

SUCCESS COMES  
BEFORE WORK...  
ONLY IN THE  
DICTIONARY

# GET INTO THE ZONE.. NOW!

Sheru Aangrish advocates mental strength for a strong body

## WHO IS SHERU AANGRISH?

A former Mr India, Mr Junior Universe and Mr Britain, Sheru Aangrish shuttles between his homes in London and New York, and is one of the most sought-after fitness experts.

## ON MENTAL TOUGHNESS

This is a lesson you learn from serious athletes. One common trait between weightlifters, bodybuilders or football players is that all of them are always in the "zone". What it means is that they have conditioned their mind such that they can raise their concentration, and their dedication, to the highest level. If you too can raise your attitude, and dedication, you will be a completely different personality. During any workout session, your body releases endorphins, a hormone that reduces stress. It makes you calmer and boosts your ability to cope with high pressure situations. It is critical to involve yourself in any kind of physical activity to achieve an overall sense of well being.

## ON NUTRITION

You can never stress enough on the importance of nutrition. It plays a critical role in the success of your training sessions: if your nutrition is not as sound as your routine, you could well be wasting your time. Your body is akin to a vehicle: you must have enough fuel inside all the time for it to run smoothly. I advocate going on a 40:30:30 ratio of calories daily from carbohydrates, proteins and fats. With these

figures, you could lose weight over a period of time without depleting your energy reserves. Which means 40 per cent of your diet can comprise of carbs and 30 per cent could be fats!

However, keep in mind that it still doesn't give you the license to indulge in your favourite food or give in to cravings just because you have a sweet tooth. Yes, you are allowed to eat, but eat smart. Stick to complex carbs by opting for foods such as oatmeal, whole grain, fruits, vegetables and legumes, and monounsaturated fats found in vegetable oils, avocados and nuts and seeds.

## ON PATIENCE

There are no shortcuts or quickfixes to achieving your dream physique. Whether your aim is to build muscle or lose weight, the hardest part is to accept that it takes a long time. Your body's transformation depends on your work ethic and commitment to your goal—just like anything else in life. When you work out, your body goes through a number of physiological and neuromuscular changes. But these take time before you are able to notice any considerable change. When you train for speed, for instance, it takes a long time

before the change is noticeable. It is the same in strength training as well. The key, however, is to prepare yourself for the plateaus and hardships during your training routine and a single-minded dedication to your goal. Don't fall for supplements that promise instant results. Using them in moderation will benefit you along your journey to fitness.

## ON BODYBUILDING

Bodybuilding is an elite sport that combines the beauty of art, the perfection of science and the competitiveness of sport to help sculpt an unrivaled masterpiece. When you train with weights in a gym, you are essentially building your body. In some ways, you are thinking like a bodybuilder with regards to perfecting your muscles and sculpting your body.

Looking fit today involves incorporating the principles of bodybuilding, even if it is to the smallest degree. The market for health and fitness is huge in India. We conceptualised Sheru Classic in India, a yearly event that is organised a week after the Olympia, with the intention of giving bodybuilding a platform to be recognised as one of the main sports in India.

As told to REGI JENARIUS