

Connect with YOUR INNER SELF



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Once you learn the basics, you'll find that eating healthy and staying active physically as well as mentally isn't hard at all. Three mantras which I follow in my life are healthy eating, regular physical activity and a relaxed mind. Eating mindfully is an important part of what keeps my body fit. Maintaining good fitness requires careful attention towards diet and exercise. I believe that nutritious food is no substitute for physical activity. Infact I find that yoga is a great way to connect with my inner self and stay healthy at the same time. Through its deep breathing, stretching, mindful exercises, it is a most effective method to keep most stress related diseases at bay. Some of the yoga asana which I follow daily include pranayam, meditation and Suryanamaskar. There's yet another conventional method that makes me fit Naturopathy. As the name suggests it is the science healing in natural way and treats underlying cause of disease without use of drugs. I follow the kriyas of Naturopathy on a weekly basis.

Tips to keep yourself fit

- » Start your day with nutritious food at small frequent intervals.
- » Dally practice yoga to keep yourself calm and relax.
- » Take proper sound sleep to keep fit mentally.
- » Take rest from your daily workout and give yourself some time. Join a hobby class or entertain yourself in any way.