



> A FIT BODY

CHALLENGES: Lack of time, low energy levels, irregular meal timings, sedentary job profile

Tackle this: If your job is sedentary in nature increase your activity levels. Take the stairs, skip the elevator. For those, who don't

get time to go to the gym, it is best to start the day with a 20-minute yoga session. Actor Shilpa Shetty strongly recommends a yoga set wherein you do 20 surya namaskars, some breathing exercises, stretching and spot walking. Pay attention to your diet which should contain all the nutrients to experience a vibrant good-looking body and to keep the energy levels high and consistent. Consulting Dietician Jyoti Lalwani helps you with some guidelines:



08.00:am

08.00 am: Bowl of fresh fruit as the vitamins are absorbed best then.

08.30 am: Preferably complex carbohydrate rich breakfast should be a routine: like oats porridge, wheat flakes, or our traditional upma, poha, idlis or uttapam. If time does not permit then have breakfast directly and carry a fruit to office.



1.30:pm

1.30 pm: Lunch ideally should have a single grain cereal so digestion is easier and no sleepiness is experienced post lunch. Make sure that food is chewed well and the thought process is calm. Accompany this with a cucumber green salad.



4.30:pm

4.30 pm: Have a tetra pack of buttermilk. Some healthy snack suggestions: chana, soya nuts, yogurt, til chikki, almonds, walnut, dates and dried fig. Avoid snacks with high sugars, high saturated fat high amount of preservatives and low fibre. Keep at least one and a half hour gap between dinner and bedtime.

A glass of lime juice can also be freely included in the diet as it helps in neutralising the acidic condition of a gap of long hours between meals. Ideally if salad, fruits and nuts cannot be included as the schedule followed is too hectic then the food should be supplemented by organic supplements.

Get beautiful in a jiffy!



- 1 **YSL TOUCHE ECLAT:** A take-anywhere pen-brush for banishing signs of fatigue from the eye area, the hollow of the chin, the contour of the lips and the sides of the nose.
- 2 **YSL FRENCH MANICURE PEN SET:** For french manicured nails in flat 5 minutes!
- 3 **SALLY HANSEN PEDICURE IN A MINUTE:** Gives you lovely feet in an instant.
- 4 **M.A.C. TENDERTONES:** This gives you ease of a lip gloss and shine of a lip stick.
- 5 **NORMADERM ANTI-PERFECTION ACTIVE CONCENTRATE:** An emergency treatment for sudden local eruptions or breakouts. Reduces imperfections within 24 hours.
- 6 **ORIFLAME ALOE VERA CLEANSING PADS:** Each pad gently sweeps away make-up and impurities, deeply cleansing the skin in one simple step.
- 7 **LANCOME OSCILLATION MASCARA:** In one easy new gesture, let the vibrating brush combined with an exquisitely smooth formula wrap every lash up to 360 degrees.
- 8 **ESTEE LAUDER ARTIST'S EYE PENCIL WITH SMUDGER:** Whether you want to touch up your eyes or give them a sexy smoky look, this is your tool.
- 9 **CLARINS PURE MELT GEL:** Its three-textured formulation deep cleanses your skin gently.
- 10 **MAYBELLINE WHITESTAY UV COMPACT:** The ivory white shade suitable for all tones, makes the skin visibly brighter and fresh in one single touch