

# Fit as a FID DLE

**SHRRADHA  
DASWANI**  
SETALVAD IS A  
MODEL FOR  
WHOM FITNESS  
COMES FIRST.  
**BINDU GOPAL  
RAO** SPEAKS TO  
HER TO  
UNDERSTAND  
WHAT SHE DOES  
TO STAY FIT AND  
MOTIVATE  
OTHERS TO DO  
SO AS WELL

Photographs by Adam Zivo

