

FIGHTING

FIT

ARUN MIRCHANDANI GAVE UP A PLUSH JOB OVERSEAS TO FOCUS ON HIS HEALTH! HE TELLS **BINDU GOPAL RAO** HOW HE LOST 140 POUNDS AND ADOPTED A HEALTHY LIFESTYLE

One look at Arun Mirchandani and the immediate thought that crosses your mind is "wow, he is so fit!" Well, with him being a fitness instructor and personal trainer you would think that it is natural. But what you don't know is that Arun has given up a corporate job in the Gulf and returned to India and embarked on his fitness journey only in his 40's. And yes, he has also lost a whopping 140 pounds in the process – something that he has maintained over the last four years.

"I was always an over ambitious person and wished to work overseas for a big brand and in a senior position. This was in spite of knowing that I had to leave everything I had in India. It was a big step

