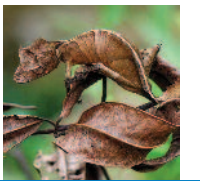


Satanic Leaf-tailed Gecko has a flat tail that resembles a decomposing leaf, and is known for its ability to emit a loud, evil distress call.



Fit hai toh hit hai

Pro Tip: Make Healthy Food And Regular Exercise The Mantra Of Your Life

Youth Power is an annual social leadership programme organised by The Global Times, where different teams from Amity schools engage in varied social causes in several stages. One of them is 'Panel Discussion' where experts from different walks of life discuss several aspects of the chosen social cause. Here's presenting Part VII of this exclusive series, based on the panel discussions organised by YP teams, and a host of opinions as experts debate on 'Importance of fitness', the cause chosen by YP team of AIS PV.



Burn it out and shine



Panelist: Naveen Luther
Parent of AIS Pushp Vihar alumna

"The logic is simple- if you are eating and are not burning it out, then obviously you are accumulating waste in your body. And this waste, needless to say, would be the end of you someday. So, if you can't burn what you eat, you can try another option- shift to two meals a day. It is a well-supported fact that no one needs full 3-4 meals a day. For times are such that nobody dies of not eating, people today are dying of eating. So, if you don't want to pay frequent visits to a doctor, it is preferable that you compromise a meal. This way you can save it for the ones who are not getting it. It will be beneficial for your health as well. But suitably modify your intake through salads or fruits and exercise. If you eat two times a day, make sure you eat healthy and nutritious food. Do not compromise on that."

Work on yourself

Panelist: Gulshan Grover
Actor, Hindi and international cinema

"Speaking of the industry I'm from, Bollywood, well, it completely sticks to fitness. When I see my friends like Akshay Kumar or Sunil Shetty leading such fitness oriented lives, it motivates me as well. For one cannot do without being fit, not just in Bollywood but other places too. A fit body, mind and soul is all one needs to survive in this unsparing, fast-paced world. And trust me, you are the only one who can achieve that balance for yourself. So, young minds get up and get going! Include a healthy diet in your everyday routine with an equally balanced fitness regime, for it is necessary to take some time out for yourself, it is significant to work on yourself. And the sooner you realise it, the better. Fitness is as important and cardinal as breathing. Just remember, *agar aap fit hai, toh sab hit hai.*"



Say no to diets

Panelist: Brig YK Arora

Sr. cardiologist, National Heart Institute
"There is absolutely no substitute to fitness. If you are fit, you experience a different kind of high in life. You feel happy and confident both mentally and physically. And by fitness, I am talking about eating nutritious food and doing regular exercises. Diets are a big no-no. A Times of India article about the same also quotes that Keto or vegan diets are extremely harmful in the long run. These diets are basically cutting down carbs that should be 40-50% to 5-10%. So, the fat and protein in your body is getting metabolised to give you excess calories and eventually, the ketones that you get become extremely harmful for your body. Statistically speaking, around 2,30,000 people who have refrained from such diets are living longer than those who follow these diets. Thus, it's better to have the right amount of carbs, fats, proteins, and minerals in your diet, and to balance it all out with a good workout routine."



Part VII

Expert Speak

Take a walk

Panelist: Ameeta Mohan
Principal, Amity International School Pushp Vihar

"I always advise my students to go for a walk, meditate, and eat healthy food in whatever time they get. Even a ten minute stroll in the park can do wonders by easing up an anxious and stressed out mind. Worried about exams? Go for a walk. Tensed about your future? Go for a stroll and freshen up your mind. However, when I say take a walk, do it without your headphones or mobile phones in hand. Take some time out just for your own self. It is easy and will be enough, not only for your health but also for your heart. Invest your time in your body, in your health, in your fitness because young students are the future of the country. Education is of course the key to open all the doors in one's life. But along with academics, it is important that we are always fresh and energetic. This is the only way we can proceed in life and win."

