

# Fashion is Good When Fit - Sonia Bajaj



Are you happy that the nip in the air is making you wear jackets and overcoats which are comfortably hiding the extra pounds of your belly? And the extra intake of pastries and Christmas chocolates would remain invisible in those multiple layers of clothing. But the bliss is temporary if you don't consider feeling fit and healthy from inside. Obesity has become a common problem these days, as our irregular junk intakes are proportionate to the increasing health issues.

Sonia Bajaj, fitness coach talks about managing time for a healthy body and a peaceful mind. Sonia is a fitness instructor, personal coach and conducts 'fitness boot camps'. She inspired married women with babies to get as glamorous as a model who could be lean and healthy at the same time. Sonia states 'Fit is the new Sexy', so she provides

customized services to all her clients, according to their body mass index and advises them to exercises that suit them the most; so that they can fit into the dress they desire. Concerned with the health of her clients, Sonia also counsels them for a mental make up, as exercising regularly needs a constant motivational push. Her innovative and generous approach has made it easier for people to manage a balance between their work and health life.

It was after having two kids that she started working out to be fit and healthy. She observed that women are often lacking behind in putting their best and they skip heavy exercises. Her curiosity to know about every exercise and its effect on the body installed the first brick of her career as a trainer.

“ Physical  
Trainer  
Nutritionist,  
Fashion  
Designer ”



Sonia Bajaj with Ramola Bachhan

She was even asked by the owner of the Gym to start working there. In order to know the intricacies of every movement Sonia took up courses online. She is a certified 'Physical fitness Instructor' by Reebok, 'Personal Fitness Coach' by ACE and has worked as a 'Personal Coach' in Rahul Dev and Milind Soman's gym.

Recently, Sonia Bajaj brought her Zumba health mantra to Typhoo Zumba party on 16th at Barka. Sonia quoted her initiative: "A balanced diet is not sufficient to attain a great body, fitness forms like Zumba for 30 minutes 5 days a week and the right kind of teas should be made a part of the fitness regimen".

Sonia is also a certified nutritionist and her suggestions for this winter is to go for oat cakes and yogurt instead of ice cream and wheat flour cakes. Restraining yourself alcoholically is the best way to go about it, otherwise keep it limited to a vodka with real juices or a glass of wine (red wine, preferably). Green leafy vegetables, fruits and fresh food should be consumed in enormous amounts.

Fit and healthy Sonia is also into fashion, she launched Fustaan, a fashion brand with a friend to bring out the best persona in everybody.

'Fitness + Fashion + Food = 3Fs of life' - this is Sonia's formulae for a successful life and she puts her best into all these fields to bring out the best.