

Get Bikini-ready!

THE SUMMER SEASON HAS KICKED OFF AND WE CAN'T WAIT TO SINK OUR FEET IN WARM SAND AND SOAK UP THE SUN. **PRIYA CHAPHEKAR** LISTS FUN WAYS TO MAKE SURE YOU ARE LOOKING YOUR BEST WHEN YOU HIT THE BEACH.



Year after year, most women end up with some serious body panic when it comes to showing off their summer body—thanks to the winter weight gain and dry skin. So we spend hours browsing through the mammoth summer/resort collections lining store walls and play it safe by picking a Hawaiian sarong or kaftan to camouflage those dimples and dents on the skin. Not this time, though. Take heart as we offer you a round-up of quick and easy fitness and fashion tips to bare it all this summer.

TRENDING NOW

- Front ties
- Metal rings
- Textured fabrics
- Coloured belts
- Polka dots



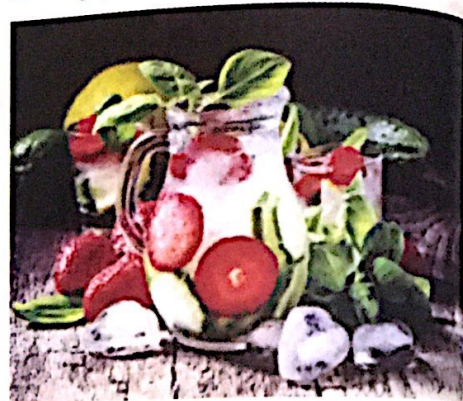
Diet dos and don'ts

Lose those pesky kilos by switching to a diet that comprises eggs, lean meats, low fat dairy products, fruits, vegetables, nuts, seeds, beans, legumes and whole-food choices. "Packaged, processed foods are loaded with unwanted calories, preservatives, trans-fats and emulsifiers that promote water retention and make you feel bloated and puffy," highlights Munmun Ganeriwal, Nutritionist, Fitness consultant and Founder, Yuktahaar. Instead of skipping out on meals, eat a substantial amount of healthy, organic food, rich in essential nutrients but low in calories. "Since our body's metabolism is most efficient during the day and before sunset, people who eat their biggest meals early in the day tend to lose more weight than those who eat

them later. So, make sure you start your day early and also have your dinner latest by 8 pm," insists Munmun. She also suggests eating food from home than outside. "When you pack your own meal, you are better aware of its ingredients," she points out.

Pick the right poison

Although a diet soda has less calories than high calorie beverages, the carbonation could leave you looking bloated. "Once upon a time I was addicted to soft drinks. However, I made a genuine effort to substitute that cola with a tall glass of lime water. Instead of weighing down my vodka with super sugary fruit juices, I opted for flavoured vodkas with a dash of soda or just some good old rum with warm water. I can't tell you how light I feel!" shares corporate trainer Shirley Jijo.



Squat sweetie, squat

Squats is one of the best training exercises to work up your lower physique. Team them with some uphill walking that targets your glutes. "Women rigorously focus on toning their legs and abs and often forget about their back, which may need more definition.

Exercises

like back flys, bent over rows and lateral pulldowns help achieve a nicely outlined back to flaunt those halter neck swimsuits," says independent Fitness Trainer Sakina Khan. It's a smart move to keep a tab on your fitness level. "Record the number of push-ups, Suryanamaskars and the time taken to hold a plank every day. Test your endurance by taking the number a notch higher until you achieve your goal," she stresses.

Break the monotony of your strength training with Zumba, but be sure you're really pushing your limits. The bigger the moves, the more intense the workout. Don't forget to exaggerate your steps for a bigger burn.

Stretch it out



Trupti Kasar, a Certified Yoga Instructor, emphasises that stretching is vastly underrated even by seasoned fitness freaks. "The elasticity of our muscles decreases with age and is accelerated by sports that can overuse and overwork muscles through repetitive motion. This invariably leads to aches, pains, and injury. That's why it's important to incorporate stretches that target the muscles you use the most.

After you cool down, devote at least five minutes to stretches to rejuvenate your body and mind," she recommends.

Listen up, busybees!

- If you're strapped for time to exercise, find the time. Take your bike to run errands that are within a few kilometres of your house.
- Research suggests that people who exercise in a group tend to work longer and harder than those who train solo. Find like-minded pals and get that competition started.
- Those kitten heels might make your feet look dainty but are rather uncomfortable to scurry around. Wear feet-friendly shoes that'll make you want to move.
- Hate the treadmill? Well, join a recreational

volleyball league or put on some boxing gloves for a dose of much-needed excitement.

- Use a natural-fibre body brush on dry skin to stimulate the body's lymphatic system. This will not only help you get rid of cellulite, but also impart a healthy glow. **NW**

Find the right swimwear for your body type

- If you have a bigger bust, opt for deep V-necks that will flatter your cleavage. Women with a well-endowed bosom should steer clear of too many straps, ruffles, embellishments or any kind of detailing on the chest. Go for a one-piece with full support. You can even wear bikini tops with an underwire for support and pair it with high-waisted bottoms and heavy metal accessories to look ultra chic.
- If you have a petite frame with narrow shoulders and hips, add volume to your hips and chest with bright prints, playful patterns and flirty frills. Bikinis with ruffles on top, off-shoulder puffs and dramatic sleeves will broaden the frame and at the same time highlight the slender shoulders.
- Women with a generous derriere should avoid wearing swimsuits with more detailing on the bottom. Think plunging necklines, cutouts on the upper waist, sexy back numbers or criss-cross V-necks to draw attention to the top. Choose V-neck skirts over short silhouettes. This will increase the coverage of hips and thighs and make you look more proportionate.
- A ruched tummy control swimsuit will draw attention away from your tummy. Pick a bikini bottom with a wide waistband in solid dark colours and avoid horizontal stripe detailing on the front.

(with inputs from *Ratna Dhanda, Co-founder, The Dress Anatomy* and *Ila Johari, blogger, www.thefleamarketqueen.com*)

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