

Positive attitude & balanced diet for success

Gladrags Mega Model, 'Second Runner Up' **Amanpreet Wahi** is the most successful model of Indian Fashion Industry who stepped into the world of glamour and fame in the Year 2004-05 and never looked back. She has participated in almost every fashion week and worked with all renowned designers like J J Vallaya, Kiran Uttam Ghosh, Sabyasachi and Rohit Bal. Amanpreet is a freelance model who has lent her face to various ads like Reebok, VLCC and Sony etc. She has even participated in Singapore and the Paris Fashion Weeks. Amanpreet Wahi - a model on the move, answers the questions asked by BEENUM YADAV from HEALINDIA.



HEALINDIA Most of us think that modeling is the easiest job; is it so, if not then how is this profession, compared to other occupations?

AW No, not at all: Modeling is a profession which needs a high degree of dedication; you have to manage your time, your food, your weight and the worst thing is that there are no specific timings: it's a 24x 7 hrs job. In fact, you can say that this is the toughest part of my job.

HEALINDIA What is the importance of time management in the modeling world?

AW This profession is very short term where you have to prove yourself and justify your position. As a ramp model, I have to travel a lot and meet the dead lines. With this, I have also to take care of my health, family and personal life which are not possible without managing yourself.

HEALINDIA Tell us what all you do to keep your body in shape?

AW I do work out three days in a week and stick to

a cardio and weight training regime. I don't forget to take a glass of warm water, with lime and honey in the morning.

HEALINDIA What are your suggestions & advice, when it comes to healthy eating habits with respect to breakfast, lunch, dinner, or smart snacking?

AW I always try to eat a lot of fiber so that I can keep myself in shape. One must always eat healthy food and seasonal fruits and there should be a variety so that you don't face any kind of deficiency.

HEALINDIA Are there any specific medicines that you generally carry?

AW No, I don't carry any.

HEALINDIA Would you like to convey any message to our readers?

AW With healthy body, you need to have a positive attitude towards life so that you can enjoy every moment of life. ☺