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hot tip

DIET OPTIONS FOR A BRIDE-TO-BE



1 Holistic diet: For a bride to be, it's important to eat a balanced diet. The diet should include a lot of fresh fruits, colourful vegetables, whole grains and a smattering of pulses. A well nourished body will keep you fit, physically and mentally.

2 The wonder of water: Drink lots of water everyday, and stay away from sodas and too much of tea/ coffee. It keeps your body hydrated and removes toxins and also refreshes your skin.

3 Exercise: There is no substitute to exercise. Work out regularly to improve your body's metabolic rate. Try out yoga, meditation and aerobics

too. The best way to not get lazy is to work out with your partner or a buddy who will keep you motivated.

4 A tab on the calories: Remove fried food, indulgent desserts and alcohol off your meal. Avoid empty calories and try to maintain the regulation, even after your wedding.

5 Mental strength: Think good thoughts – keeping your mind healthy is important. More you stress or think about negative outcomes, the more it will show on your face. (HTC WITH INPUTS FROM DR SARITHA, HEAD NUTRITIONIST, PERFECT WELLNESS)

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