

THRIVABLE INSIGHTS FROM THE THRIVABILITY MATTERS WEBINAR

Hi, passionate thrivability enthusiast. We live in unprecedented times. The numbers prove that climate change is here to stay. Social injustices corrupt the very fabric of our society, and misinformation and false narratives clog our devices through mainstream and social media. It's important to have reliable information from people who stand to gain nothing from sharing it with you. A person's agenda defines their motivation. THRIVE's agenda is to assist others to build a thrivable future, while our passionate volunteers walk the talk to deliver an authenticity that is difficult to find elsewhere.

Every month, THRIVE delivers a knowledge-filled [webinar](#), straight to your screens, providing statistics, facts, tips, tricks, and hints on how we can solve the problems our world faces everyday. from new innovations and discoveries, to the actions that people and communities take every day to make our world just a little more thrivable.

Each month, a particular solution is unpacked, disseminated, and investigated, to see how it applies to us and how we can play as a global team, on the playing field of Earth, to reach these goals. It isn't enough for us to sit passively by and let governments and businesses make our decisions for us. After all, their motivation is driven by their agenda. What does that mean for us?

Our aim is to arm you with the knowledge to change from being simply sustainable to terrifically thrivable. Therefore, I'd like to introduce you to Nidhi Sharma. She was an esteemed guest for the March 2024 Thrivability Matters Webinar, who spoke to us as part of the *SDG3: Good Health and Well-being* theme. Nidhi's focus was on empowering women through body literacy. The thrivable insights that follow are her precious pearls of wisdom that she generously shared with us during the Q&A session that follows every webinar.

INTRODUCING NIDHI SHARMA



Nidhi Sharma has experienced first-hand the problems faced by professional women while managing professional & personal responsibilities, especially if they have to take care of kids.

She resolves to change this by making women more aware and simplifying the process of getting healthier, and that drives the everyday mission of Half Life To Health (HLTH) to make health and fitness accessible to every woman out there.

Q & A

What has been the biggest challenge you have faced in your respective pursuits?

Many women are unaware of their health and do not realise how it deteriorates as they age. Lack of awareness is a significant challenge.

What does a sustainable lifestyle in the context of healthy living actually mean?

Our bodies are the best gift we have received from nature. Living close to nature, eating fresh vegetables, and spending more time in nature are best for a healthier lifestyle. This is also good for the environment and climate.

What are some common myths or misconceptions you encounter often in your line of work? And how do you go about educating your clients?

“Strength training has to be done in gym only.” This is false. You can do strengthening at home without any equipment.

“Walking is an exercise.” Yes, it is, but you need a variety of movements to strengthen your muscles.

“I need to give up my favourite foods to lose weight.” No, it’s not true. Enjoy all types of dishes, but maintain proper portion size.

Is there a magical food for weight loss? No, there is nothing like this.



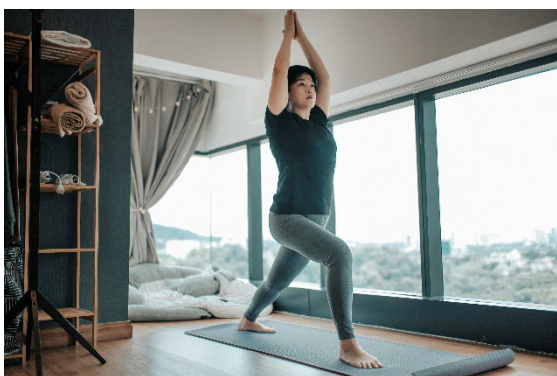
Your LinkedIn bio says you are a marathoner. That is really cool! Do you have any tips or advice for someone wanting to run such a long distance? And how did you manage your time despite your other commitments?

I run marathons, but I started with running for 15 minutes. So start slowly with 15 to 20 minutes only, and slowly build stamina. Anyone can run, but you should love the process. With proper planning and preparation, anyone can run a marathon in six months.

In your pyramid diagram on the blueprint to achieve your goals, mindset was at the base, which implies that it is the most important obstacle to face when wanting change. Can you speak a bit more about that? And what advice do you give to someone who, despite good efforts, keeps falling back into not-so-good habits?

Everyone wants to be healthy, but not everyone is ready to put in the hard work. The right mindset means setting realistic goals, putting in the time based on the schedule, and making modifications to the plan as required. Nine-nine per cent of people quit their fitness journey just because of unrealistic expectations.

It's a tough road, and the right mindset is the key to success.



As much as there are a lot of benefits to healthy living, social media, for example, has unfortunately propagated the dark side of it. Now we see a lot of people, especially young people and women, fixated on an ideal: an ideal weight, wanting to

look a certain way, restricting themselves. You spoke about losing belly fat, but some people sometimes just take it to mean their stomachs must be wall flat which sometimes leads to dangerously low-fat levels that come with its own issues like not getting your periods regularly. How do you let people know that being fit and healthy sometimes doesn't always mean you look like a star athlete?

It's a two-sided sword. One can learn a lot from social media and grow exponentially. On the other hand, it can impact someone's self-worth, and they can feel depressed and disheartened. However, proper parenting and the value system provided by education can help the young generation navigate such issues. I strongly tell people to think about a strong core rather than a flat belly and eat healthy, nutritious food rather than counting calories.

I agree that I advertise a flat belly, as it's a hook to get people to understand how a strong core can also give them a flat belly.

Another hot topic when it comes to healthy living is the discussion on GMOs which you have also discussed. There are a lot of arguments in favour of them. For example, GMOs have allowed for more resilient crops which have led to a reduction in food cost prices. The bananas that we know and love today weren't always like this. What do you say about that?

Consuming GMO food once in a while is fine, but the overuse of GMOs is clearly impacting our gut health. Wheat is highly modified and consumed with every meal. That is why we are hearing a lot of issues regarding gluten intolerance. It's not black and white. It all depends on the level of modification and the quantity used.

In a perfect world, everyone would be getting their beauty sleep at night. Some people have to work night shifts. They keep our cities running and functioning. How do these people compensate for this deficit? Is it even possible to compensate?

I agree that not everyone has the option to avoid night shifts. The best they can do is to ensure they are spending enough time under the sun and have a well-lit working environment at night.

Is there a perfect time to adopt a more healthy lifestyle? Do I need to get to a certain age before I start making better choices for my well-being?

Today is the best time. Health should be your priority from childhood.

Do you mind sharing with us something that made you realise you are actually making an impact? It could be a story, anything really.

I am lucky to have many such stories, which tell me the impact I am making. I have worked with 3,000+ women, and my content touches 5 million women each month.

Motivation versus discipline. What do we need to be the better version of ourselves?

Discipline: start with something small, but stay disciplined to do it consistently.



If you found value in this webinar, and loved it as much as we did, please register for our next exciting webinar at thrivabilitymatters.online.

We can't wait to see you there. Keep on thriving!

Thank You

[Photo](#) by Unknown Author is licensed under [CC BY-NC](#).

Attributions:

THRIVE logos and light from the THRIVE Framework resources.

Image of Nidhi Sharma courtesy of Nidhi Sharma.

All other images courtesy of Microsoft Office Creative Commons license.