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biggest problem area and I am trying to kill and squash it. In marital arts, your core needs to be tough and thus my trainer has attacked my tummy first!

MY STRENGTHS

Being a dancer, I believe that my strengths are my quadriceps (front thigh muscle) and hamstrings (muscle that borders the space behind the knee). I have been blessed with strong leg muscles and dancing really exercises one's legs. I was also always into martial arts and my kicks have been very strong, which also happens to be due to the same strong muscles.

As told to **Debarati S Sen**

MY IDOLS

Fitness role model

My trainer, because he is really fit. I think he has the ideal body with the right cuts and most importantly, he is not bulky at all, but, he is very strong.

Celeb Male

Keanu Reeves. He is not bulky with heavy biceps. I feel he looks really fit and lean with a well-toned and flexible body.

Celeb Female

Isha Sherwani. She has the best body — well-shaped as well as strong and flexible.

'I'm taking fitness seriously now'

Television actor **Sushant Singh Rajput** shares his newfound fitness fundas

MY EXERCISE REGIME

My exercise regime is a mix of gymming, marital arts, sports, etc. Four days a week, I do gymming, four days marital arts, once a week I normally play lawn tennis and once a week I horseride. My morning starts with some form of exercise and I

weeks since I have gotten seriously into fitness and since then my diet has become very boring! One of the most important aspects of my life was food! I used to start my mornings with *parathas* of all kinds — *aloo*, *gobi*, etc and that too with home-

give two hours — from 5:30 to 7:30 am to my personal fitness.

Marital arts and lawn tennis is what I love to do, while gymming is what I have to do. I have just begun learning horse riding and I am enjoying it. My trainer wants me to get a black belt by November or December in a very rare form of marital arts — Win Phun Kung Fu. This mix of all different forms of exercise and sports, works well as it is a good balance of things I love to do and things I have to do to remain fit.

MY DIET

It has only been a few

made butter. My dinners comprised chicken and rice. Now, I have to eat all the boring but good things such as sprouts, boiled vegetables, etc. I also have a lot of protein shakes. I am currently avoiding fried food and sweets.

MY PROBLEM AREAS

I was negligent due to my hectic shooting schedules and I guess, Manav, my character in the serial *Pavitra Rishita*, was supposed to be a guy next door who didn't necessarily need to have the most fit body. However, I have now started taking care of my personal fitness. My belly is probably my