



Kalpana Kothari

My Mummy STRONGEST

Kalpana Kothari, winner of Gold's Gym Pure Fitness Mrs 2009 trophy at the age of 62, chats up with **Poulomi Chakravarty** on Mother's Day

We have often heard the phrase 'Our body is a temple we live in', but most of us find it difficult to adhere to simple norms of maintaining good health. In this day and age of yo-yo diets and loads of junk food, Kalpana Kothari, a 62-year-old resident of Napean Sea Road, stays as fit as a fiddle.

"I don't skip my gym routine under any circumstances. I workout six days a week and do alternate days of cardio and weight training. Health is a primary concern in my household," says Kothari, who has consecutively won this award for the past three years, since she started going to the gym. This year, she won the award under the all-rounder age 15-50 category wherein she managed to beat competitors half her age.

At the age of 59, when people usually tend to move towards a sedentary lifestyle, Kothari began her rigorous and systematic gym routine. "I started going to the gym in order to stay away from all sorts of body pains that would eventually come my way if I did not take care of my health. I really enjoy my workouts because they make me feel fresh and active

throughout the day," adds Kothari, who has been practising yoga since the age of 30. "My gym workout challenges my fitness levels and I feel that each day I am growing stronger and healthier from within. Exercising is a very vital part of my life and it is almost as important as eating my meals," informs Kothari.

Kothari also believes in eating a complete balanced diet that provides her with the nourishment to workout daily. "I eat everything in moderation. I don't believe in dieting, because when we diet we fail to provide our body with nutrition and that leads to several ailments post 40. I make sure my family members and I eat lots of fruits, vegetables and delicious home cooked meals everyday. Once a week, I treat myself to sweets and chocolates," says Kothari.

It's truly commendable that at even at this age, Kothari, a grandmother of two children, stills manages to keep herself motivated and fit while many youngsters don't exercise and subject their bodies to constant negligence.

poulomi.chakravarty@timesgroup.com

