, Australia we went scuba diving in the Great Barrier Reef. As kids we had only seen this on the Discovery channel while watching Lonely planet. It was this show that sparked the travel bug in us and it was a very surreal moment to actually dive and check out the reef ourselves.



**How do you ensure cultural sensitivity and minimise your environmental impact while travelling, especially in popular summer destinations?**

There's a lot that can be done to minimise the environmental impact while traveling. We don't use any single plastic cup. We always carry our own coffee mugs and water bottles. We also try to book places that focus on sustainable hospitality. It's the best way to support sustainable tourism.

**How do you interact with your audience, and what role does their feedback play in shaping your future travel plans and content?**

Majority of our interaction with our audience is online through comments, DMs and Questions. We help them plan their itineraries or give them the relevant contact information that can help them on their travels. We have also done a few online workshops for our audience.

Besides the online interactions we have done group trips with our audience as well.

**With summer approaching in 2024, what are some top destinations you would recommend for travellers looking for unique experiences during this**

We would definitely recommend travelling to Georgia. It's a beautiful country which comes geographically in Asia but culturally is European. We did a road trip from the capital Tbilisi to the mountains in the North and it's one of the most scenic road trips we've ever been on. There are a lot of streams, lakes and rivers here and locals love swimming in them. It's one of the best ways to cool down in the heat. You can easily spend a week here.

Another recommendation would be to check out Seychelles, it's small island nation in Africa made up of many islands. It has some of the world's best beaches and our personal favourite Anse Lazio in Praslin island. The water clarity here is just something else. You can snorkel right from the beach.

**How do you approach storytelling in your travel blogs, especially when it comes to capturing the essence of a destination during the summer months?**

We try to share the feeling we felt while visiting the place. From experiencing the dread and horrors of war in Cu Chi tunnels in Vietnam to experiencing the joy and freedom of freediving with turtles in Gili Islands, we let our feelings dictate the tone of the content.

**Finally, can you share any exciting projects or destinations you're currently working on or planning for the future, particularly for the upcoming summer months?**

Honestly, we don't have any concrete plans yet but Summer is a great time to Kitesurf in Goa and we might just plan a kitesurfing holiday.

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