

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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