# FASHION REPLICA

The Rules Of Success

Being a woman is not easy

Child Modelling

The King of Modelling Pageant

Featuring

## Dr.Shweta Kamath

# Dr. Shwetha Kamath

## on Fitness Modelling

Dr Shwetha kamath, MBBS graduate, triplet-mom, career oriented woman and a winner of Mrs India from Mangalore, Karnataka. I have won Asia's top 100 influential woman and perfect woman award recently. I have walked the ramp for designers in fashion shows. My articles published in magazines like lifestyle, crazytales. Com, times today, perfect woman publications, mypencildotcom. My 2 poetry anthologies and a coffee table book are published. I had the opportunity to be the jury for local events and also to be on the local news channels for talks and interviews.

Being a mother changes everything: body shape, size, hormones, priorities and moods, but motherhood is not an excuse to neglect health. We (mothers) need to live healthy in order to run the family. Multitasking becomes the normal lifestyle. Concentrating only on kids, family and neglecting self is not part of the deal anytime for the mother.

I have been multitasking with three roles: being a triplet mom, a working mom and a model. I try to prioritize the tasks and strategic planning helps me in multitasking and handling all tasks. I never try to be "supermom", I seek help when needed, plan my schedule to relax and rejuvenate.

Being fit and healthy is the key in motherhood. The pre pregnant body may or may not be possible at all instances. Love yourself first and be positive about your body, so it heals with tender love and care.

Tips for fitness modelling ;

1. Make a definite schedule for self time( atleast half an hour a day)
2. Walking, pilates, aerobic exercises can be included in daily schedule.
3. The "me-time" Can be spent relaxing, meditation, enjoying good music and dance.
4. Never neglect importance of adequate rest and sleep ( atleast 6-8 hours)

I strongly believe " Results happen over time not overnight".Work hard, stay consistent , be patient and be positive"