Mission Impossible!

As I sit here to write about my journey (must say not an ordeal!) from being all roly-poly to being lean, I feel like scripting the commercials that we see during late night shows, "kya aap mote hai?? Kya aapko wazan kam karna hai??? Toh le aaiye Slim Banaye Belt..." Only if it were that simple!

Being pregnant is one of the most beautiful experiences of my life and coming from a typical Indian Family we believe in "Eating Healthy" during our term. Let me acknowledge; that when I ate, it



was not just healthy, but fattening too. All those mother's recipes of conceiving a Healthier, Prettier and Stronger child, it was I who ended up Healthier, Prettier and Stronger!

During my entire term, I put on 22 Kgs and was constantly distraught about it, the only thing I looked forward to after the birth of my daughter was that she grows old enough to have top feed when she was being breastfed thus making sure I don't let the pregnancy weight settle down.

Soon enough, I browsed online for a reliable guide and a friend who would help me reduce the same. After a thorough research and making innumerable calls and visits to Dieticians; finally I met Mrs. Sheetal Patel. She was a life changer.

On our first meeting at her place, she made notes of my daily routine as a homemaker, a part-time fashion designer and not to forget, Motherhood; I was left with very little time for myself! Making sure of everything, she drew a diet plan that precisely met all my needs. Let me point out, it was not all Soups and Salads I survived on. I HAD EVERYTHING. From Dal, Chappati, Curries to Pastas, Pizzas and Cakes! Yes! Cakes as well (Although, I had to make it up for it, but it was all worth it). She tweaked my eating habits from anytime to particular time of the day, from fatty ingredients to non-fattening and from unhealthier to healthier meals during the course of the day.

Being a wife and a mother, I was left with very little time to exercise except all I could do was take a walk during the mornings before my child was up. Initially, I started with 1 Km and lately I have stretched up to 5 Kms. Skipping Ropes and Sit ups were always appreciated. However, I couldn't do much of it.

It was made a routine for me to send her the list of things and time at which I had during the course of the day including physical exercises and she would take time off, scrutinize and genuinely give her instructions and suggestions to which I would comply most of the time (Ofcourse, I cheated!). Anytime, I planned on going to a party, get together with friends, or out on a vacation, she was always available just a call / message away! Presently it is 3 months that I have been consulting her and I have lost 10 kgs already. Thank You Mrs. Sheetal Patel for guiding and helping me to carry out my "Mission Impossible".

I don't just feel better, I am Better!

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