

Women's health through exercise and nutrition with NJ Eat And Fit

Healthcare is often associated with doctor visits, preventive care, lab testing, and immunisation. Other aspects, however, are within our personal control, such as improving our diets, lowering stress, and making our lives more enjoyable.

Exercise and nutrition may be the closest things to a one-size-fits-all solution when it comes to looking and feeling great across the seasons of life. Keeping these two elements in mind, Nahray Jannat's NJ Eat And Fit is a weight loss programme focusing not only on helping women look and feel great, but also to motivate women to embark on a healthy lifestyle with regular exercise and dietary fulfilment.

Nahray Jannat's story starts from 2013, when she was making enough money as a corporate media employee and enjoying a luxurious lifestyle and travelling across the world. In some ways, her life was ideal. She did, however, sense that something was lacking. She realised she had gained weight and was living an unhealthy lifestyle whenever she looked in the mirror. She felt lost as a result of her unfit physical state and her lack of initiative to modify her lifestyle. It was with this realisation that she decided to take control of her life. Being motivated to improve her lifestyle, she started her journey on initiating NJ Eat And Fit, and becoming a fitness trainer.

Unlike most fitness programmes which blindly offer one set of dietary and exercise plans for all, NJ Eat And Fit focuses on each client's unique specifications and goals. It offers five different programmes: 12-Weeks weight loss programme, fat loss programme, pregnancy fitness programme, online monthly consultation, and corporate group well-being programme. Each of these programmes takes into account the client's current weight, height, body measurements, hormone stats, medical history and health conditions, among other things. They determine their client's body type and create a diet and exercise regimen accordingly. If the client does not

have any recent medical reports, Nahray recommends certain medical tests to evaluate the client's current health condition.

They also consider the client's stamina, lifestyle and injuries while designing an exercise routine and meal plan that allows them to perform in a way that is suitable for them and maintain that lifestyle conveniently. They work closely with their clients on the exercise and meal plans based on their goal.

Starting from focusing on mental health, increasing positive thinking and attitude to catering to the health requirements of mothers and their children to increasing strength, stamina and metabolism, each of NJ Eat And Fit's programmes address aspects needed to create and maintain a holistic healthy lifestyle.

Nahray believes that health is a priority and healthy women are crucial to run a healthy family. She says, "Strong women symbolise a strong nation. In our society, women's fitness is an overlooked topic, very alarmingly. This makes me want to work on women's fitness. She further adds, "I believe that I am capable of changing this scenario. I have helped more than 50 women this last year, and I am still trying."

Since it may not be possible for everyone to commit to the gym, NJ Eat And Fit believes in promoting sustainable healthy transformations by catering to the unique specification of their clients. With this initiative, NJ Eat And Fit is focused on changing the state of women's health and bringing about solutions which offer holistic improvements.

Anyone looking to take up Nahray's services can contact her through their Facebook page or directly call Humayra Khan Sara the Administrative Assistant and Communications Manager through 01775054902 and contact the coach through 01533598900.

By Puja Sarkar
Photo: NJ Eat And Fit



Swiss made 24k Minted GOLD BARS

launched by **Shakib Al Hasan's**
Reliable Commodities Exchange Co.,
in association with **QRIUS**

Shakib Al Hasan, one the most prominent Cricketers of Bangladesh National Cricket Team and also the Chairman of Reliable Commodities Exchange Co. has announced the launching of Swiss made 24k Minted GOLD BARS in variable denominations, in association with QRIUS, a fast growing lifestyle brand in Bangladesh. You will find these exquisite gold bars for purchase at the Banani outlet of QRIUS.

"In our country it was quite customary once to give gold gifts at various occasions, but a continual rising price of gold over the years has changed that habit of people. So we make this arrangement to make gold easily available to people while ensuring the right quality," said Shakib Al Hasan.

Investment in gold is quite common for people of Bangladesh, almost exclusively in the form of jewellery. Even though gold prices goes up over time, reselling

jewelleries wont ensure getting the best price as the price varies with design and quality of the gold not to mention any further monetary loss in terms of conversion rate.

This is where the Swiss Minted 24k GOLD BARS of Reliable Commodities

Exchange Co. excel as the imported gold standard is internationally tested and

recognized, making its sales value the same at home and aboard. 24k gold bars are quite popular around the world, be it as a savings instrument, investment opportunity or as a luxury gift item. The 24k Gold Bar is a 99.99 percent purity gold bar minted in Switzerland.

When asked what was the thought process behind launching gold bars starting with small sizes of one gram, Shakib Al Hasan said, "Let's say someone's monthly income has to be over Tk 1 lakh and upwards in order to buy a 50 or 100 gram gold bar, but anyone with an income of maybe Tk 50 thousand will be able to buy at least the one gram variant of the gold bar. Even if it's a small amount, we want people to buy gold bars affordably."

Gold ornaments play an integral part in our socio economic culture. In addition to adornment they also act as an investment against contingencies. Gold bars can be used to make ornaments of one's own preference and design, while also being a sustainable and risk free investment. Gold is considered a risk free and profitable investment as the market price of gold continues to rise around the world and Bangladesh.

The price of this exquisite gold is set at Tk 6,675 per gram and is available from one, two, five gram to all the way to 100 gram sizes. Offering a huge collection of lifestyle items alongside the gold bars, the QRIUS outlet is situated at Banani road number 11, Block F, House 58, Dhaka.

By Feda Al Hossain

