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STAYING FIT

Women's Day Special: 10 easy things you can do in a busy day to stay fit

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Published on: 7 March 2022, 10:00 am IST

Women's Day 2022: For women, how to stay fit with busy schedules, becomes a conundrum with their multifarious responsibilities.

Dr Janaki Badugu

105 Likes



You've got to make time for fitness. Image courtesy: Shutterstock

Staying healthy nowadays is nothing less than winning a battle. The enemies are countless – the ongoing pandemic, the effect of changing lifestyle, a routine that has no time for self-care, and so on. Among all these, women are juggling between their work, families and daily chores. And if they are still left with some time, they may consider thinking about their health. Ahead of International Women's Day 2022, here's a reminder on how to stay fit despite a busy schedule.

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Maintaining a healthy lifestyle seems tough but it's not as demanding as it may seem. It requires a little bit of routine to be followed, a little self-control, and above all discipline. Let us quickly share with you 10 easy things you can follow to stay fit during a busy day.

All work and no play will make you dull. Image courtesy: Shutterstock

How to stay fit when you feel you have no time

1. Don't break up with your breakfast

It's called the most important meal of the day. After an overnight fast, having a well-balanced breakfast will help you get through your morning workout, meetings, and presentations. When it comes to all the health [benefits of breakfast](#), though, it's what you eat that counts. According to dietitians, there are a few super simple tactics you may use to not only achieve your daily suggested values of certain nutrients but also help in avoiding between-meals unhealthy munching, perhaps aiding in your weight reduction efforts. This is why women must develop a few good breakfast routines.

2. Make amends with your minerals and vitamins

"I am eating healthy so my body is well supplemented". Well this can be a myth! During menstruation, pregnancy, breastfeeding, and menopause, women's dietary demands fluctuate. Because of her reproductive life, a woman's nutritional requirements differ significantly from those of a male. Consider taking multivitamins that suit your health condition and age requirements. It should include B vitamins, as well as vitamins A, C, D, E, and K, as well as calcium and magnesium.

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3. Look around and stay active

For working women, it's obvious that staying active can be a challenge. Well, making a routine to stay active can help. Take a walk during lunchtime, make sure to walk while you talk on the phone. Ditch the elevator and take the stairs. Keep your under-desk bin away from your workstation so that you have to get up every time you need to throw something in it. These little walks will not only keep you active but will also brighten your mood.

Also Read: [NEAT ways to burn calories without performing intense workouts](#)





Use your chair or table to try and workout on a work day. Image courtesy: Shutterstock

4. Make your desk your workout station

Even though your profession needs you to sit for long periods, you must prioritize your health. Find some workouts that you can do while you're sitting at your desk. Search for some desk-side activities, yoga and exercises. Make use of the table to stretch your body and become more active. There are numerous activities that you can do while sitting at your desk. The idea is to get out and about.

Water is your best friend

5. Stay hydrated and drink water!

This may appear repetitive, yet it is the cornerstone of keeping healthy. Staying hydrated promotes good physical and mental health. Drinking plenty of water throughout the day is also essential for staying fit from the inside out. Carry a water bottle with you as a reminder to stay hydrated. Hydration is particularly important for maintaining a healthy weight as it helps in not only suppresses hunger but also encourages you to eat less during mealtimes.

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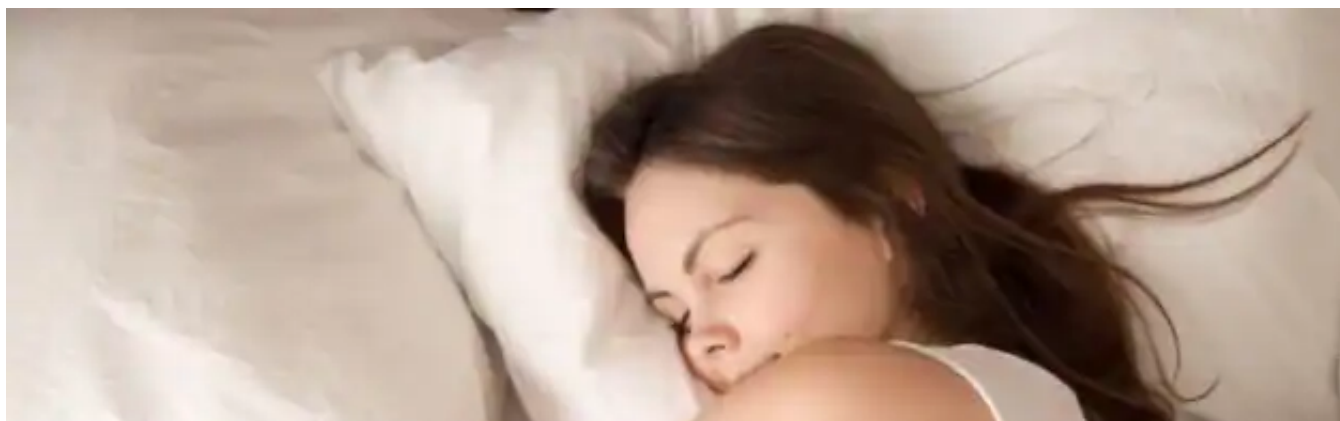


The number of calories you consume throughout the day can be directly influenced by the amount of sleep you obtain at night. To begin with, a lack of sleep equates to a lack of energy. A sleep-deprived person reaches out for a sugary, caffeinated beverage or a less-than-healthy food for a quick boost.

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Additionally, during your sleep, hormones that control hunger, metabolism, and calorie burning balance themselves. Sleep deprivation causes increased hunger the next day as well as a general slowing of metabolism, which contributes to weight gain.

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Sleeping is very essential to your well-being. Image courtesy: Shutterstock

7. Make a point to cook your meals

This may sound tedious but having a home-cooked meal can make an unbelievable difference to your health. Because women don't have enough time to cook, many working women struggle with their meals. We understand those busy mornings may compel you to leave without cooking and then the last resort is the

the vegetables the night before and store them in the refrigerator. You can also prepare microwave-friendly dishes ahead of time.

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8. Buckle up for your 30 minutes of workout

If work commitments are not letting you hit the gym, all you need is to take out just 30 minutes from your daily routine. Do the choice of workout you like – Zumba, yoga, cardio or anything else. Or just go for simple squats, lunges, planks in repetition the benefits are the same.

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If you find it difficult to get in 30 minutes of exercise all at once, try splitting it up into 10-minute increments 3 times a day. Start your day with some yoga, go for a walk over your lunch break, or jog around the park and soak into the greenery.

9. Ditch what's bad for your health

There are a few things that you may enjoy but, they are not as good as they seem. Reduce your caffeine intake as it may seem to make you energetic, but the effects can slow your metabolism. Another one to limit is your alcohol. It can be a risk factor for a majority of diseases from cancer to heart problems. It is better to know what compliments your body and health before you take it in.





Use a fitness tracker or digital health tools to keep a check on your fitness. Image courtesy: Shutterstock

10. Use digital health tools

Today's women are smart and are putting their best foot forward while balancing work and the house. The tool to support their health also needs to be smart like them. Digital health monitoring tools can very well keep a close record of the health and vitals.

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Dr Janaki Badugu

Dr Janaki Badugu is one of the most reputed and renowned dietitians and experts in diet management. As a senior diet consultant QurBook she has been advising thousands of us to stay fit. Here she is sharing her views for making sure women health is taken seriously and how women can take control of their health.

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SHE SLAYS

Once a 'misguided missile', fitness trainer Diksha Chhabra's fat-to-fit story is truly inspiring

Updated on: 7 March 2022, 11:04 am IST

Diksha Chhabra went through an inspiring weight loss transformation and lost 35 kg. She is now focused on making people healthier.

Radhika Bhirani

125 Likes



Mother to an 11-year-old, Diksha Chhabra urges all women to prioritize health. Image courtesy: Shutterstock

It was around 2015 that Diksha Chhabra, a 28-year-old mother weighing around 100 kgs, heard a wake-up alarm from within to take her health in her hands. The alarm felt louder because of constant and hurtful remarks by peer pressure and family members. But today, she is glad that she woke up to the need for a drastic weight loss transformation and turned her life around. As a fitness expert now, Diksha trains other men and women, helping them tread the path of healthy weight loss.

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Health Shots caught up with Diksha ahead of International Women's Day to know about her inspiring journey of breaking the bias at multiple levels.

Body shaming and the weight loss alarm

Diksha recounts that life in school and college for her was all about being active in sports and extra-curricular activities, apart from being good at her studies. But once she took on a career, got married and became a mother, juggling between her roles made her put physical fitness on the backburner. Poor eating habits as well as poorly managed stress eventually took a toll on her.

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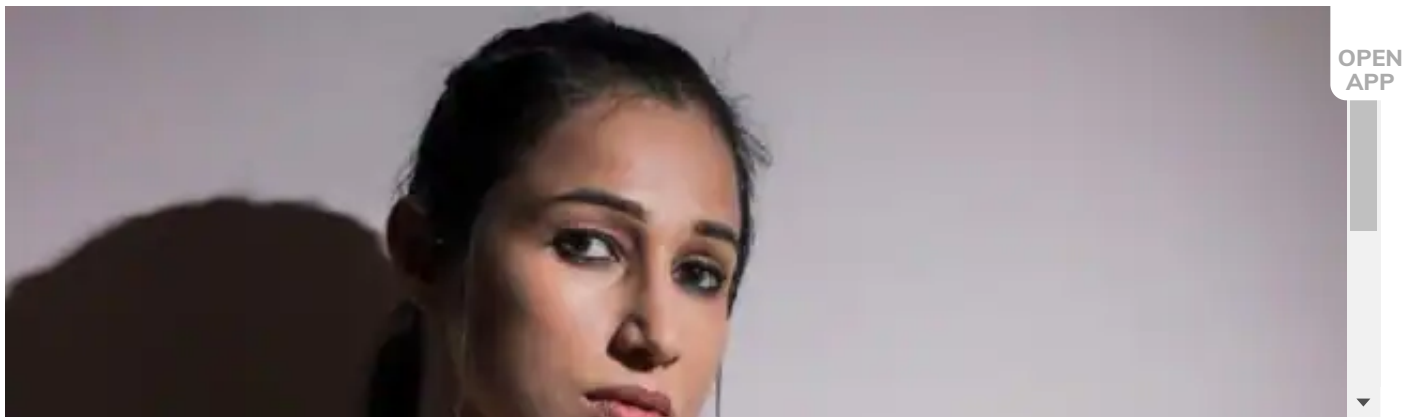
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“It was late in the night. Everyone was sleeping. I just got up and started crying while looking at my old pictures. And that’s when I decided, ‘I have to change this’. That was the turning point,” Diksha tells Health Shots.

This turning point was also triggered by a culmination of being body shamed by friends and family, a dwindling sense of self-confidence, and a random doctor’s visit when she was diagnosed with PCOD and Thyroid.

“The doctor’s review opened my eyes. I was like, ‘I don’t want to pop pills like an old woman! I was just 28 or 29,” says Diksha, who had until then made peace with the “let people say what they have to” mindset regarding her body.



Diksha battled body shaming. Image courtesy: Shutterstock

How did the weight loss journey begin?

Once she made up her mind about taking the reigns of her health and fitness, there was no looking back. She lost 35 kg in a year.

“It started with baby steps. A proper and structured diet and exercise plan came much later. My weight loss journey started first with building confidence. I used to talk to myself looking in the mirror and buck myself up by saying ‘You have to do

She admits it was a forceful way of collecting herself, but it helped. She started slow by going out for walks. That helped her to feel more conscious about what she ate.

“Eventually, I became very obsessed with it. I bought a treadmill, and on an average, I was walking 3-4 hours a day, with breaks. I lost 18 kg in 6 months! But my health deteriorated,” she says, stressing upon the moment she realized that healthy weight loss is what she must aim for.

All she was doing until then was “not eating anything much” and “exercising extensively”. This led to a nutrient deficiency. And while she lost weight, health-wise, she was on a downhill.

Fitness was about self-learning for Diksha Chhabra

Diksha, who has an 11-year-old son, started reading a lot of material on health and fitness, and thus began a journey of self-learning.

“It began with one video I saw on social media where women were lifting weights. I realized that weight training is a very good way of keeping yourself fit and healthy. So, with a lot of hesitation, I went to the gym. But while I was excited to learn and was fully motivated, the trainer never showed any enthusiasm. That was demotivating. But eventually, I started learning about it myself by becoming a part of communities on fitness and nutrition, and applying it in my daily life,” she adds.

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Slowly and steadily, she lost weight and started looking and feeling healthier. That was when she found her calling.

“I didn’t want any other women to go through what I went through. I didn’t want anyone to feel that lost because there was lack of information or stimulus. I wanted to become that stimulus for others,” she says.

She eventually enrolled for a Mrs India Earth pageant in 2017, and she emerged the second runner-up.

“For me, it was a platform where I had a story to tell about my own weight loss transformation and how I wanted to help more women. That served as the start of my entrepreneurial journey, where social media helped me in building my own

Her answer?

“I want to train women like me and help them. That gives me satisfaction,” adds the trainer, whose programmes are based on nutrition-based recommendation and strength training. She has recently also acquired expertise in Pilates.

Otherwise, Diksha is an MBA. She was in a corporate job earlier, but because of the nature of her husband’s transferable job as an Army officer, she gave up her work. She ended up teaching after motherhood happened, and later became a principal at a pre-primary school.



A mix of healthy eating and a regular fitness regime worked wonders for Diksha. Image courtesy: Shutterstock

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A ‘misguided missile’

This was the same time when she was battling weight woes. Eventually she decided to leave the job and focus on her health.

Now 35 years ‘young’, Diksha says, “Till I was 30, I was so lost and confused. I was a mother, and I was still confused about what to do, what is my interest, what do I want to even do! There is a term called ‘misguided missile’ in the Army, and it can shoot in every direction. I was like that! I would see someone doing something and I used to get interested in that,” she shares with a bout of laughter.

Diksha says while her fitness journey started with wanting to look good and feel good, it ended up giving her a mission – to help others lead a healthy and fit life.

Now she keeps urging women to keep health first, instead of avoiding a doctor’s visit.

“I actually went to the clinic for my son’s checkup. That’s when I stood on the weighing scale, and I said, ‘Oh My God, what is this!’ So, yes, we women don’t take health seriously. We must go for regular body scans. Quarterly checkups and scans must become a part of your routine.

5 sustainable weight loss tips from fitness trainer Diksha Chhabra

Diksha says she gets requests like “15 days mein 10 kg kam karaa do”. But she always tells her clients the importance of sustainable weight loss. Here are her top 5 tips!

1. Be consistent and persistent

“Don’t jump from step 1 to step 10 at once. Be progressive when it comes to weight loss, both diet and exercise-wise. Make small changes,” says Diksha. Start by fixing one particular meal for a week, and then another, depending upon when you feel more hungry. That will bring discipline and sustainability.

According to Diksha, people need to look at the bigger picture of life, and weight loss is a small part of it. “It is up to you how you want to live. These changes should become permanent to your lifestyle. Why can’t they become a habit as regular as brushing your teeth? Life is uncertain, but jitni hai, achhe se jiyo,” she says.

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2. Eat local

Diksha is all for eating local food! “In the Internet and social media age, we are so exposed to foods like avocado and green coffee. But we must consume the local produce of where we come from. Otherwise, these habits will be heavy on your pocket and are not sustainable. Go for basic food, and know your nutrition. That will help you eat more mindfully.

3. Don’t get into the number game

One thing that everyone vying for weight loss needs to know that it must not always be judged by a number. “Weight loss and leading a healthy lifestyle are more than numbers and go beyond the size of clothes you fit into! You should see

4. Don't do it for an occasion

Losing weight for a specific occasion and then forgetting about it, will only make you unhealthy. So, don't do it for a family wedding, or because your best friend did it or because your fiancé asked you to lose weight.

“Do it when you feel it is affecting your lifestyle, decisions and confidence. Once your objective is different, your dedication will be different and permanent,” says Diksha.

5. Don't pressurize yourself, and do something you enjoy

Whatever you do, you must enjoy the journey, instead of keeping your eyes completely on the outcome. So, be it weight training, Zumba, Pilates or yoga – do what makes you happy and keeps you motivated.

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SELF CARE

Are you a smartwatch freak? Here are 5 ways in which this gadget can improve your health

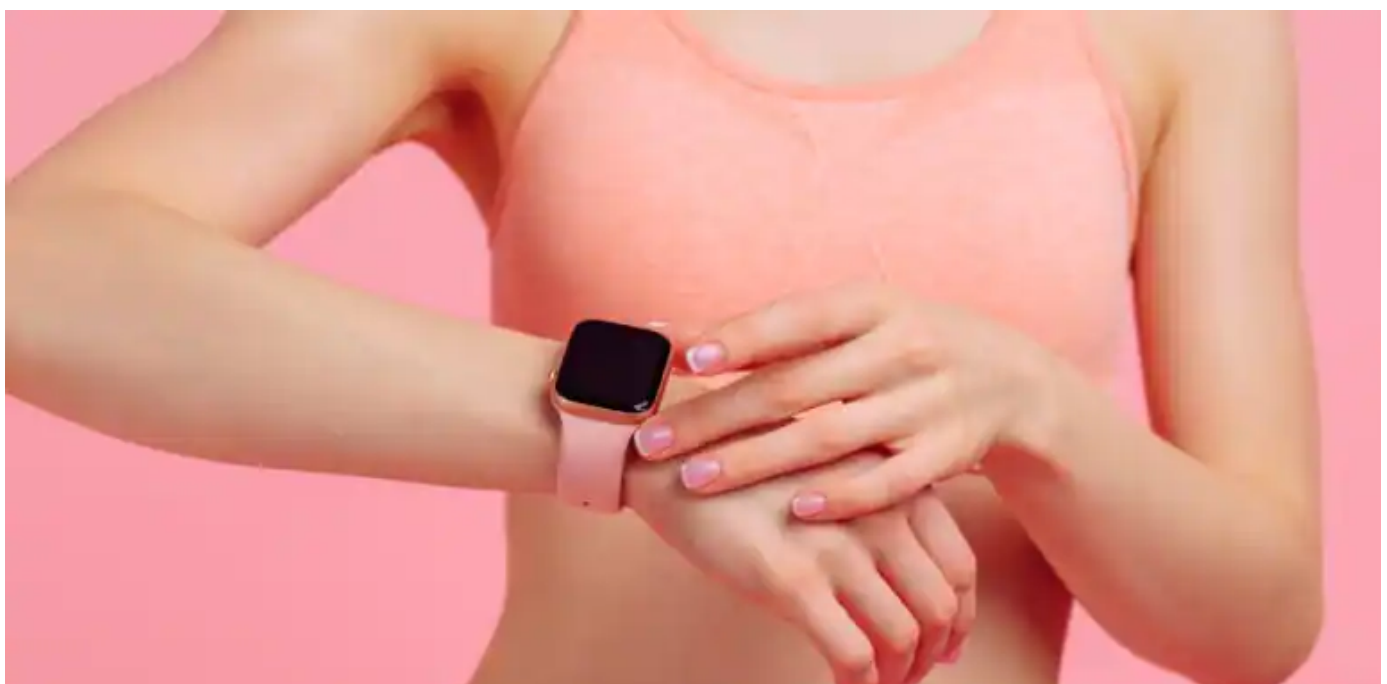
Published on: 5 March 2022, 11:00 am IST

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If you are a gadget freak, you must invest in a smartwatch, since it provides various health benefits that can improve your fitness levels.

Mr Hamish Patel

65 Likes



Your fitness levels are sure to improve, with the help of a smartwatch. Image courtesy:

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Given today's fast-paced lifestyle, most of us inadvertently follow a sedentary routine. More so, after the pandemic brought to our lives the work from home phenomenon or hybrid work culture, and at-home classes. Today, most people sit before their computers all day long – not exactly healthy, right? In fact, the time people spend today on TV, smartphones, and laptops to binge-watch series or sports telecasts is much more than the time they spend on staying healthy and fit. But we also have gadgets that can help us. We are speaking about the smartwatch!

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One of the simplest, easily accessible, and efficient devices, smartwatches offer valuable insights into our body's activity, sleep, water intake, etc., throughout the day, allowing us to push ourselves to remain active and fit.

Here are 5 critical ways through which smartwatches have taken the wearable technology world by storm:

1. They encourage a healthy lifestyle

Features like inactivity alerts, alarm settings, and steps counter encourage people to follow a set routine. In addition, these activity tracking features push wearers to meet their daily objectives. It is a human tendency to work harder when results are visually apparent, and [smartwatches](#) leverage this attribute perfectly. The device keeps the wearer's physical fitness in check by regularly reminding them about their daily goals and pushing their goals further once they achieve them.

2. They monitor, analyze and control medical conditions

Whether you are a chronic patient who needs to take regular medication or are required to offer insights about your well-being to the doctor, smartwatches can assist you perfectly. Integrated with remarkable attributes like data tracking and in-depth analysis of your wellness and health information, this wearable technology helps monitor users' health improvement efficiently. Simultaneously, users can significantly control their lifestyle or chronic medical conditions by frequently checking their temperature and heart rate. This device also helps them provide accurate information to the doctors and get an on-target diagnosis that allows them to treat the patient as per their requirements.

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It can help you understand your stamina to. Image courtesy: Shutterstock

3. They track the menstrual cycle and map symptoms

Gone are the days when menstruation was a taboo subject that was banned from public discourse. Futuristic smartwatches are equipped with features that allow women to keep track of their menstrual cycle without marking a red circle on the

signs. In fact, these devices have proved to be incredibly useful to keep track of certain parameters, associated with the Covid-19 virus.

4. They enhance workout with sports mode

Smartwatches are incredibly useful in setting a fitness goal and achieving it. The avant-garde device helps monitor, track, and improve fitness objectives without forcing users to go out of their comfort zone. For instance, heart rate notifications enable users to be warned about over-exerting themselves, while exercising. This way, users can avoid getting injured or straining their hearts, and can work out in a safe space. Furthermore, smartwatches also assist users in keeping a check on their calorie intake without resorting to tedious and complicated calorie-counting techniques.

5. They can reduce medical bills

It is said that prevention is better than cure. Preventive care and early disease detection can prevent the illness from escalating further, thereby ensuring better recovery and lower healthcare costs. The smart [digital smartwatch](#) sensors immediately detect abnormalities like atrial fibrillation and send warning signals the user and their chosen contacts.

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A smartwatch can calculate the pace of your heart! Image courtesy: Shutterstock

It is best to bear in mind that while smartwatches can instrumentally help users monitor their health status, they cannot equate to getting treatment or checkups from qualified physicians. Leverage this wearable technology to keep yourself fit and healthy, but don't forget to consult with your doctors immediately if you witness any abnormal signs.

**Mr Hamish Patel**

Mr. Hamish Patel, Chief Product Officer, World of Play

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Add fun to your fitness regime with a trampoline! Bhagyashree shows you how

Published on: 2 March 2022, 11:48 am IST

Are you looking to add some fun to your workout regime. Take a cue from actress Bhagyashree, and try using a trampoline for fitness.

[103 Likes](#)



**MAKE THE MOST OF A
TRAMPOLINE WORKOUT!**

Jumping on a trampoline is not just great for fitness, but your happiness too! Image courtesy: Shutterstock

For 1980s' kids, Bhagyashree is an instant reminder of Bollywood's mushy romantic drama *Maine Pyar Kiya*. The actress, who now defies age at 53, has been setting fitness and wellness goals for women her age and for younger ones too! Her latest fascination is using a trampoline for fitness.

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Bhagyashree often takes to her social media page to share fun recipes and workout tips with her fans. It gives a sneak peek into what keeps her fit and healthy.

Here's what she says in her latest post, "I'm so excited to share my new toy with

circulation. It's a cardio workout for sure but so much fun."

If you are considering this fun trampoline workout, you must also know its benefits, while keeping in mind that you need to indulge in this carefully.

According to Bhagyashree, these are the benefits of using a trampoline for fitness:

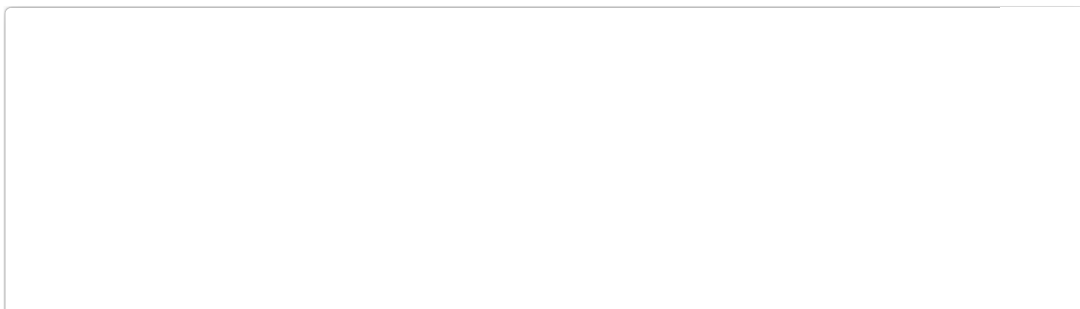
- * It helps [blood circulation](#)
- * It is a source of good cardio workout
- * It helps to release spinal stress
- * It increases bone density
- * It can also help in improving balance
- * It can boost coordination and core strength.

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The actress suggests that beginners can start with tree to four minutes of using a trampoline for fitness, and then increase it by 2 minutes every week.

Check out Bhagyashree's Instagram post right here!



[View this post on Instagram](#)

Using trampoline for fitness can be great for women! Here's why:

Bhagyashree adds, “As one gets older, the [pelvic muscles](#) loosen and chances of urinary incontinence increase. Jumping without shock impact on your knees, will help in building up your pelvic strength too.”

Often, we think trampolines are for kids. But trampoline workouts are a thing! It just does not boost your physical fitness levels, but as Bhagyashree points out, it can be great fun too.

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As someone who has developed an affinity towards health and fitness solutions, Bhagyashree keeps sharing useful tips to her social media followers. There was a phase in her life when she suffered a health setback, and she was unable to move her right hand. But that pushed her to look into nutrition and wellness more seriously than ever before.

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STAYING FIT

Pole dancing is a post-pandemic fitness rage which can fix your flexibility and strength

Published on: 23 February 2022, 15:47 pm IST

Swirling up and down a pole is not just an aesthetic art form! Yes, dear ladies, the benefits of pole dancing are awesome to say the least.

Geetika Sachdev

105 Likes



Always practice pole dancing under expert guidance. Image courtesy: Shutterstock

It was in 2002 that Bollywood ‘yogini’ Malaika Arora impressed us with her pole dancing skills in the song *Maahi ve* from the movie ‘Kaante’. Until then, we felt that this was a terrain that was marked for celebrities. No longer, because pole dancing has become one of the best ways to keep fit post-pandemic, and is a lot of fun to do. But what is it about this fitness form that makes it so popular? What are the benefits of pole dancing? Let’s dive in!

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Benefits of pole dancing

home completely wrecked her routine. She was also feeling anxious about the number on the scale. It also gave rise to body image issues, and things were only looking bleak. That's when she enrolled herself for a pole dancing class.

"After much convincing from a friend, I was motivated enough to join a pole dancing class. I was very conscious about my weight, and was in two minds. I am so happy I went ahead with it because my stamina levels have improved and how. Plus, I am losing weight, while doing something fun. It's a win-win, I say," she adds.

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Soni's account has been testified by Perna Sundaram (29), a pole dancer based out of Mumbai. She outlining the benefits of pole dancing, as follows:

- * It is a great overall workout for your body
- * Pole dancing can help you gain strength
- * It can improve your balance
- * It can boost coordination
- * One of the biggest advantage is that it strengthens your spine.
- * You can indulge in pole dancing at any age

Even Bollywood actresses such as Jacqueline Fernandez, Yami Gautam, Malaika and more have been doing pole dancing. Here's Kriti Kharbanda indulging in it too!

Things to keep in mind to make the most of the benefits of pole dancing

1. What you wear matters when you pole dance

This is an important consideration, when you pick up pole dancing. You may have seen several women wearing short clothes, while performing the feat. Well, that's a prerequisite for this art. Sundaram tells HealthShots, "At the initial level, you could be in your usual track pants and tank tops, to prevent your body from injury. But when you climb to an advanced level, you must wear shorts and a sports bra, so that your skin can grip the pole better."

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Also Read: [Pole dancing on your mind? Strengthen these 5 muscles before jumping on the trend](#)

2. Take the help of a trainer

You may think that sliding down a pole is very easy, but it's not. That's why always take the help of a pole dancing expert, who can guide you better. "In case you have a medical condition, make sure to tell your trainer. Also, always consult a doctor before making any such decision. Strength is the most important quality required to do pole dancing. And the benefits of pole dancing are not just limited to physical health, but mental health too," adds Sundaram.

Come, watch what Tania Sudan, a professional pole dancer and fitness expert, has to say about this fitness form.

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Here are some tips if you are a beginner

1. Do not be in a rush to reach the advanced level. Take small steps and gradually build your strength.
2. Avoid using lotion before your class
3. You can use a grip aid during the first few classes.
4. Always try pole dancing under the able guidance of a qualified instructor.
5. Wear the right clothes.
6. Practice the art regularly to get better at it.

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Geetika Sachdev

An independent writer and journalist, Geetika loves sharp and fresh humour, just like her coffee! If not writing, you'll find her cafe-hopping and raiding the best book stores in town.

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Track your menstrual cycle using the HealthShots Period Tracker.

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MENTAL HEALTH

Are you a 'Stuck-asaurus'? Avoid feeling stuck, and use these 6 tips to move on

Published on: 20 February 2022, 21:04 pm IST

Has Deepika Padukone's *Gehraiyaan* left you thinking if you are also 'stuck'? Don't think, and read this piece on how to avoid feeling stuck!

Radhika Bhirani

127 Likes



Feeling stuck can be stifling, but if there's a will, you can overcome it! Image courtesy: Shutterstock

"I feel so stuck" Or "I'm a Stuck-asaurus". Clearly, emotions are about how you handle them. So, whether you are a Deepika Padukone version of a 'hot mess' in 'Gehraiyaan' – an adult ridden by childhood trauma – or an innocent four-year-old who sees humour in being stuck while snowboarding, your approach towards how to avoid feeling stuck can make a world of difference.

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While Gehraiyaan itself has not managed to leave a very deep an impact on people, that feeling of stagnancy, of being unfulfilled and stranded that Deepika's character Alisha feels, has found a resonance among some people. Of course, for some it turned out to be a meme-fest, but let us not ignore how Covid-19 times, especially, have left people at crossroads – be it on the personal or professional front. [People lost loved ones](#), leaving them emotionally scarred for life. They got ousted from jobs, denting their confidence. They struggled with keeping up with relationships and multitude roles.

From one lens, Alisha taking the significant first step of acknowledging 'feeling stuck' and sharing it, is itself a masterstroke portrayed by Deepika, one of Bollywood's flag-bearers for mental health awareness. Sharing matters, because mental health matters.

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In stark contrast to the conversation around Gehraiyaan, is a viral Instagram post of little Aubrin Sage. The little wonder has left the Insta-universe in awe of her cute motivational commentary during a snowboarding adventure – all while being dressed as a dinosaur! In the video, shared by her father, she is seen gliding through ebbs and flows, with her microphone-recorded voice telling us exactly what she felt during her ride.

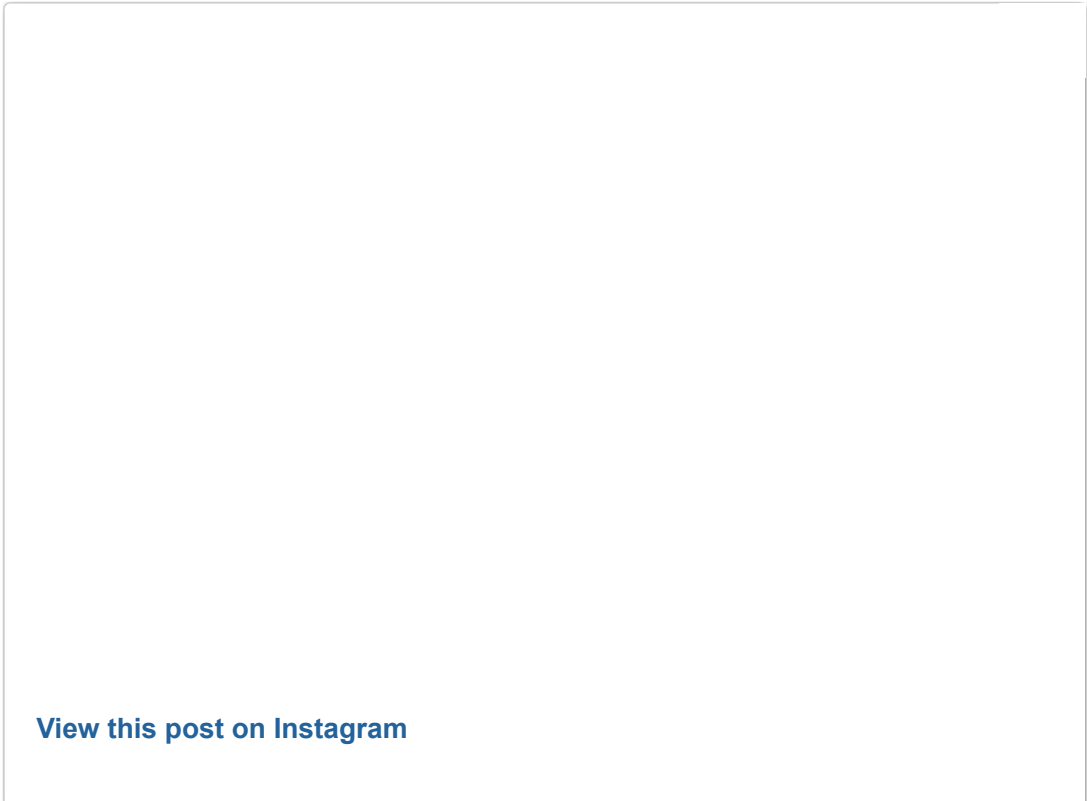
Her monologue is a mini-motivator. "I won't fall... maybe I will.. That's OK, 'cause we all fall." And when she falls and finds it hard to get back on her feet, she doesn't crib or cry. Instead, she calls herself a 'Stuck-asaurus'.

Metaphorically speaking, it’s a great example of how life will continue to come with its own set of unexpected twists and turns. It will throw up challenges, where you may have to struggle or feel stuck, but you’ve got to get up, get your act together, and move on.

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That’s where the dots join between Alisha and Aubrin, in some way, isn’t it?

Come, watch Aubrin’s video right here!



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6 tips on how to avoid feeling stuck

If you have found yourself feeling stuck, we've got you some handy tips by Dr Chandni Tugnait, M.D. (Alternative Medicines), Psychotherapist and Life Coach.

"For many of us, it's easy to feel stuck in relationships or career. Sometimes, though, it's not that these aren't working out, but rather that things are stagnating, and we don't know where to go next," Dr Tugnait tells HealthShots.

Here's what you must do:

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1. Let go of the past

One of the most important things to do when you feel stuck is to [let go](#) of what has come before this current reality. The relationship or job that you feel you're stuck in, may not be working because it reminds you too much of a past experience, and so you tend to keep those feelings alive. "The fear, doubt or comparisons with past, often make it hard to move forward with any excitement or vigour. Whatever the case may be, accept whatever isn't working out and then move on from there," says Dr Tugnait, Founder and Director – Gateway of Healing.

2. See things more positively

Another way to move on and to avoid feeling stuck is to [see things more positively](#). You might find it easier, for example, to paint a negative picture of your partner or work situation – but by doing so, you are only perpetuating the feelings of stagnation and imbalance. Try instead to talk through what you're feeling with someone else, who may be able to point out some positives in these situations that

would feel in the future when things have changed and improved. This can really help motivate you towards positive change.

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Don't get caught in the world of haves and have-nots. Image courtesy: Shutterstock

3. Uncover which goals matter most:

It's important when we feel stuck to not just try and move forward in life, but also have a clear idea about which goals really matter the most to us. Being aware of our top goals can help direct us through the tough times, and keep us going in moments when we would rather throw in the towel. So try examining how much you want the things that you're trying to achieve, and how much effort you are willing to put into get them. Use this as a barometer for taking action and to keep the zest going.

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4. Take baby steps forward

The world is full of people who claim to know exactly what they want from their careers or relationships, and yet would do anything in order to not break out of the old patterns or habits. This is often because they see change as too difficult. However, it doesn't need to be this way if we take it one step at a time. Often, these small changes make the biggest difference to the level of fulfillment in our lives. So, try thinking of different ways in which you can re-shape your life – whether it is by leaving some things behind or embracing new ones. Be brave, and remember that even small changes can help keep us motivated for bigger ones down the line.

5. Expect rough patches while trying to avoid feeling stuck:

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When making any sort of transition in life, there are always going to be some rough patches along the way. No matter how thorough our planning might be, or how many positive ways we try to see things in, some days will just seem like bad days, no matter what. The most important thing to realise in these scenarios is that it's perfectly normal. It doesn't mean it is time to give up, or that you are doing something wrong; it simply means that you are moving from one comfort zone towards another. Keep going even if you feel as if you can't, and eventually those rough patches will become things of the past as your new life emerges.

6. Don't take yourself too seriously:

Finally, another trick on how to avoid feeling stuck is to not take yourself too seriously. If we ever find ourselves becoming stressed or upset about events outside of our control or overthinking, this can create resistance and stop us from progressing forward with a positive mindset. See failure as learning and keep progressing. Be kind and compassionate towards yourself.

Take help from an expert if you are unable to cope on your own.

So, the next time you find yourself feeling stuck, try and see the lighter side of things – and know that even though things might seem tough at times, it's amazing what we can achieve if we put our minds to it!

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Radhika Bhirani

Content Head for Healthshots.

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STAYING FIT

5 fabulous fitness takeaways from Disha Patani

Published on: 16 February 2022, 16:00 pm IST

Let's face it, Disha Patani's fitness is the talk of the town! Here is some workout motivation served by the diva herself!

Shifa Khan

172 Likes



Disha Patani's fitness tips will motivate you to the core! Image courtesy: Shutterstock

When we talk about the fit divas of Bollywood, Disha Patani's fitness game tops it all. Her flat abs and toned body are proof enough of her dedication to her fitness routine. As advocates of a health and wellness, we couldn't stop but take cues from her power-packed gym routine. And, so should you!

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Disha is often seen doing cardio, gymnastics, kickboxing, and weightlifting as per her Instagram feed. She is an avid follower of rigorous workout activities and a nutritious diet. Her body speaks for itself. Here we have curated a list of fitness lessons that we can learn from Bollywood's starlet, Disha Patani.

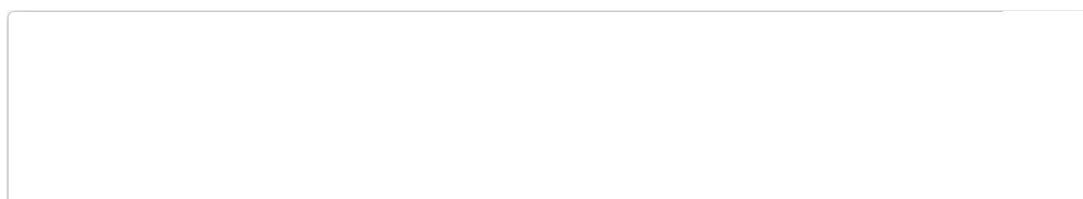
Here's a dose of Disha Patani's fitness motivation for you:

1. Do the super cardio

Disha Patani never neglects the power of cardio which others may think of as a plain Jane workout. Her Instagram feed is loaded with her videos practicing forms of cardio like running and cycling. Cardio can work wonders for skin by increasing blood circulation. Maybe that's the secret behind Disha's fresher than a mint look! From benefiting joint health to your brain, cardio workout is one of the best and most popular types of exercises people perform. It can help you shed a few pounds too by advancing your fitness goal.

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2. Kickboxing the calories away

A newfound passion for Bollywood beauties, [kickboxing](#) can not just burn calories, but also give your physique a toned effect like never before. Disha's kickboxing videos have garnered the attention of fitness lovers. She is seen blowing a heavy punch, jab and kick in her video like a Ninja. Kickboxing is a full-body workout that can really amp things up by improving agility, upper body strength and flexibility.



[View this post on Instagram](#)

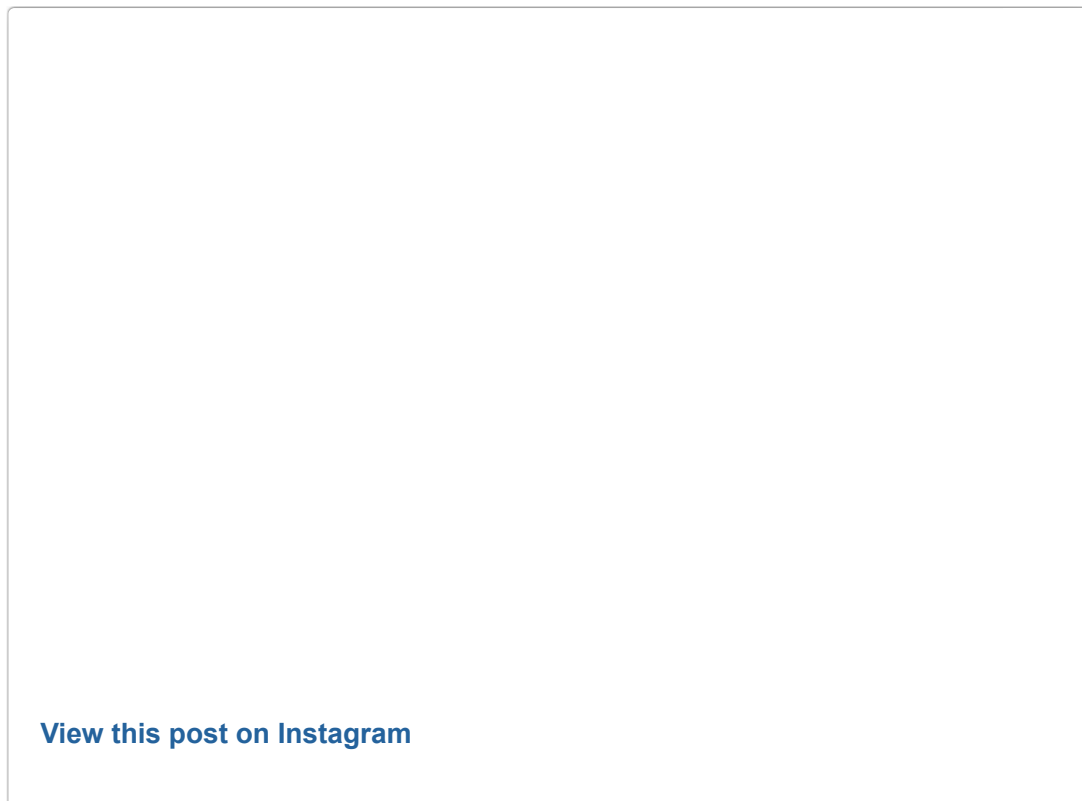
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3. Strength train like a champ

Breaking the taboo around strength training as a 'men only' choice of workout,

Therefore, this not so delicate B-towner does everything from hip thrusts to deadlifts like a cake walk!

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4. When in doubt, dance it out

Disha Patani's smooth footwork is not a hidden talent, all thanks to her rocking item numbers. This feat needs hours of tiring practice sessions and persistence to master. While [dance](#) may be an art form, it is an excellent workout too! From setting the bar in Instagram's dance challenges to practice sessions, Disha likes to sweat it out by shaking a leg!



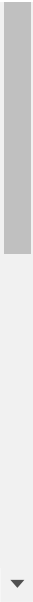
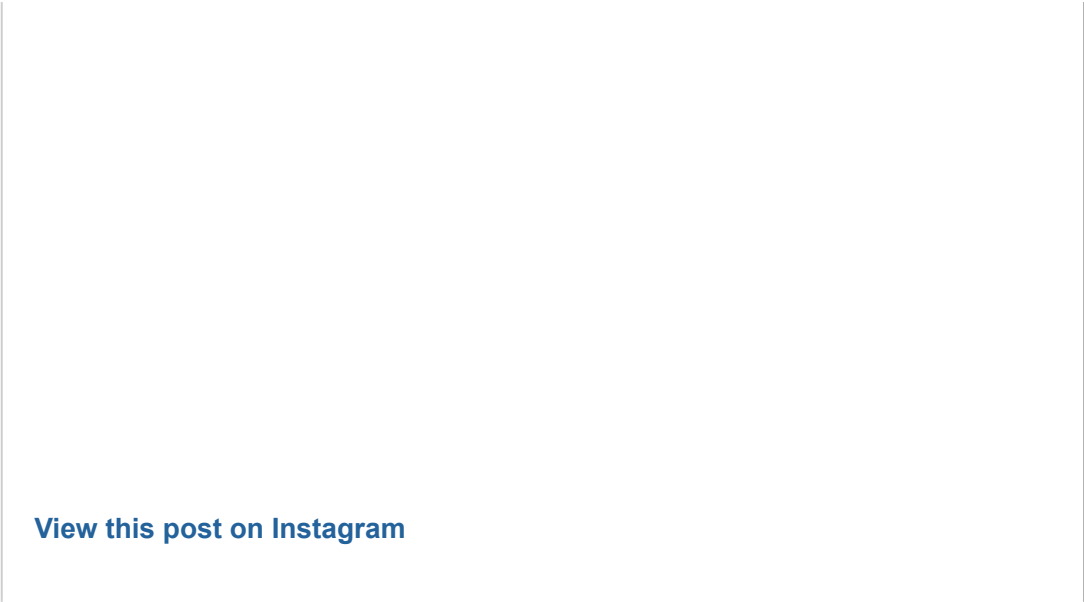
[View this post on Instagram](#)

5. Jump to gymnastics

Well, if you don't know, gymnastics can drastically improve strength, flexibility, and accelerate the body's motor skills. Maybe, that's what Disha wants to achieve through her solid gymnastics game! The Radhe actress can be seen doing consecutive jumps and backflips in her various Instagram posts. These moves may be the secret of her svelte figure, plus, they come in handy for her action-packed movie roles too.

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If you’re someone who does not find pleasure in physical activity, choose from the above listed workout lessons by Disha Patani. Exercise, in general, releases endorphins, a mood-boosting hormone responsible for exuding those happy vibes. So, do it just to be happier!

TOPICS

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Shifa Khan

An aesthete and a skincare junkie, Shifa spends most of her time cooking delish food while wearing a sheet mask. At HealthShots, she creates high-octane content that can leave you all a little intrigued!

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SKIN CARE

Neck roller to face coin: 5 beauty tools that Mira Rajput swears by

Updated on: 14 February 2022, 15:34 pm IST

Embrace these beauty tools advised by Mira Rajput and your skin will thank you!

Geetika Sachdev

110 Likes



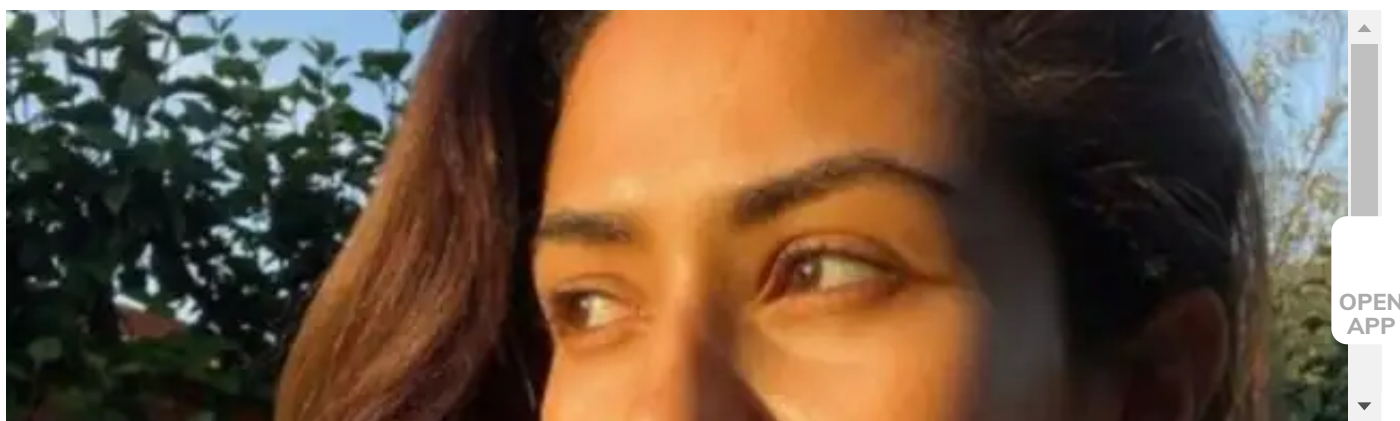
These beauty tools used by Mira Rajput are super effective for healthy, gorgeous skin. Image courtesy: Shutterstock

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If you have common love for beauty and Bollywood, you definitely know about Mira Rajput and her wellness secrets! Her audience loves the holistic beauty and fitness nuggets she shares, and trust us, the best part is that these are absolutely simple and effective. So, what are some beauty tools that she swears by? You will

In a recent video on YouTube, Mira Rajput gave us a sneak peek into these tools. Ready to find out what they are? Let's go!



Mira Rajput loves to pamper herself with effective beauty and wellness solutions. Image courtesy: Mira Rajput/Instagram

5 beauty tools used by Mira Rajput for healthy skin

1. Quartz gua sha coin

Mira Rajput finds [gua sha](#) best for lymphatic drainage and sculpting. This beauty tool, whose name translates to scraping in Chinese, is said to enhance the flow of energy called qi or chi. One must rub the skin in long strokes, and apply adequate but gentle pressure while using it. Regular use will always help you with gorgeous skin. Several skin experts suggest using it in conjunction with a face/body oil.

2. Kansa wand

This beauty tool is used to massage the soles on the feet in order to balance excess pitta, and promote restful sleep. Kansa is known as the bell metal and is used to make Tibetan gongs. It has the ability to balance pH, largely due to the metal's alkaline properties. It can help to soothe skin that is high in acid content, and in turn, helps to tackle sensitivity, premature aging, wrinkles, inflammation or even acne.

3. Applicator brush

This one is a staple that we've been using for ages! When you use an applicator brush, it helps you cover your face with a coat of the pack more uniformly. Plus, it's also more hygienic, instead of using your fingers to put it all over your face.

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4. Kansa face coin

and works on the underlying connective tissues. It also draws out pitta and heat, and promotes better circulation of blood. All in all, a must-have!

Also Read: [Wait, what? Mira Rajput trims her hair on the day of the full moon!](#)



Gua Sha helps in face sculpting! Image courtesy: Shutterstock

5. Neck roller

For Mira, this beauty tool is 'indulgent but super fun'. She uses the neck roller to keep the neck firm, and also uses it on her shoulders and décolletage. We think this is a perfect tool, especially since most of our day goes in using gadgets that more often than not causes a 'tech neck'!

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So ladies, go gaga over these beauty tools and flaunt your flawless skin à la Mira Rajput!

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**Geetika Sachdev**

An independent writer and journalist, Geetika loves sharp and fresh humour, just like her coffee! If not writing, you'll find her cafe-hopping and raiding the best book stores in town.

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EMOTIONAL HEALTH

V-Day Special: We often overlook self love, especially in a relationship, says Ananya Panday

Updated on: 15 February 2022, 12:03 pm IST

"Pyaar dosti hai!" Of course, it's a cliché that Ananya Panday believes in, but her idea of love is much deeper than that! Read all that she's got to say about love!

Radhika Bhirani

127 Likes



All about love, with Ananya Panday. Image courtesy: Shutterstock

Taking a deep dive into Ananya Panday's thoughts on love, is a fascinating revelation of a Gen-Z girl's mature thoughts in times of modern relationships!

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Ananya, whose latest movie Gehraiyaan, explores the complex subject of infidelity, opened her heart out about her idea of love, self love, intimacy and more.

In this engaging and thought-provoking chat with HealthShots ahead of Valentine's Day, the 23-year-old actress talks about how five ideas around love have transformed for her over time.

“For me, love is friendship. *Mere liye pyaar dosti hai*, as SRK (Shah Rukh Khan) sir says. It’s all about that connection, trust, and the ability to be yourself. I don’t think love is tied down to just a romantic relationship. Love exists everywhere. When I was younger, I used to think there’s this one big love that exists and you won’t feel love for anyone else. But I feel love for so many people – my friends, my family, everyone! So, I think my definition of love being tied down to one soulmate has changed growing up.”

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Intimacy

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“It is very important! When we use the word intimacy, we often mistake it only for physical side of it. But I believe that emotional intimacy is as important, if not more, than physical intimacy. I am the kind of person who wants to talk about everything. Communication is key to me in a relationship, especially. I need to be with someone who understands me, who doesn’t judge me, who lets me be myself, who I can have a conversation with without feeling that I may be judged or misunderstood. And also who I can just share a look across the room with, and he understands what I am feeling.”

Trust and honesty are top virtues in love and relationships for Ananya! Image courtesy: Shutterstock

Infidelity

“I would not like to say that I have had an experience of infidelity, because I am still so young... But I don't think that the kind of person that I am, I will be okay with it (infidelity). That's because I am an extremely loyal person. I place honesty and trust above all else. So, I would not be okay with it. But what I have learnt while doing Gehraiyaan is to not be judgmental. So rather than shunning the person out completely, I may try to understand the reasons behind why they did it, what happened and all of that. I don't think anything in life is unforgivable or irreparable. But it completely depends. I can sit here and say that 'I am not okay with it', but I will never completely know how I am going to react unless I am in the situation myself.”

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Self love

“Honestly, I always say that '*Main apni favourite hun*'. I am learning to love myself more every day. I can't say that I am completely in love with myself, and I am above everyone else. I don't even want to think that way! But self love is so important, and we often overlook that. Especially when we are in relationships, we put our everything in our partner, and we empty out our whole *love ka tank* into the other person and don't leave anything for ourselves.

“Growing up, I have learnt that you have to have conversations with yourself, love yourself and give back to your own body. You have to make time for yourself, and

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Singlehood

life when you are single. You take that time out for yourself so that you discover who you are before you try to find out who someone else is. Otherwise, if you are insecure, unsure and still finding yourself, that reeks into your relationship. Everyone has a journey. There's no right or wrong way. But it could definitely be helpful to just give time to yourself and to your own interests. Do things that you make you happy, and enjoy experiences that you can have on your own before you can start having them with other people!"

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Gehraiyaan, on streaming platform Amazon Prime Video, also features Deepika Padukone and Siddhant Chaturvedi. **OPEN APP**

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