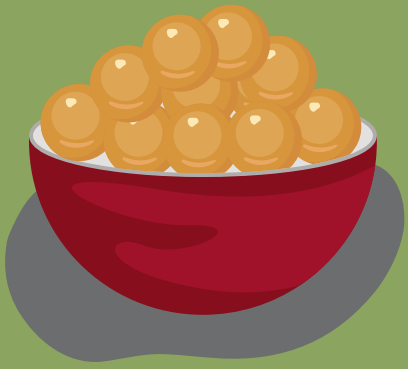




How to Enjoy Sweets without Gaining Weight and affecting Diabetes!

Maintaining Fitness during the festive season is achievable through personal mindfulness. Prioritize your own thoughts over family opinions, and follow these 5 tips to achieve your fat loss and diabetes management goals.



Healthier Sweet:

Choosing sweets that are lentil/paneer based over cereal based eg. besan ka ladoo, moti choor ladoo, dal ki chakki, kalakand, rasgulla over jalebi, suji halva, gulab jamun, shahi tukda



Ideal Time:

Pick a time after workouts to eat the prasads/sweets



Stick to the Thumb Rule:

Stick to the quantity of sweets that is the size of the thumb at a time.



Smart Snack Time:

Instead of having the sweets with meals, reserve them for the mid snack.



Frequency is the key:

A 3 hour gap between the two sweet snack is suggested.

Did you know !!!

The Shape and Temperature of the Dessert can influence the brain to predetermine the sweetness of the item? Rounder and higher the temperature, higher the sweetness quotient hence, a gulab jamun will taste sweeter compared to a kaju katli!

Programs Offering for This Month!!

Beat Diabetes Program: 90 Days to being able to manage and reverse your Diabetes.

Three reasons why you need this program:

1. To be able to live a **life with choices** not because you don't have a choice
2. To be **self reliant** than being **dependent on family** for day to day chore
3. To prevent **multiple health complications** - constipation, nerve disorder, deteriorating eye sight, high risk of heart attack and kidney failure

Pre-Wedding Nutrition: Our tailored Pre-Wedding Nutrition Program is designed for the Brides and Grooms to help both look and feel your best on your big day. Not to forget the stamina to withstand the physical pressure before and fatigue after the D-day

Why you should enroll yourself for a Nutrition Program atleast 3 months in Advance:

1. To attain **Inch Loss** and look Radiant and Energetic
2. To **Gain the Stamina** to keep up with the Running around for the Wedding preparations
3. To be able to **reset the Energy** just after the Wedding while to Destress

Want to know more? Simply leave us a message and we will get in touch!! No Obligations!

Ganesh Chaturthi Offer: A 10% Discount on the Packages enrolled in month of September