

# G2

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WEDDING SPECIAL  
BRIDAL COUTURE  
MAKE-UP MAGIC  
WEDDING WOWS!  
TRAVEL TO COTE D'AZUR

MICKEYMIZE  
YOUR LIFE

The Mehta mantras

LIFE ON THE  
DANCE FLOOR

Punit Pathak's  
unique moves



*The Bold  
and the Beautiful*

Perizaad Zorabian and Boman Irani



DEVENDRA FADNAVIS INAUGURATES SHLOK'S RETHINKING THE REGIONAL



# MOTIVATED OR NOT?

Having trouble sticking to an exercise programme? Before launching into any exercise regimen one needs to examine one's motivation.

**Nawaz Modi Singhania** shows you how to get truly motivated

**I**T is no secret that my husband Gautam has been passionate, I dare say obsessive, about his cars over the years. In his younger days he once walked into a car accessory store in London and began browsing about for a helmet. As helmets range from a reasonable price, moving into the exorbitant, he was rather confused as to what he should buy. Seeing him looking a bit lost, the salesman walked up to him and asked if he could be of help. Gautam said that as the helmet price range was so vast, he didn't know how much he should ideally spend on a helmet. The salesman said, "That depends sir, on what you think your own head is worth!"

Wow! Right between the eyes! So simple and yet so powerful! And that's exactly the point here. What do you think your body is worth to you?

I love the story of the woman who put an ad in the papers saying she was on the lookout for a guy who earned half a million dollars a year. The Chairman of Morgan Stanley

(who earns many times more than that) actually replied to that ad saying that while he himself was an appreciating asset, she was a depreciating asset. Over the years his worth was going up, while her looks were going down. She must lower her standards!

Isn't this what many of us homemakers do every day? We work at appreciating our husbands and kids while we depreciate ourselves! We neglect and excuse ourselves during the process. Many of us like to put ourselves last. Everyone else and everything else seems to take priority over ourselves. Kids, husbands, in-laws, parents, everyone! The result is neglect. Of oneself. You may not exercise, focus on nutrition, or improve your lifestyle. It is little wonder then that this leads to health problems. Even upon receiving signs and symptoms that all is not well, you turn a blind eye and foolishly say, "Nothing's going to happen to me!" Why? Are you superhuman and above it all? No. Your health declines in varying degrees. If you can't take care of yourself first, you can't take care of anyone else! You as the caretaker of the family is its nucleus. You won't be around in prime health if you don't make yourself and your needs at least as important as everyone else's.

When a close relative said something to the effect of not being too concerned about taking care of herself and going up whenever God invited her, I told her that whatever happened to her would have a very deep, profound impact on me. Your family will no doubt feel the same about you! The American actress Katherine Hepburn famously said, "The only opinion that matters is the one that you have of yourself!" When we truly reach that level of maturity, self assuredness and self confidence, that this is really the case. Your opinion of yourself and the value and quality of your life will fuel your motivation. This is the only truly sustaining source of

long term motivation.

If you are trying to get fit for your wedding, New Year's Eve or for the next beach holiday, although this is being near-sighted, these are useful short term targets that help us get closer to our goals and help us stay on track. However if that's all that's driving us, without the real long-term inner motivation we've discussed earlier, all this is going to be very short-lived. Sometimes a life-threatening disease that a close family member has suffered from, can jolt us into taking better care of ourselves in terms of exercise, diet and lifestyle.

Whenever you or an elder in the family goes to the doctor, most often one of the first things you are told to do is lose weight via exercise and a sensible diet. Diabetes? Lose weight! High cholesterol levels? Exercise! Arthritis? Drop weight. Heart disease? Exercise. I think you get the point...

Why live life in this sub-standard fashion? Wouldn't you want to live in the highest possible life-condition?

What am I suggesting? That you starve, stick to soups and boiled vegetables and exercise incessantly? Certainly not!

This is my lifestyle. I eat chocolate after every meal (excluding breakfast), and sometimes in between. I'm a Parsi and like every good Parsi I love my *dhansak* and *pulao dal*. I'm also an Indian and like every good Indian I

love *pav bhaji*, *dosas* and *idlis*. I eat

these foods often. If you go to a nutritionist you may be told to have soup and salad. What? I never grew up on soup and salad! You probably didn't either! That's not what makes me happy. It's not my comfort food. The answer is to eat all of the foods that make you psychologically and emotionally happy, but change the ingredients and method of preparation in order to ensure that they are all super healthy! Not only will you enjoy eating the same foods you have always loved, but you will enjoy them all the more as you will eat guilt-free. In fact even more so, as you now know that they are actually super healthy for you!

Start by exercising just thrice a week for an hour per session. Choosing the correct type and form of exercise is very critical in achieving the result you want fast. Not only will you lose fat, inches and weight but your body will work wonderfully! Cricks, aches and pains which you might have suffered from earlier will be alleviated. You will have ample energy to get through a full day. You will find that your mind becomes very alert and agile. The fitter the body, the fitter the mind.

Only once your motivation lies in the right place—that is within you—is it worth your while to embark on this journey of optimum fitness and wellness. 