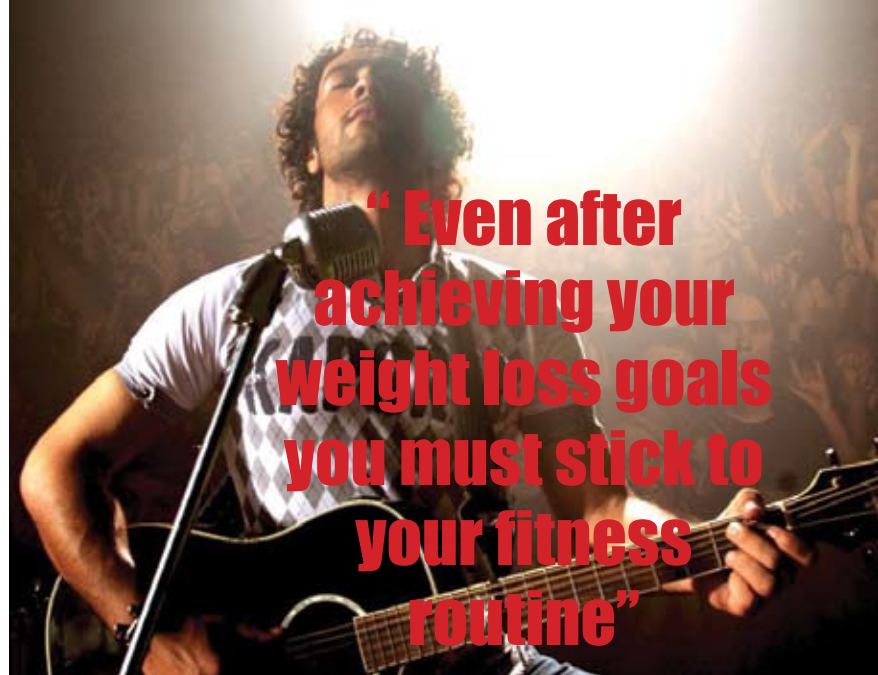


Adhyayan Suman is celebrating the success of his new movie with his Rock Band. He says, it's his own story depicting his for identity. Adhyayan is the son of actor and television superstar Shekhar Suman, multi talented and self determined like his father. He was obese to begin with but to achieve his dreams he worked hard and lost an incredible 60kgs. Beenum Yadav finds out more about this fitness freak.



HI: You have become as much of a house hold name as your father. How do you feel about your success ?

AS: Oh! It feels great...as if a dream has come true. I always wanted to be an actor and work in Bollywood. At the same time I want to say I am blessed to have my father as my role model and inspiration. I am a nobody without him.

Even then, it wasn't easy for me at all to enter the film industry just because my father has been in the industry for so long.

Unless you are promising and have talent no one will bet his money on you and that goes for everyone. So, I too had to struggle to fulfill my dreams.

HI: Adhyayan, we have read that you were a bulky adolescent weighing 124 kg but now you have transformed into a handsome hunk of 64 kg. Tell us how this happened?

AS: It is an interesting story. I always wanted to become an actor but by the time I turned 15, my weight topped 110 Kg. My dad ticked me off and said that with my physique I could be anything but a film hero. Then I realised that I have to be fit physically and started workouts and managed to lose 10 kilos. Then I went to the New York Film Academy for a course on acting and film direction. Here my outlook changed completely and I managed to lose 45 kg in a span of few months.

HI: Do you think fitness adds appeal to the personality?

AS: Yes it does. Energy and confidence come from within when you are fit. It's an achievement. I know how difficult it is to be over weight. I believe even after achieving your weight loss goals you must stick to your fitness routine.

HI: What is your fitness mantra?

AS: I spend almost three hours daily to keep my self fit. This includes an hour on the treadmill with the combination of cardio and weight training. My training typically consists of running, hops, sprints and rocket jumps.

HI: Can you suggest some healthy eating habits as far as breakfast, lunch, dinner or smart snacking are concerned?

AS: I follow a disciplined diet. Diets rich in protein and low in carbs are my favourite. I prefer brown rice and three main meals -- oil free or cooked in minimum oil. In between the main course I take snacks, like protein shakes or fruits. But a big no to junk food.

HI: Your favourite food?

AS: I like Egg Fried Rice very much with sweet and sour Chicken.

HI: How important is peace of mind for success in life?

AS: As it is, the industry believes in rough and tough competition. You have to be very positive and strong from inside. You must have faith in yourself and your work and that comes from within.

HI: Who do you think is the fittest personality in film industry?

AS: (smiles) My daddy smartest.

HI: You rocked in 'Jashnn' with your band. Are you planning to have one in real life too?

AS: While shooting for Jashnn I learnt the basics of guitar. After the success of the music of Jashnn I am planning to have my own Rock Band & I will be the lead singer.

HI: What is your message for our health conscious readers?

AS: Health is wealth. Be realistic, disciplined and determined. You must always workout under the supervision of a trainer or with friends so that you remain motivated and under check. ■■



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