



# The secret to Dino's body

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**D**ino Morea may not have made the cut as an actor, but as a model, he still has a body to drool over. Don't trust us, just look at his pictures. However, if you still disagree, you aren't alone. The actor turned entrepreneur has his own elusive list of real fab bodies. Here's Dino on everything from fab bodies to being fit and work.

### In Bollywood, who do you think is fit and fab?

When it comes to Bollywood, absolutely everyone knows how important it is to be fit and look fantastic. But if you really ask me to make a list of sorts then among the new actress, it has to be Deepika Padukone, Kareena Kapoor, Bipasha Basu. They are fit and look fabulous, both on and off screen.

### What's your take on size zero?

I don't believe in the concept of size zero. It's a myth. Also, I feel the idea of dieting is utter nonsense. When people say that they are on a diet, what they really mean is that they are starving on not having a well-balanced meal.

### What should one do to remain fit?

Being fit isn't just a state of mind, you can see the difference in their physique. And achieve that, one needs to work out. I believe in sports and spend three days playing some kind of sports or the other. For the rest, I work out in the gym for at least an hour.

### Tell us about your diet.

I eat everything because I am into sports. But I make sure that it's in moderation.

### Your forthcoming projects...

I'm part of 'Jism 2', shooting for which will start in January.