

**“Looking good makes you feel good and confident about your self”**



Simple, chirpy, happy and contented – That’s **MINI MATHUR** for you. A celebrated TV anchor, Mini stayed away from limelight for a while after the birth of her son Vivan. She, however, made a dazzling comeback as the host of the hugely popular show Indian Idol. She believes that fitness is very important; as it not only makes you look good and feel good but also gives your confidence a tremendous boost. MINI shares her life experiences and fitness mantra with **BEENUM YADAV**.

**HI:** Mini Mathur is a very positive and forward thinking human being. How does she manage to remain so cool and positive in today's world?

**MM:** I believe everybody needs to achieve his or her potential. But one needs to attain it in a positive, happy frame of mind. I refuse to be in the rat race. I set my own pace; determine my own benchmarks and parameters. Whenever I feel restless, I look down and see where I have reached and how many fantastic memories I have. And then look up and determine my next step. I am my own judge. I don't let people dictate my success. Try it... it works!

**HI:** You graduated in management and after that you switched over to the entertainment world. Do you think that good management is the key to success in any field of life?

**MM:** Absolutely! Studying business management lays the foundation of efficiency and productivity in every aspect of life and work. Even in the shows I do, I find myself applying basic principles of management. I feel sorted out when I do.

**HI:** What is fitness according to you?

**MM:** It's the single most important aspect of a healthy life. I was very casual about fitness as I was blessed with a good metabolism. But after giving birth to my kids, I have realized what a fit body can withstand. Fitness is a state of mind, a lifestyle choice... My baby daughter is just 6 months old and I am back on TV with a better body than before. And mind you...no crash dieting, no fads... just eating nutritious food, weight training and multiple forms of cardio.

**HI:** Would you call yourself health conscious? If yes, how do you grade it?

**MM:** I am very health conscious, thanks to my husband who is a health freak. He is just too focused and fit. But I'm not obsessed with health. I find some people keep talking about diets and exercise at social dos. I find that boring. I just go out there and do it. No one I know has lost weight just by talking about it.

**HI:** Do you think physical fitness adds appeal to your personality?

**MM:** Of course! When you look good, you feel good & confident about yourself. You get a never say die, positive attitude which, I think, is very attractive. Exercise releases happiness hormones called endorphins, which make you feel positive.



Also, because I am a television host, I feel I owe it to my job to look and feel good about myself.

**HI:** As a mother what measures you adopt in general to keep your family in good health?

**MM:** My kids are very small but we only cook nutritious balanced food in our home unless it's a party. So the kids are growing up with an innate understanding of what's good food. Also the foundations of good health are laid when we are babies. All adipose cells are formed only in childhood so it is important to keep a check on what they are eating. However, I also let them indulge once in a while. They are kids after all.

**HI:** In summers what special measures do you take to keep yourself in shape?

**MM:** Summer is no different from the rest of the year, just more hydration and vacation binges that need to be compensated later.

**HI:** What are healthy eating habits with respect to breakfast, lunch, dinner, or smart snacking?

**MM:** I have been reading this book called "don't lose your mind, lose your weight" by Rujuta Diwekar. I recommend this book to everybody who wants to understand what to eat and when to eat in a very easy to read format. The key is moderation, exercise and understanding what to eat when.

**HI:** How do you manage career and family? Are you able to concentrate on both at the same time?

**MM:** A healthy happy mind can achieve its fullest potential. I love my work and cannot imagine my life without it. But my family is my priority and I have always selected exclusive projects over working for money 31 days a month. I prioritize and delegate when I have to work so I can give it my fullest. A happy and fulfilled woman makes the best mother.

**HI:** Your magic mantra for good looks?

**MM:** Love. Live. Laugh. Read. Talk. Think.

**HI:** Would you like to convey any message to our health conscious readers?

**MM:** Don't look at fitness as a stop - gap measure to shed those extra pounds for a party or a wedding. Integrate it into your life. You will feel like a new person. 📧



**Beenum Yadav**  
beenum@heal-india.com