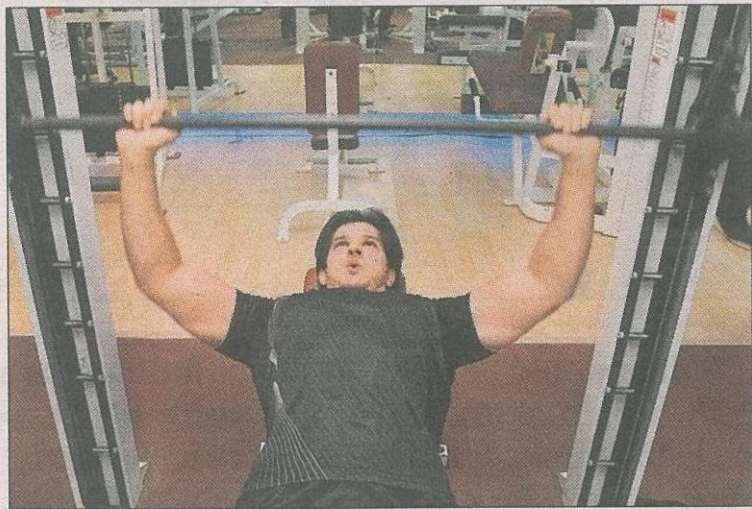


Huzefa Lokhandwala, personal trainer at Gold's gym



I work out six days a week — four days of weight training and strengthening of muscles and two days cardio-vascular training for nearly one-and-a-half hour. I work out once my shift is over at round 5 pm. I am a personal trainer so I don't have to strain my body a lot. And I work for eight hours a day. Most instructors are trained about basic

human biometrics. So the chances of an instructor injuring himself/herself are less.

Diet: I take a high-end protein diet with less carbohydrates. Also, I spread out my meals and eat it six or seven times a day. I also have three potatoes before workouts as they are high on carbohydrates.