

that I had to take as it was important for me at that time to challenge myself to do something without knowing how it would turn out.”

Quitting his job in India, Arun moved to Kuwait and admits that those were some of the most difficult days of his life. “It was a new country, language, and culture! I started my career as a sales representative and worked very hard to achieve my lofty targets. I worked tirelessly for ten years to

COUNT YOUR AGE WITH THE NUMBER OF PUSH-UPS YOU CAN DO RATHER THAN BY THE NUMBER OF YEARS GONE BY

realize my dreams and my last job in Kuwait was as Assistant GM for Samsung’s Operations.”

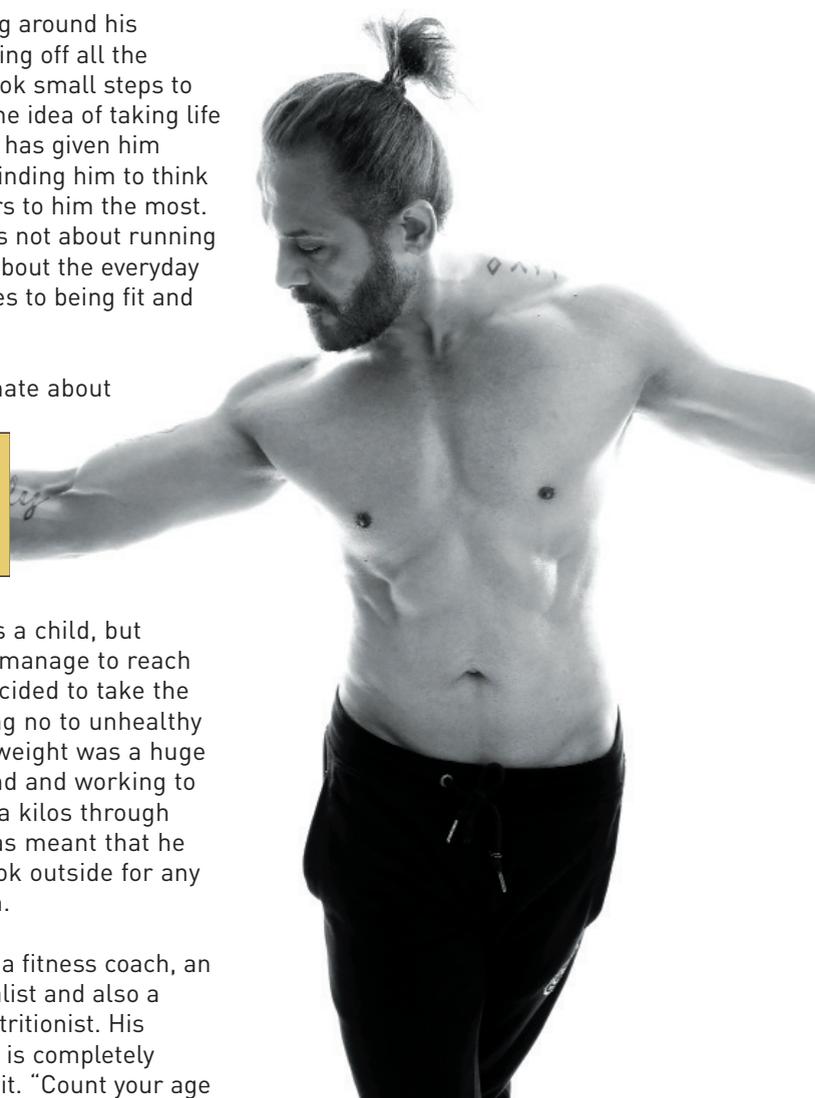
However, it was pressures of the job and an ailing father back home that resulted in Arun’s return to Mumbai. After he lost his father, he spent some time introspecting and decided to plunge head first into the path of fitness. The journey was anything but easy. “What motivated me to keep going was that it was not as hard as I thought it would be. Most people forget the main focus - which is to never give up.”

Starting by walking around his building and shutting off all the negativity, Arun took small steps to being fit. In fact, the idea of taking life one step at a time has given him perspective – reminding him to think about what matters to him the most. “Exercise for me is not about running a marathon; it is about the everyday choice of saying yes to being fit and choosing right.”

“I’ve been passionate about

fitness since I was a child, but somehow did not manage to reach my goals. So, I decided to take the challenge of saying no to unhealthy food.” Being overweight was a huge burden on his mind and working to knock off the extra kilos through self-motivation has meant that he need not really look outside for any kind of inspiration.

Currently, Arun is a fitness coach, an anti-ageing specialist and also a knowledgeable nutritionist. His mantra in life now is completely focused on being fit. “Count your age



with the number of push-ups you can do rather than by the number of years gone by,” he says smilingly.

Lifelong fitness is all about the kind of work you do every day. “To stay motivated in your fitness journey, a great strategy is to write down your goals and your accomplishments. It not only keeps you accountable but will also inspire you to ensure that you constantly improve. Make fitness a priority from today and tell yourself that no matter what, you will not give in.” And to do this, Arun’s advice is to first change your mindset, eat healthy, and remember that by growing older you are growing stronger!

