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'I used to have skinny legs'

...says actor **Vivan Bhatena** and shares how he overcame this problem



MY EXERCISE REGIME...

I train three to four times a week with weights and I do some form of cardio twice a week. I hate running on a treadmill so I try to play tennis twice a week, since I love sports. Sometimes I also hit the punching bag, which really helps me get rid of all the unwanted body fat, and excess retained water.

MY PROBLEM AREAS...

I used to have the problem of abdominal fat along with

maintain a very well proportioned body. I am proud of my entire physique not just one body part. Yes, I love the gym. It is not only my stress buster but also helps me balance my moods and my blood pressure. Gymming gives me energy to work for long hours and helps me in coping with pollution and stress damage.

MY DIET...

I have a sweet tooth and my diet is my weakest link and unfortunately the most

abdominal fat along with
skinny
legs, which
I used to
ignore. I
realized
much later
that your
legs play a
vital role in

your abdominal fitness and
after all they are the largest
muscle group in your body,
and training them not only
strengthens your abs but
also helps you release testos-
terone and burn body fat at
the same time. I also real-
ized how beneficial
leg/glute training was to
eliminate my back problems
as well.

MY STRENGTHS...

I am proud of the fact that
for a person who does not
use any form of hormonal
supplements, I am able to



important
element in
fitness is
one's diet. I
eat accord-
ing to my
blood type
and since I
am a B+ I

eat a balance of meat and
veggies. It's interesting how
you can drop oodles of
weight, if you just under-
stand what your body can
absorb and simply not
digest. I eat lots of
meat/fish if I am bulking up
and if I am cutting down
weight then I stick to veg-
gies. I also don't drown
myself in protein shakes
unless I want to put on a few
pounds. I eat whatever I can
digest within two to three
hours and not more!

As told to **Lisa Antao**

Fitness Role Model:

Frank Zane, Steve Reeves, Vince Gironda are my
heroes

Ideal Celeb body (Male):

Brad Pitt has a greatly balanced body and I really
admire the hard work he has put in to be so ripped. In
the Indian circles, I think Milind Soman had a perfect
physique.

Ideal Celeb body (Female):

Priyanka Chopra has a fabulous body. In the past, I
also really used to love Sushmita Sen.