



Photographs courtesy Shahid Malik

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## Feel good inside and glow on the outside

DURING the summer season of weddings, birthdays and holidays you can often indulge and forget to take care of yourself. Winter beckons and you realise that you have gained a few extra pounds.

With diabetes and heart disease rife among Asians, you realise the importance of taking care of what is on the inside. This happened to me recently and I've been feeling pretty low about my body – I was wearing baggier T-shirts, ill-fitting dresses and generally feeling pretty rubbish about myself.

So I decided to take steps to change this, especially as my mother is diabetic. I needed to hit the gym more than usual and improve my diet. I tried some new classes and signed up to personal training sessions.

I know this isn't for everyone but you have to do what is right for you and not do anything which you dread. That is why what you put in to your body is sometimes more important than exercise and toning.

My personal trainer, Samera Hassan at the Northwood club in London, has been fantastic – she has really helped me think about things differently and pushed me to a point I probably wouldn't have been able to get to without that encouragement.

It began with me thinking differently about food and gave me valuable knowledge I needed. I planned my meals, consumed less refined sugar and opted for healthier options like fresh vegetables, without completely cutting out foods I love. I planned my gym visits, learned to do things in moderation and didn't stop doing thing I liked. This way of thinking really helped me.

I'm now on the right track – I've improved with the new diet and exercise regime. People have commented that I'm looking fabulous and that my skin is looking good which, as someone who is prone to eczema, is great. I have lost four lbs in three weeks.

Having fun has helped me when I lack motivation. If lifting weights and running on the treadmill is something that makes you break into a cold sweat before you've even got there, then don't do it; swim instead or try yoga. Anything that gets your heart rate up is great because remember, any form of exercise is better than none. Try a dance class where you're having fun or go for walks with your friends; these can be as effective as anything else.

I haven't done any of this for anyone but myself, and you should never do it for someone else, especially not for a man. Always do it for yourself, because when you feel good on the inside, you will glow on the outside.

# n on the catwalk

## N BEHIND HIS LONDON FASHION WEEK COLLECTION

