

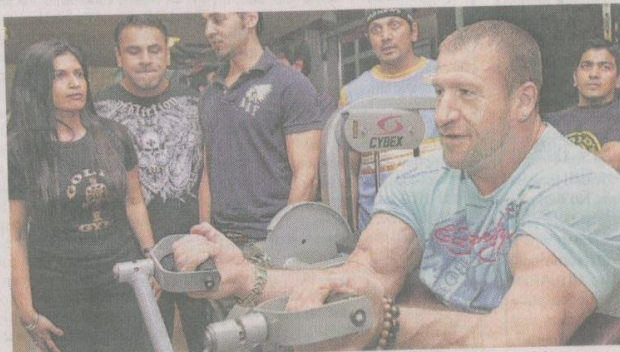
## 'Musclemania is here'

Six-time Mr Olympia Dorian Yates lays down the rules for fitness fanatics

DNA Correspondent. Mumbai

Fitness is fast becoming a part of our daily lives. That day isn't far away when an Indian bodybuilder would compete as a professional on the highest stage, feels six-time Mr Olympia Dorian Yates.

The fitness enthusiasts in Bandra's Gold Gym on Monday got a chance to meet the 46-year-old champion bodybuilder, who retired from the sport in 1997 due to injury. Speaking to DNA, Yates said: "India has lots of young guys who are taking to the sport and I think they have the potential to make it big. I have not heard about an Indian bodybuilder at the professional level yet, mostly amateurs, but that day isn't far away," said the Englishman, who is in India on promotional purposes. He also stressed on having a good understanding be-



**BRAWNY POINTS:** Six time Mr Olympia Dorian Yates flexes his muscles during a promotional event on Monday -BL SONI/DNA

hind a good physique.

Life has not been easy for Dorian who once got into trouble and was even imprisoned for six months. "I wanted to do something big. I knew that I was talented so I took up the sport very seriously and then worked very hard... It is not an easy job... One has to work long and hard to get the desired results."

Dorian has some advice for fit-

ness fanatics. "You need to have proper diet, regular work out (weight training sessions), need to set yourself a target and have some patience, only then would you get the desired results." On doping, Dorian said: "It is a misconception that steroids build muscles. One just needs to work out, have proper diet and nutritional supplements," he signed off.