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FULL STEAM AHEAD

A man in a dark suit is running up a staircase made of red, rectangular blocks of increasing height. The background is a light, hazy sky. The title 'FULL STEAM AHEAD' is prominently displayed on the left side of the image.

FULL *STEAM* AHEAD

THE BIGGEST EXCUSE WE HAVE TO OFFER FOR THE TREMENDOUS AMOUNT OF EXCESS POUNDAGE CLINGING ON TO OUR BODIES IS THE SHEER PAUCITY OF TIME FOR PHYSICAL ACTIVITY. AS THESE TOP RANKING HONCHOS ARE ABOUT TO PROVE, THAT THEORY IS FULL OF HOLES. READ ON AND FIND OUT HOW OUR CORPORATE CAPTAINS COMBINE NUMBER CRUNCHING WITH CALORIE COUNTING

WORDS SAM LAL
DESIGN PREM SINGH GIRI

48 MAIL TODAY WELLNESS

WHO KAMAL GIANCHANDANI

PRESIDENT, PVR PICTURES



not very difficult, needs dedicated efforts. Simple fitness exercises can help achieve a blissful life. Good health is our most precious asset. Let's look after it, so we are able to give our best, both at the workplace and to our family.

DO YOU AGREE THAT MENTAL FITNESS IS AS IMPORTANT AS PHYSICAL FITNESS

It is imperative to have a healthy body for a strong mind and serene soul.

THE DAILY DRILL

Getting up early. Working up a sweat at the gym either walking or running. Followed up by steam 3 days a week. Alternatively, I play table tennis in the morning. I believe it's better to tweak things in the regime until something works. Stick with it until it stops working. Then, change it again. It's a continual process that can mean the difference between an out of shape person or a person that is in optimal health.

DO HEAD HONCHOS NEED TO BE FIT?

Work and fitness go hand in hand. Staying fit and healthy, though

CHOW CHART

I try to eat small meals every two hours. I avoid eating outside food. I tend to have alcoholic drinks in moderation and not very often. I avoid sugar as much as possible. Rest I eat everything and keep no other restrictions.

PHYSICAL PROCLAMATION

"Fitness - if it came in a bottle, everybody would have a great body"

THE DAILY DRILL

Badminton is an intrinsic part of my regular fitness regime. As a working professional, I make sure to take some time out from my schedule to workout at my personal gym at home. I also love swimming. It is great for your health and simply one of the best exercises out there.

DO HEAD HONCHOS NEED TO BE FIT?

I believe that fitness is the path to corporate nirvana. I feel fitness is synonymous with alertness and energy which augurs well for any company. Physical fitness has helped me become more innovative and tackle daily challenges in a better

way, but most importantly, it helps me maintain a clear picture of what we're trying to do.

DO YOU AGREE THAT MENTAL FITNESS IS AS IMPORTANT AS PHYSICAL FITNESS

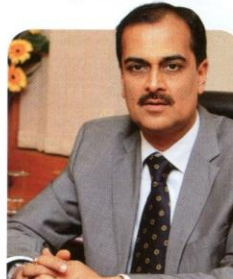
In many ways, physical fitness and exercise can benefit mental health. The fitter you are the happier and healthier you become. I believe we have to find a 'lifestyle rhythm' in terms of following a routine to achieve mental fitness.

CHOW CHART

I have three meals a day which include a lot of salads, soups, fruits etc. I usually have home cooked food and I think it is the best way to stay fit. I drink a lot of water and I drink only herbal tea.

PHYSICAL PROCLAMATION

"Health is the thing that makes you feel that now is the best time of the year"



WHO SUNIL MANTRI

CHAIRMAN, SUNIL MANTRI GROUP

THE DAILY DRILL

I workout minimum 6 days in a week which includes the following combination of yoga and pranayam, running and weight training everyday followed by meditation.

DO HEAD HONCHOS NEED TO BE FIT?

I workout everyday, no matter whichever city I am in. I plan my daily schedule and my tours accordingly.

DO YOU AGREE THAT MENTAL FITNESS IS AS IMPORTANT AS PHYSICAL FITNESS

Completely agree, mind is the remote control of the body, mental fitness is very important for all overall fitness of mind and body.

CHOW CHART

Includes lots of juices, fresh fruits, vegetables, soups and a bit of indulgence with a long list of non-veg favourites.

PHYSICAL PROCLAMATION

"Spread the wellness bug for a healthier future"

WHO ADARSH GUPTA

BUSINESS HEAD, SAREGAMA INDIA LTD



WHO SANJEEV MANSOTRA

CMD, CORE PROJECTS & TECHNOLOGIES

THE DAILY DRILL

I follow a rigorous routine that balances exercise, yoga and sport. I make it a point to spend quality time in my personal gym every day, before heading to work. I train in Thai kickboxing three days a week keeping those body muscles toned and alert. On the other three days, I follow a disciplined yoga routine to revitalise the mind, body and soul. I also enjoy swimming every weekend to prepare for the week ahead.

DO HEAD HONCHOS NEED TO BE FIT?

I maintain a strict balance between work and fitness regimes. I never miss an appointment at the gym and that passion for wellness has led to CORE Wellness, a chain of luxury spas under the brand name Sohum. I believe in a philosophy of wellness in all its three dimensions – physical, psychological and spiritual – and always endeavour to strike a balance between the three.

DO YOU AGREE THAT MENTAL FITNESS IS AS IMPORTANT AS PHYSICAL FITNESS

Yes. I do believe that fitness on all fronts physical, psychological and spiritual are extremely essential to a person's overall wellbeing.

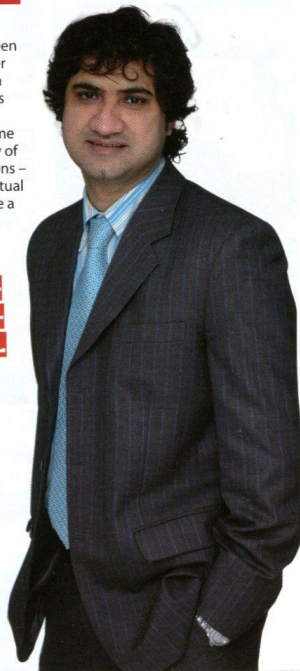
CHOW CHART

I follow a sound scientific diet plan with a focus on healthy eating. I believe in a balanced diet which ensures I get the required amount of proteins, carbohydrates and healthy fats. Not the one to believe

in fad diet plans and nutrition myths doing the rounds, I stick to a natural nutritional plan to remain fit and enjoy a healthy life. Having said that, I do enjoy indulging in some of my favourite cuisines on a few off days, though in moderation.

PHYSICAL PROCLAMATION

"Stay fit, stay healthy, stay happy"



THE DAILY DRILL

I practice Vipassana (a form of meditation) each morning as it helps in setting a tone for the day and keeps me rejuvenated. It also helps keep the mind more aware, focused and alert. I end my day with a jog at the local club.

DO HEAD HONCHOS NEED TO BE FIT?

It is because of Vipassana that one is able to balance both work and fitness. Through this meditation one is not only able to self-transform oneself but also able to do self-observation.

DO YOU AGREE THAT MENTAL FITNESS IS AS IMPORTANT AS PHYSICAL FITNESS

Mental fitness is as important as physical fitness because one requires a healthy mind for a healthy body in order to work. The mind and body connect is eternal! I believe in healthy eating and being fit, which I also encourage amongst my employees. In fact the Company encourages people to use the gym facilities that we have set up and also to take a course in Vipassana.

CHOW CHART

My diet excludes carbs between meals; I am a vegetarian and I don't consume alcohol. I have smaller meals through the day and eat healthy. I top my meals with a lime shot to ensure better digestion. Fit for Life is really the diet plan I follow with lots of raw and fruits.

PHYSICAL PROCLAMATION

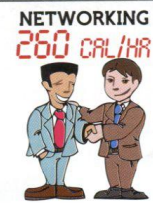
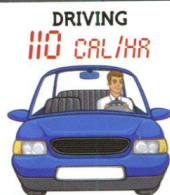
"I believe that mental fitness is very important for success in life and it is through awareness and introspection that one can do away with the fear of the future, as nothing is permanent in life"



WHO TARUN KATIAL

CEO, RELIANCE BROADCAST NETWORK LTD

NUMBER CRUNCHING HOW EXECUTIVES BURN OFF CALORIES EVEN WHEN THEY'RE NOT TRYING



WHO MATHEW VINCENT MENACHERRY

MANGING DIRECTOR, THE ANTHEA GROUP

THE DAILY DRILL

Long walks coupled with weight training at least four days a week.

DO HEAD HONCHOS NEED TO BE FIT

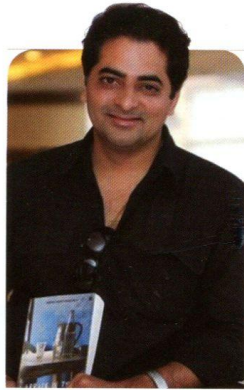
View exercise as a necessary part of your daily routine. Go for a 30 minute walk every day, if nothing else.

DO YOU AGREE THAT MENTAL FITNESS IS AS IMPORTANT AS PHYSICAL FITNESS

I'd say it's far more important. One cannot be physically fit without first possessing the capacity to discipline the mind.

CHOW CHART

Small meals every few hours, with a very early dinner. Cutting back on drinks and partying (which is more in the aspirational stage as far as



I'm concerned).

PHYSICAL PROCLAMATION

"Just do it"

WHO ABHIT SUD

DIRECTOR, MAYAR INDIA

THE DAILY DRILL

Workout 5 days a week, but the gym is only 2 days. Rest is a mix of yoga and activities including VibroGym, skipping, cycling, swimming.

DO HEAD HONCHOS NEED TO BE FIT?

Specially in our times it is essential if not imperative to ensure that you take out time for a basic fitness regime apart from your work life. It will help you work without succumbing to problems like burn out, tensions



and mental and physical fatigue.

DO YOU AGREE THAT MENTAL FITNESS IS AS IMPORTANT AS PHYSICAL FITNESS

A fitness regime will not only help in a healthy body but a healthy mind too, which in turn helps you to function 100%.

CHOW CHART

A strict vegetarian and a teetotaler, I love home food. My meals are well balanced and I take special care to eat all colours of food in various food groups.

PHYSICAL PROCLAMATION

"The state of wellness is achieved when the mind, body and soul function in unison"

WHO SUSIR KUMAR

CEO AND MD, INTELENET GLOBAL SERVICES

THE DAILY DRILL

I workout for about 10 hours a week, which is a combination of cardio-vascular exercises, weight training, yoga and brisk walking. I do cardio-vascular exercises to improve the performance of heart, reduce body fat, and improve stamina and endurance. Walking helps me in relaxing and being closer to nature. Weight training helps me with strength and improves the physical personality and yoga helps me keep my mind in control and be more present. I also end up playing a few games occasionally. I have been exercising now for over 25 years.

DO HEAD HONCHOS NEED TO BE FIT?

Of course, they should workout either in the morning or evening, though it's not possible for them putting a fixed time for workout. During travel they should only stay in hotels that have a gym or ones that are closer to parks. Actually exercise helps one to work more efficiently. One ends up working faster and thinking more clearly. You're more relaxed and end up not having stress even if things have not worked out exactly the way you wanted. So exercises make you more efficient at work.

DO YOU AGREE THAT MENTAL FITNESS IS AS IMPORTANT AS PHYSICAL FITNESS

Physical fitness and mental fitness are very closely related. A strong and fit body always results in a strong and fit mind. A flexible body ensures flexibility in thinking and attitude. Endurance in physical exercise results in tenacity. So if one is physically fit, he or she would turn out to be mentally fit.

CHOW CHART

Weekdays - I have a fixed plan when I have no clients to entertain or attend any function. I normally consume food with more of protein, fibre and oxidants. I avoid fried and oily food. I am not very fussy with food other than fried and oily - I just moderate the quantity. Actually after a while you just don't like eating unhealthy food. I try and avoid eating more in the night and prefer eating early. On weekends, however I socialise and end up eating unhealthy food and consume alcohol, but all in moderation.

PHYSICAL PROCLAMATION

"It has been the single important reason of my success as a person"

