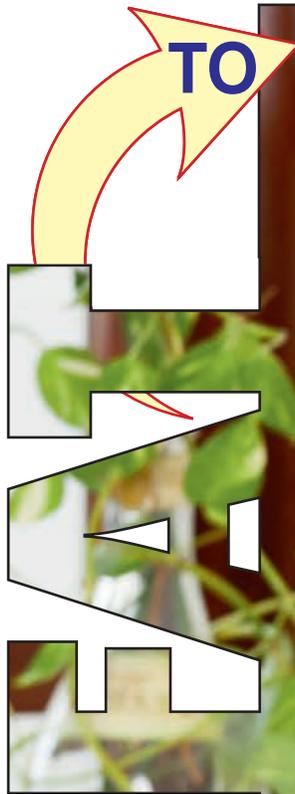


**Weight Loss**



**From being body shamed as a kid to turning a nutritionist to battle her weight woes, Neha Sahaya has come a long way. Her amazing transformation, in her own words...**

**FROM**

**M**ental and physical well-being are a crucial part of our being. It is what gives us the peace we all want to attain, but achieving a balance between the two can be quiet a battle. Today, I can happily say that I found that balance. Did I struggle? Yes. But what's more important here, is not the struggle but the fact that I emerged victorious. I believe so will you.

I did not just get up one day and take to the next fad diet ev-

everyone was doing and achieving results with, I found a permanent solution. I chose a healthy lifestyle. So here is my story about the boxing match against my weight I finally won.

**BODY SHAMED FOR BEING TOO FAT**

Maintaining a healthy number on the weighing scale had always been a tussle; my love for food and struggle with excess weight went hand-in-hand. In school, I was the most overweight girl in the room and I had trouble accepting my body for what it was. There was enough body shaming from family and friends. The turning point came when my teacher in school asked me to stand up in class as an example for being the fattest child and asked me what I ate the whole day.

I was 13 then but became obsessed with the idea of losing weight. Unfortunately, the concept of gyms and working out was very uncommon and information on the internet was sparsely available. So I did what some of you have probably done at some point - ate nothing and walked a lot. From 80 kgs, I went to 59 kgs, in a matter of three months! But that was the worst way to shed the extra kilos. I was thin, yes, but was I fit? As a nutrition consultant today, I know that was the biggest mistake I made.

**STARVING, AND EXERCISING**

Then, at the peak of my teenage years, I joined a gym but that did me no good. The trainers lacked knowledge, didn't understand my body and what it needed. I was convinced that as long as I was working out for hours, I could

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eat anything I wanted. And so it went on, for 12 long years, a slow destruction of my health. I looked thin, but again, I was not fit. I weighed 53 kgs and was happy with what I saw in the mirror. But under those perfect looking

clothes, my skin was sagging and my muscles lacked definition.

**MOTHERHOOD & MORE WEIGHT**

Then, came motherhood. In spite of being health conscious, I went onto gain 17 kgs during my pregnancy. Everyone thought that I would never lose my weight and consoled me by saying, 'Now you are a mother, accept this body'. I became a proud mother of a beautiful child, but I didn't feel beautiful. I was not happy with the new me at 70 kgs. When I looked at myself in the mirror, I saw the 13-year-old staring back at me. I had become irritable, which eventually led to depression. There was a lot at stake and something had to be done and done right.



## DEPRESSED, BUT NOT OUT

That's when I decided to study nutrition. I wanted to be fit, strong and have energy so I could play and run behind my child without huffing and puffing. So my biggest motivation was my daughter.

I realised the slow and steady progression of getting fit. I began reading and researching everything I could, on concepts and ideas of nutrition and fitness. Obviously, I couldn't go through this journey without

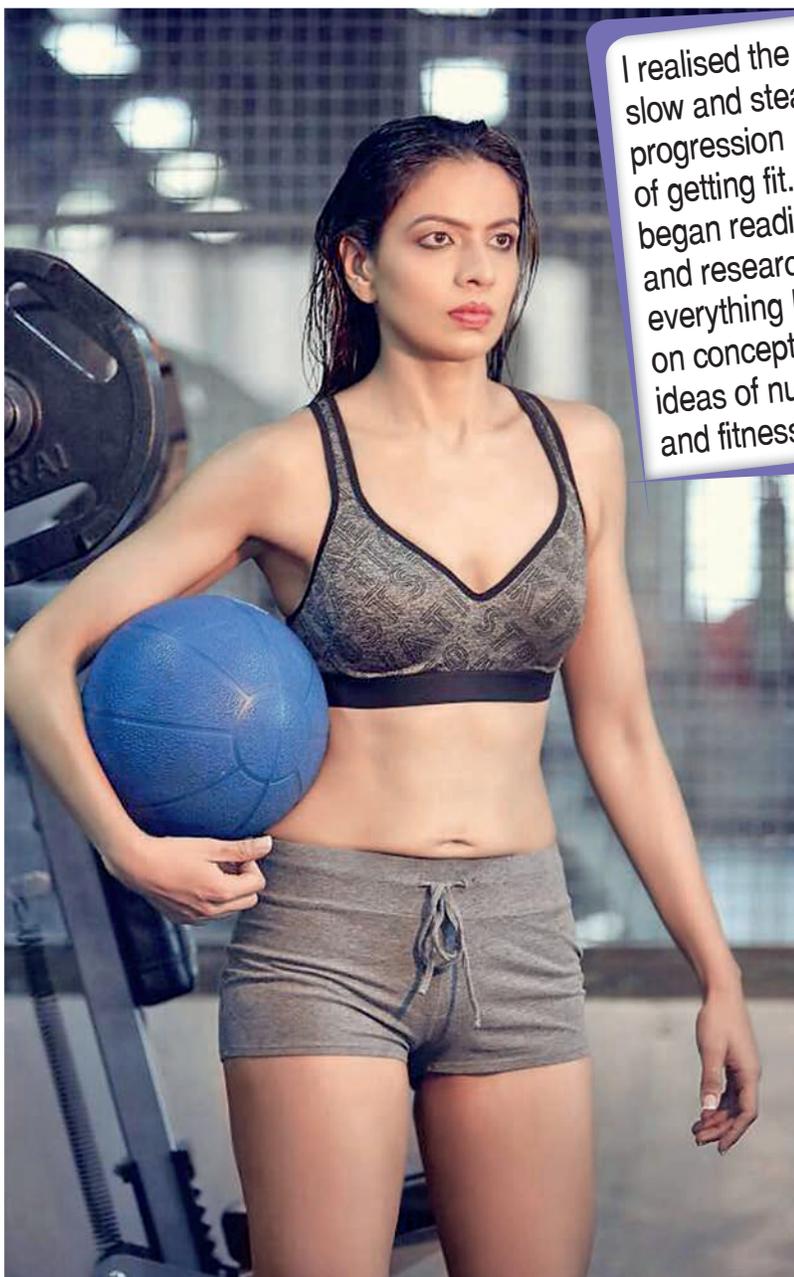
the support of my husband and family who encouraged me to become fit and healthy. Also, my biggest guidance was my trainer in the gym Dhiraj, he pushed me to work harder to achieve my dream and guided me with my workouts.

## VICTORY POINT

When I attained the body I desired my whole life after my pregnancy, I realized if that I could do it, why can't other people? I started as a fitness blogger and slowly, Neha

## NEHA'S TIPS ON FEST BINGEING

- Festivals should be enjoyed and you do not gain weight by eating one or two wrong meals.
- Nonetheless, eat your sweets as an in-between snack, not with your main meals and preferably first half of the day.
- Have a glass of water or buttermilk before your heavy meal, this will lower your appetite.
- Always include some protein with your meal that will prevent insulin spike.



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Sahaya Wellness was born. I decided to turn my passion into my career. I remember meeting people at coffee shops and prescribing diets for them. Today, I am successfully running my own office and business at a bigger scale. I still write as a blogger and my main motivation page is my instagram @nehasahaya where I give tips on diet and workouts.

## TAKE HOME MESSAGE

There is nothing like a quick fix for lifestyle diseases and weight loss as that never helps in the long run.

**Bottomline:** Make a lifestyle change and don't follow fad diets.

A healthy lifestyle comes from a very deep-rooted physiological change, which once successful, comes naturally to you. Today, when I see a buffet of food, today, I naturally veer towards the healthy options. I fill my plate with vegetables and lean meats like chicken and fish.

**TRISHA DANGARWALA**