



CHECK IT OUT

# Yasmin Karachiwala's Body Image

Bengal Wellbeing commenced its first ever fitness centre on 12 January, 2019 at the Innstar Limited building, Banani featuring Yasmin Karachiwala's Body Image from Mumbai. One of the most sought-after fitness instructors of India, Yasmin Karachiwala's clientele consists of Bollywood A-listers such as the likes of Alia Bhatt, Deepika Padukone, Katrina Kaif, among others.

While speaking to Star Lifestyle, Karachiwala expressed her view that Pilates is a way of life. She continued, "It not only helps you with the way you look but also helps with posture, strength and coordination. It helps to move better and sit up straight and not slouch. Use your abdominal and spine muscles rather than just give in to gravity and bad habits."

While speaking on how Pilates might help people attain the desired level of fitness, Karachiwala said, "I think Pilates is really important, and everyone should be practicing it. Relying on diet is not enough as it all depends on changing the lifestyle, eating

food that nourishes you, and avoiding the food that harms you."

"All of our physique is unique and our needs are very individualistic; we need to respect that. There is no hard and fast rule as to how many hours one needs to exercise. I don't want to give a number because it changes from person to person; lifestyle to lifestyle. Some people might have ten hours a day to dedicate to fitness, and others might have only ten minutes. I try to make it work for each person by giving them what is going to work best for them in the time that they have," she said.

Yasmin Karachiwala will be visiting Bangladesh to ensure that the quality of the studio is always at the highest of standards, and that is great news for those who give preference to fitness and good health through lifestyle changes, and not necessarily limiting it to what they consume.

By Mehnaz Tabassum Khaleel  
Photo courtesy: Bengal Wellbeing



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