

## Real-Life weight Loss Journey: with NO Exercise, And PCOS, Khyati Rupani Loses 40 Kilos

Real-Life Weight Loss Journey: Khyati Rupani, a nutritionist, struggled with obesity and PCOS. She then decided to shed those extra kilos by following a well-balanced diet which helped her in reducing 40 kilos. Interestingly, she never committed to any exercise.

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By [Anjali Thakur](#) ✉ 🐦



Find out how Khyati Rupani lost 40 kilos twice

**Real-Life Weight Loss Journey:** Everyone has their own set of challenges when it comes to

losing weight. With a sedentary lifestyle and work from home, our bodies are now more prone to lifestyle diseases than ever. Khyati Rupani, a nutritionist, lost 40 kilos despite suffering from PCOS. Her weight loss journey from 96 kg to 56 kg is inspiring to say the least. When asked about her secret to maintaining good health, she said, "Never starve yourself, never follow any diet that is restricting you, and never deprive yourself of healthy food." [Also Read - Real-Life Weight Loss Journey: I Was 104 Kg, A Visit To Daughter's School Changed Everything](#)



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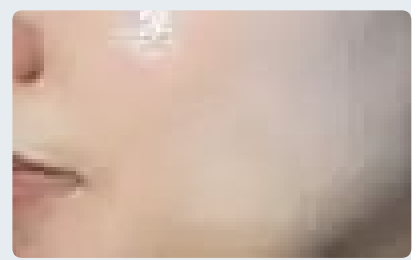
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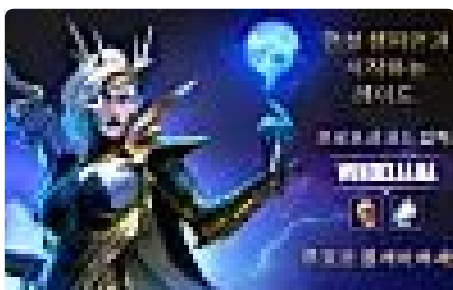
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