

Malaika Arora Blends Fitness, Fashion and Mindfulness in New Book

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Bollywood icon and fitness inspiration **Malaika Arora** has expanded her influence beyond the silver screen with her book *It's Easy To Be Healthy*. Known for her ageless style and toned physique, the celebrity shares practical insights on nutrition, movement, skincare, and mental balance. What makes the book significant is not just its health guidance, but how it is reshaping conversations within the **fashion and beauty industry**, where wellness is emerging as the ultimate accessory.

What Malaika Suggests in the Book

- **Balanced Eating Over Starvation:** She promotes home-cooked Indian meals, portion control, and mindful eating instead of fad diets.
- **Consistency in Movement:** Yoga, Pilates, and daily stretching are highlighted as sustainable ways to stay fit.
- **Skincare From Within:** Hydration, sleep, and clean nutrition are described as the real foundations of glowing skin.
- **Mental Well-Being:** The actor emphasizes meditation and positive self-talk to manage stress.
- **Body Positivity:** According to Malaika, health is about feeling confident, not fitting into a particular size.

Key Takeaways

- Healthy living can be simple and affordable.
- Fashion and fitness are interconnected — good health enhances personal style.
- Discipline matters more than perfection.
- Beauty trends should focus on nourishment rather than concealment.

Impact on the Fashion Industry

Designers and brands are now:

- Choosing models with athletic, natural physiques rather than unrealistic body types.

- Promoting breathable, functional fabrics for active lifestyles.
- Collaborating with nutritionists and fitness experts for holistic campaigns.
- Launching wellness-inspired clothing lines such as yoga wear, skin-friendly fabrics, and comfort couture.

Industry experts believe the book arrives at the perfect time when consumers want authenticity. “Style today is incomplete without well-being,” notes a Mumbai-based fashion stylist. Malaika’s approach proves that confidence on the ramp begins with habits at home.

A New Definition of Glamour

It’s Easy To Be Healthy positions Malaika Arora not just as a celebrity author but as a voice of modern Indian fashion culture — where glowing skin, strong posture, and mental calm define glamour more than heavy makeup or restrictive outfits.

As the fashion world increasingly adopts wellness narratives, Malaika’s message is clear: **true style is a reflection of how well you treat your body.**

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