

Veena Gidwani shares her secrets for staying fit and healthy

FOR HEALTH'S SAKE!

Ever wondered how your CEO happens to look flawlessly fit even at the age of 60? Well, you may be amazed to discover that he is an avid badminton player and pursues yoga regularly. The corporate world is full of such surprises and the hobbies India Inc's executives pursue and fitness regimen that they follow could give even a 25-year-old a major complex, says **Sheetal Srivastava**



NAME Moon B Shin, MD, LG Electronics India Pvt Ltd

AGE 52

MY FITNESS MANTRA Playing golf

MY FITNESS REGIMEN I have a simple routine. I believe that physical exercise is a must. My day starts with a brisk morning walk followed by crunches. I love being close to nature; it helps in unwinding, destressing and rejuvenating my soul. On a regular day, I get up at 5:30 in the morning and go for a walk for half an hour. Fresh air gives me immense pleasure and strength to start my day with a lot of positive energy. I choose to do my daily chores myself, be it preparing my breakfast or ironing clothes. In our office, too, I encourage my people to opt for a healthy lifestyle. Though there are a lot of gyms and fitness centers, I prefer to exercise in an open environment. Golf is an intrinsic part of my regular fitness regimen. Strength, power, flexibility, balance, core stability, body awareness, even endurance, etc are all traits that every consistent golfer possesses and these qualities can be easily translated in my work-life as well.

MY FITNESS FUNDA Staying fit and healthy, though not very difficult, needs dedicated efforts. Simple fitness exercises can help achieve a blissful life. It is imperative to have a healthy body for a strong mind and serene soul.

NAME

Suresh Shenoy, associate VP-delivery, Ness Technologies India

AGE 45

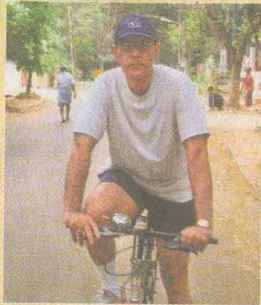
MY FITNESS MANTRA Cycling

MY FITNESS REGIMEN

As a working professional, I make sure to take some time out from my busy schedule to keep fit. I ensure that I go cycling for at least 8 km. Apart from that, I also ride my bicycle to carry out any small chores; this helps me in doing my bit to maintain a healthy eco-balance. To me, cycling is a delightful experience; the pleasure and satisfaction I derive while riding a bicycle destresses me. It builds my stamina and helps me to carry out my day-to-day activities more effectively.

MY FITNESS FUNDA In today's fast paced world, we need to be fit in order to survive the competition and move ahead. A good fitness regime is as essential as getting your regular vaccines.

Join the corporate wellness wagon by celebrating World Health Day today with us! Log on to www.timesascent.in/worldhealthday for more...



NAME Veena Gidwani, CEO, Madison PR

AGE 60

MY FITNESS MANTRA Playing Bridge (a trick-taking card game of skill and chance)

MY FITNESS REGIMEN I like to keep myself physically fit and mentally sharp. I strongly believe that mental fitness is equally important as physical fitness. For mental stimulation, I play bridge on the weekends. Bridge is an interesting game played by four people and requires a fair amount of skill in bidding and play. It also requires you to be mentally alert because you need to remember each person's bid, cards played, etc. I initially learnt to play bridge when I was in school. I picked up the threads seven-eight years ago, when I joined a formal bridge learning programme. Very often, bridge players analyse the play after the deal is over to assess how it could have been played better, which also sometimes leads to heated arguments. This game helps me keep my temper in bay and teaches valuable lessons in team management. It has also made me more tolerant and patient.

MY FITNESS FUNDA Good health is our most precious asset. Let's look after it, so that we are able to give our best, both at the workplace and to our family. Don't get stressed out over small issues. Remember every problem has a solution.

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