

Dietitian Vidhi Chawla's Holistic Wellness Mission

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Vidhi Chawla — a trained nutritionist and certified skin/wellness consultant — launched Fisico Diet & Aesthetic Clinic in 2012, after working as a dietitian since 2010.

Drawn by a childhood interest in science, health and well-being, Vidhi decided to merge her passion for nutrition with entrepreneurship. The result: a clinic focused on holistic wellness — blending diet, lifestyle guidance, and aesthetic skin care.

A Balanced Approach:

At Fisico, every client receives a **personalised diet plan** tailored to their lifestyle, routine, and preferences. The first step is a detailed onboarding — understanding sleep patterns, daily schedule, eating habits — to create realistic and sustainable nutrition plans.

Vidhi rejects the idea that dieting has to be restrictive. Instead, she encourages balance and moderation: “You can eat your favourite foods and still maintain a healthy lifestyle.” According to her, focusing only on calories — without nutritional value — is a misconception many fall prey to.

Her method includes caring support: weekly follow-ups, accountability, and personalised adjustments — not a one-size-fits-all plan.

Wellness Beyond Food: Mind, Body & Skin

Vidhi emphasises that **health isn't just about diet** — but also about mental well-being, lifestyle habits, and self-care. At Fisico, the approach is holistic: diet and nutrition can set the foundation. If needed, aesthetic care and lifestyle changes complete the picture.

She also warns against quick-fix “miracle diets” or blind reliance on meal-replacement drinks. Instead, she recommends gradual, sustainable changes that suit one's body, schedule, and long-term health goals.

The “Rule of Nine-to-One”: Simple Steps for Sustainable Health

Vidhi shares a straightforward, lifestyle-oriented guideline she calls the **nine-to-one rule**, aimed at anyone wanting to begin a healthier lifestyle without overwhelming themselves. The rule includes:

1. 9,000 daily steps
2. 8 glasses of water
3. 7 hours of sleep

4. 6 minutes of mindfulness or meditation
5. 5 servings of colourful fruits and vegetables
6. 4 healthy meal-break pauses
7. 3 balanced meals per day
8. 2-hour gap between dinner and sleep
9. 1 session of physical activity

As urban lifestyles become busier and stress, processed foods, and sedentary habits rise, Vidhi's emphasis on holistic wellness, nutrition education, and sustainable habits is timely. Fisico offers more than calorie-counting — it seeks to rebuild the relationship people have with food, lifestyle, self-care, and mental health.

For individuals dealing with hormonal issues, chronic conditions, skin problems or just general wellness goals, Vidhi's science-backed yet realistic approach offers a refreshing alternative to fad diets and quick fixes. Her inclusive philosophy — where “healthy” doesn't mean deprivation — reflects modern wellness needs and values.

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