

# “I am Not a Fitness Freak:” Dipika

Dipika Rebecca Pallikal is a 17-year-old super talented squash player from Chennai who is fast emerging as a squash superstar. She has won the Asian junior championship in Singapore and has the rare distinction of being the first Indian Squash player to be ranked No. 1 in the European and Asian Squash Rankings in the under 15 category. Although, fitness is supposed to be the mantra for success in a sporting discipline like Squash, Dipika is not that big a fitness freak. Beenum Yadav from HEAL India tries to find out more about her.

**HI: You are the first Indian to be ranked No. 1 in the European and Asian Squash rankings in the under 15 category. How does it feel?**

**DP:** Well, it gives you great confidence when your hard work pays off. However, I feel that this also brings great responsibility. Meeting the expectations of your countrymen every single time is a huge thing. It keeps me inspired and motivated.

**HI: As a sports star how important is fitness for consistent performance?**

**DP:** Fitness is of paramount importance for a squash player. I would say my game depends 80% on my fitness as it is all about speed. It is a fast sport.... You've got to be quick.

**HI: Can you suggest some healthy eating habits with respect to breakfast, lunch, dinner and smart snacking?**

**DP:** Actually, I don't pay much attention to what I eat. I am not a health freak. I eat lots of chocolates... junk food also some times. But besides this I have lots of fruits & high fibre foods and I think that's what keeps me fit.

**HI: Do you think fitness adds charm to the personality?**

**DP:** Yes, you feel great when someone says you look fit and smart. It is always important to take care to keep yourself in shape. I hit the gym everyday and also do some regular workouts.

**HI: When you travel, how do you make sure that you eat the right things?**

**DP:** I make sure that I eat lots of green vegetables, salads etc. I also drink 100% fruit juice... it keeps my body hydrated. My favorite is pasta.


**HI: In your opinion who is the fittest person in the sports world and why do you think so?**

**DP:** Every sports person is fit in his own way.

**HI: You'll turn 18 next month. How are you planning to celebrate?**

**DP:** Oh! I haven't decided it yet but it's going to be a great party.

**HI: Any message for our health conscious readers.....**

**DP:** Dieting is the most stupid thing. Eat what you wish to but ensure that this doesn't make you put on weight. A regular workout therefore is a must. Eat healthy, feel good and exercise regularly. 



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