



SONU SOOD ... The real 'KING'

‘Sonu Sood is a Punjabi munda who started his career as a model and participated in Mr. India contest. He tried his luck in Bollywood and with ‘Singh is King’ he finally touched the stars. Though, he doesn’t have six pack abs like King Khan and Salman nor is he a fitness freak like Akshay Kumar, he believes a healthy body has a healthy mind. Sood is a vegetarian who works out regularly to keep his body fit which is so essential now a days for stars. Sonu Sood in conversation with BEENUM YADAV.’

HEALINDIA In ‘Singh is King’ you got the chance to work with a fitness freak like Akshay Kumar. How was the experience?

SS: Akshay is the ultimate answer to fitness. I have worked with him in ‘Singh Is King’ and I can swear that he is one of the most hardworking actors in this industry. For him, fitness, is not just about having six-packs abs. It is more about staying fit and looking fresh. He wakes up before sunrise and makes it a point that he does his regular work out before he starts his day. I know that very few actors actually follow a strict regimen and they only do it when it is required for a photo shoot.



HEALINDIA We have heard that you are a vegetarian; how different and difficult is it to be a vegetarian as you travel to different parts of the world?

SS: It's not difficult to be a vegetarian and survive in this world. However there are various states and regions which don't have much to offer in terms of vegetarian menu. In those places I survive on boiled vegetables and soups. I eat light but I never skip my meals. In fact you might always find me binging something or the other all the time. Skipping meals is suicidal.

HEALINDIA What measures does your family adopt in general to maintain good health?

SS: They all eat healthy food. My son Ishaan loves chocolates and junk foods. I allow him to do that only when he does his free hand exercise. It's very important to burn your calories. My father eats typical Punjabi khana which is anything but healthy. But now I have asked him to avoid ghee, butter and cheese which automatically makes the food healthy. My wife Sonali is health conscious like me and prefers soups, salads and continental foods.

HEALINDIA What is fitness according to you?

SS: Come what may, you should never miss out on your daily workout. There are days when I can't go to my gym but I make it a point that I work out at home. It's very important for actors to maintain their body so that it looks proper on screen. It's not that we don't like to eat burgers and fast food but these are the little sacrifices, we need to make for our own good. Swimming, cycling and jogging helps a lot in burning calories. I would recommend everyone to stay fit by eating light and jogging 20 mins everyday in the morning.

HEALINDIA In your view who is the fittest personality in Bollywood and why?

SS: There are three; Akshay Kumar for his dedication towards his health, Hrithik Roshan with whom I have worked in Jodha Akbar (Hrithik is by far the most sincere actor who works out like a maniac and no doubt has the best body to flaunt in the business) and Shahrukh Khan who might not be the right example of six-pack abs but his energy levels are almost impossible to match.

HEALINDIA When you travel, how do you make sure that you eat the right things?

SS: I think I mentioned my food habits when I am shooting or traveling I prefer home made food, low fat khakra, churmur, cucumber, tomato and other green vegetables which I can eat as salad.

HEALINDIA Are there, any specific medicines that you generally carry?

SS: No, apart from sprain spray and band-aid.

HEALINDIA As this is our Annual Issue, would you like to convey any special message to our readers?

SS: I read somewhere that it's better to waste the food in the plate than to put it on your waist. I think we all intend to over eat at times which is unhealthy. People who can't control their appetite should avoid buffets. Eat small quantities of food at least six times a day. Try and avoid red meat and cottage cheese because it takes time to digest and adds to your calories. Water is the best medicine for your body. Try always to eat home made food.

HEALINDIA Your fans can see you soon in...?

SS: I have finished Rajshree Productions' "Ek Vivah Aisa Bhi" as a lead opposite Eesha Koppikhar, which is releasing on 7th November 2008 and UTV Motion Pictures' "Dhoondte Rahe Jaoge" with Soha Ali Khan. ☐