

Stay Fit, Feel Fit

The scion of the Lalvani family, Dimple Mirchandani is a woman entrepreneur with multi-faceted abilities. She comes forth with tips on fitness and nutrition, your fitness routine, and, some tips on how to remain fit and active in your otherwise busy life. - BY AJAY KUMAR



Dimple Mirchandani, 25, is an entrepreneur and the founder of Holistic Nutrition. She has acquired qualifications in the field of Accounting and Finance (University of Manchester, UK).

Fitness and nutrition are two areas that are fast catching the attention of people in general, and, executives in particular. At present, where long working hours that involves sitting in one set posture has become the norm, it becomes pertinent to remain fit and ensure one's own physical wellbeing. Apart from fitness, it is also equally important to maintain a nutritious diet. However, it is unfortunate that people are falling prey to incorrect theories, notions and fads and are joining the fitness bandwagon without realizing the true meaning of wellbeing.

Several experts concur that the old English word root "Hal" evolved into three words viz. "health," "whole," and "holy." These words further derive the meaning into the balancing of all the important elements of life- being in a constant state of joy, being free of diseases, having clarity in thoughts, having energy all day long, living each moment with full involvement and aligning mind, body and soul.

Today, fitness is merely perceived as acquiring a lean frame rather than being strong and active. On the other hand, nutrition is all about following a diet regimen that is constantly based on half-baked theories.

This is tantamount to losing your life over food by obsessing over it, since, more than half of a person's life is spent thinking about what to and what not to eat, and the rest, is spent juggling with self created diseases, chronic ailments and overcoming the symptoms on a temporary basis. In such a frame of mind, a person cannot function well and can not realize his true potential.

Fitness and nutrition: The real meaning

The meaning of fitness and nutrition go way beyond this preconceived notion, it is truly about experiencing physical and mental stability and strength, discovering what lifestyle and food group work best for the person and suits their way of living the most. I strongly believe in bio-individuality - that is no two people have the same body composition, thus one person's food can be another person's poison, similarly, no two people can be at their best by following the same lifestyle.

After all, it is not a standard based on somebody else's needs, it must be defined by the individual. Living a healthy life is all about being empowered with knowledge, making the best choices that we can, going easy on ourselves, and doing the best we can from day to day living.

Key Elements To Good Living

I truly believe that nourishing the soul is just as important as nourishing the body. Fitness to me is going back to basics or “traditional living” - the key elements of good living are -

- Adopting the traditional way of living - eating real food and avoiding processed, refined and chemical laden foods.
- Being physically active - taking regular 5 minute breaks to stretch in between work and walking around as much as possible.
- Breaking a sweat - having a physical exercise routine in everyday life - which can be anything from taking walks in the park or open spaces or cycling , swimming , yoga , gym training - anything that helps to release toxins from the body in the form of sweat.
- Staying close to nature - sunlight is utmost important for making Vit D in the body and avoiding temperature regulators like AC's and heaters as much as possible.
- Having a proper sleep cycle - Rising with the sun and having a good night's sleep is vital for proper body functions.
- Hydration - water is the most important element of life, thus being well hydrated at all time is important. Try to swap sugary drinks like sodas, juices, sports drinks, diet drinks with water.



- Caffeine - keeping a check on caffeinated drinks - tries to replace coffees and tea with green /mint / lemon infusions.
- Having a spiritual practice - it does not mean following a particular religion. It can be a simple meditation for 10-15 mins in the morning, or carrying out a few rounds of yogic breathing, or keeping aside an hour for yourself for reading, writing, listening to music, etc.
- Relationships - having a bad relationship can have many negative effects on your life. It is important to keep them positive.
- Sense of purpose - it is important to find your calling and having a reason to wake up every morning with the same excitement of living up to your purpose.
- Acceptance - accepting your body with grace helps in cultivating self- confidence.
- Date day - taking a break from robotic routine once every week to rejuvenate yourself.

Total wellbeing cannot be achieved by having just a good diet or just a good workout routine, it is important to bring together all these elements and adopting a well balanced routine. Always remember that the body is the most important vehicle for our journey of life. The quality of our lives totally depends on how fit and well nourished we are, to enjoy each and every moment of life, and, to accept, what life has to offer with grace.

The routine I adhere to

My fitness mantras eat real food, discover what works for you, take charge of your own life and experience life's every living moment.

My fitness routine

- **Rising with the sun** - I start my day at 6:00 am with a glass of lemon honey water.
- **Meditation** - 20 mins meditation or breathing early in the day frees the mind from clutter and brings clarity to thoughts.
- Morning walk and yoga everyday - 30-45 min everyday
- **Physical activity** - I make sure to incorporate 1 hour of intense training everyday - either weight training at gym, kickboxing or spinning.
- **Keep a simple diet** - Being a vegetarian my diet is mostly plant based, grain free and mostly consists of fresh seasonal fruits and vegetables, nuts, seeds, legumes. For protein I rely greatly on - pulses, legumes, beans, mushrooms and stick to quinoa, brown rice and oats instead of regular grains.
- **Snacks** - I always keep some healthy munchies like roasted nuts, fox nuts, seeds handy incase I am on a run.
- **Water** - THE most important for good health. I always keep a bottle of water handy so I can keep a track on my water intake.
- **Caffeine** - I try to have no more than 2 cups of tea/coffee in a day
- **Free day** - I make sure to keep one day in a week for myself where in I do things that I love like reading, writing, playing guitar etc



“I truly wish and hope that each one of you can experience the bliss of true health and fitness and experience LIFE in each moment of living.”

Did You Know?

When the **English language** as we know it today was borne in the 1300s, the Old English word root "hal" evolved into 3 words: "**health,**" "**whole,**" and "**holy.**" At one time, that is, there was just the one word... "**hal**" to express these **3 concepts.** Three concepts, that is, that at one time were so close in meaning that the **Englishman** needed only the context to get the jist of the meaning! We need to go back to that way of thinking where...

To Be **Healthy...** Is to be **Whole...** Is to be **Holy...**