



On Farah: Blouse, **The Editor's Market**, Skirt, **Zara**, Wedges, **Charles & Keith**, Bangle, **Hermès**.  
 On Anaita: Mesh bralet, **Chromat**, Bomber jacket, **Philipp Plein**, Trackpants, **Golden Goose Deluxe Brand**, 'Donna' metallic sandals, **Malone Souliers**.  
 On Priyanka: Varsity jacket, **Off-White** at Mytheresa.com, Sports bra, **Adidas**, Metallic shorts, **Ivy Park**,  
 'Ultra Boost Uncaged Low' shoes, **Adidas**, 'Charge HR' activity tracker, **Fitbit**. On Sahrab: T-shirt, trackpants,  
 both **Zara**, Sneakers, **Nike**, 'Surge' activity tracker, **Fitbit**

ILLUSTRATION: ANITA SUTHERLAND; STYLING: ANITA SUTHERLAND; HAIR: ANITA SUTHERLAND; MAKEUP: ANITA SUTHERLAND; PROP STYLING: ANITA SUTHERLAND; SET DESIGN: ANITA SUTHERLAND; ART DIRECTION: ANITA SUTHERLAND; PHOTOGRAPHY: ANITA SUTHERLAND



## ANAITA SHROFF ADAJANIA

44, FASHION DIRECTOR, VOGUE INDIA; FILM COSTUME DESIGNER, MOTHER

**GOAL:** To reach my pre-baby weight of 57kg, to feel more energetic, and to sleep better.

**FITBIT METER:** Average: 10,000 steps. High: 15,000 steps.

**HOW I SWEAT:** Shopping is my cardio! I walk around all day carrying bags. Standing all day at shoots helps.

**HOW I EAT:** I love biryani, mutton curry and rice, baked dishes, and dessert. I started to introduce carb substitutes like quinoa and moong dal, and cut out carbs and sugar post 4pm five days a week.

The elixir of life is Organic India's tulsi tea. I swapped desserts for dry fruit and dark chocolate.

**VOGUEATHON LIFE:** I still face a lack of motivation when it comes to exercise. But I also realised how a change in diet can affect my body and mind.

**FASHION HIGH:** Wearing a tank top, and shorter shirts.

## NUTRITION FARAH BARIA PARAKH

**USP:** I am a yoga and Ayurveda therapist. I provide each client with a customised therapeutic blueprint to heal and balance the body and mind.

**GAME PLAN:** An in-depth initial consultation identifies the client's unique Ayurvedic constitution and diagnoses any underlying imbalance. This is followed by a personalised Ayurvedic diet plan, specific lifestyle routines and recommendations, remedial yoga and mind-body therapy.

**BIGGEST HIGHLIGHT:** Watching the timeless wisdom of Ayurveda and yoga work in the 21st century—every time!

**BREAK THE MYTH:** Many think health is just a quick fix or magic bullet away. It takes daily effort and commitment!

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## PRIYANKA KAPADIA

30, SENIOR FASHION EDITOR, VOGUE INDIA

**GOAL:** To feel good in basic jeans and tee, lose 15kg, being fit post-30.

**FITBIT METER:** High: 25,438 steps

**HOW I SWEAT:** Weight training, cardio, functional work, high-intensity interval training and swimming.

**HOW I EAT:** I love crisps. And there's nothing like a big bowl of mac and cheese. But Sohrab made me cut out anything out of a packet or processed. I followed a high-protein diet with paneer, eggs, veggies and lentils, while cutting out rice, wheat and refined sugar. And easy swaps—I swapped rice with cauliflower rice, wheat-flour roti with bajra or nachni flour rotis, fried snacks became dry fruits, cheese was replaced with paneer, etc. And no alcohol.

**VOGUEATHON LIFE:** I am 15kg down. I love to run. The gym is my happy place, and I plan my day around my workout. A hundred snooze alarms later, I've now become a morning person, just to fit in my workout.

**FASHION HIGH:** I have a waist now and can show off my midriff. I went back to the basics—a classic tee and jeans looks and feels so good now!

## TRAINING AND NUTRITION SOHRAB KHUSHRUSHAH

**USP:** Being a buddy more than a trainer. It's about having fun.

**GAME PLAN:** Mix it up, from running to weights to gymnastics to playing sport and swimming. When Priyanka started, her idea of fitness was running on a treadmill while chatting on the phone.

We had to start slowly, understand what worked for her and up the tempo.

**BIGGEST HIGHLIGHT:** More than the weight loss, just seeing her strength, stamina, fitness levels and muscular memory improve was satisfying.

**BIGGEST CHALLENGE:** Instant gratification. From the start, all I wanted to do was change her idea of working out.

Achieving that with someone who has no attention span or appetite for patience whatsoever was challenging.

**BREAK THE MYTH:** Women don't bulk up by hitting a gym. In fact, it aids fat loss way better than just running.

**CONTACT:** sohrab.khushrushahi@gmail.com



## RUJUTA VAIDYA

26, FASHION WRITER, VOGUE IN

**GOAL:** To get rid of my skinny fat, improve posture and remind myself to eat what I need and not what I want.

**FITBIT METER:**

Average: 10,000 steps

**HOW I SWEAT:** Crossfit

**HOW I EAT:** I love bread and alcohol.

I swapped that for hot water and cinnamon followed by an omelette, fruit and green tea for a mid-morning snack, brown rice and veggies with salad for lunch, a sandwich in the evening, and bajra roti and fish or chicken for dinner.

**VOGUEATHON LIFE:** Eating healthy was new. But losing 3kg, being able to do a push-up, burpees, and have more energy has been great.

**FASHION HIGH:** Wearing the leather skirt that I did in the shoot!

## NUTRITION KINITA KADAKIA PATEL

**USP:** I am a sports nutrition consultant. **GAME PLAN:** To start with a complete mixed-nutrient plan followed by making changes in the ratio of the macronutrient profile to complement the exercise routine. Getting Rujuta to come to the clinic for changes was challenging.

**BREAK THE MYTH:** People think that if you exercise you can eat anything, which is not true.

**CONTACT:** Mealpyramid.com

## TRAINING NEHA AGGRAWALLA, VISHISHT KAPOOR

**USP:** Coaches and co-owners of 303 Crossfit Drive

**GAME PLAN:** We know when to push a trainee's limit. We track every member's progress. Crossfit is very community-based. The GPP programme can be supplemented with a sport or cardio depending on your needs.

**BIGGEST CHALLENGE:**

"I remember Rujuta couldn't even air squat but I saw her progress to adding weights and other movements," says Aggrawalla.

**CONTACT:** 303crossfitdrive.com