



# Your Health First... Make It a **Reality!**

**"I'm joining a gym next week" — is this a promise you make to yourself or your family almost every other week? "I'll cut down on the junk food" or "I'll exercise regularly next month onwards" are phrases we so often hear from others or promise ourselves.**



Text: Arundhati Nath

**A**fter all the promising, sometimes, we do manage to join a gym. After getting a health check-up done, we pay a month's fees in advance. Naturally, buying a smart tracksuit and an expensive pair of stylish sports shoes is a must. Waking up early the next morning, we jog off to the gym with immense zeal. Following every piece of advice our instructor gives, we exercise with great spunk and enthusiasm.

Our bulging waistline and heavy thighs and hips are a real cause of concern. We often think of the many diseases we might soon suffer from — diabetes, heart problems, liver damage and high blood pressure — and then remember the age-old saying, 'Health is wealth'.

However, with each day of rigorous exercise, our enthusiasm level plunges lower and lower. When we feel the hard work is not bringing in any quick results, the excuses of different kinds mount up — shortage of time and energy, and lack of motivation seem to overpower our earlier zeal to exercise.

The same story goes on to describe our efforts to follow a diet plan. We keep postponing the date of starting to follow our diet chart to eternity. Most of us simply love the lip-smacking taste of spicy samosas, chaats and pani puris. On weekend parties, we can hardly resist a thin slice of chocolate fudge pastry, a sip of cola, or a piece of our favourite pan pizza laden with extra cheese (and calories). At the end, more calories are consumed by us than we could ever burn in a week!

Our efforts at living a health life have taken a back seat merely because we tend to resist change. If we try to make a little change in our lifestyle regularly rather than drastic ones suddenly, our lives would be healthier.

Setting realistic goals for weight loss and gradual reduction in junk food intake is always a better option.

As Edward Stanley, The Earl of Derby rightly said, "Those who do not find time for exercise will have to find time for illness." So, make healthy living a reality today!

## **Chandan K., Manager, Offline Dealings, Bhubaneswar**

Since the last several years, I have been planning to buy a jogging kit. I have wanted to wake up early to go for a good jog. I have visited the nearby store several times to buy various things, but never landed up buying that jogging kit. I don't know when I will buy the kit and put myself in a fitness zone. Wish me all the best, guys.



## **Vineet Amin, Manager, Product, Mumbai**

I'll tell you a little secret — I'm a very good looking guy. Yes, I know it's difficult for one to figure that out. I'm 6 feet 4 inches with a 40-inch waistline that looks 32 inches, and someone who weighs about 120 kg. So that's a good reason for one to lose weight. I have a rare disorder. It's one of those disorders wherein you vouch that from tomorrow onwards you will do a 20-km walk. It's not that the distance is the disorder — it is walking 10 km to lose weight and landing up at Tacobell and gain all of it back. On a serious note, the disorder is that I would switch on the Runkeeper app to check the distance I've travelled, the calories I've burnt, the average speed per km and just feel so good about all of it that my mind makes an excuse to hog at Tacobell.

