

Bharti Singh's Inspiring 15 kg Weight Loss Journey

Published on 07 Oct 2025 | By IFI Correspondent



Comedian Bharti Singh has captured the public's attention with her incredible weight loss journey. In just one year, she shed 15 kilograms, going from 91 kg to 76 kg, all without resorting to crash diets or rigorous gym sessions.

Embracing Intermittent Fasting

A significant change in Bharti's routine was the adoption of intermittent fasting. She began her day with her first meal at 12 PM and concluded her eating by 7 PM, effectively fasting for 16 hours. Therefore this approach not only aided in weight loss but also improved her overall health.

Enjoying Favorite Foods in Moderation

Contrary to popular belief, Bharti didn't eliminate her favorite foods. She continued to enjoy dishes like parathas, eggs, dal-sabzi, and kadhi-chawal. The key was moderation and mindful eating, ensuring she didn't overindulge.

Incorporating Daily Physical Activity

Understanding that she wasn't inclined towards traditional gym workouts, Bharti focused on increasing her daily physical activity. Engaging in household chores and staying active throughout the day contributed significantly to her weight loss. Bharti's journey underscores the importance of consistency and patience. Over the span of 8 to 10 months, she gradually adapted to her new lifestyle, leading to sustainable weight loss and improved health.

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