

# THE TIMES OF INDIA

## Sangram's fitness tips for civil service probationers

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Wrestler Sangram Singh will be visiting the Lal Bahadur Shastri National Academy of Administration (LBSNAA) in Mussorie today, where probationers of various all India and central services are undergoing their foundation course. Sangram has been invited by Food Safety and Standards Authority of India (FSSAI) to deliver a speech on the importance of eating right and how to maintain a healthy body. "When I talk about fitness, I am not just going to address issues related to physical fitness. Fitness is about having a healthy body, mind and soul. So it is important to understand that fitness can't be achieved by going to the gym alone, one should know what kind of food one should eat, at what time and what should be an ideal workout pattern," says Sangram, who also attended a programme under FSSAI's Eat Right India campaign in Delhi last month.

He adds that while sharing his life experiences, he will be telling the members of LBSNAA how to make fitness a part of everyday life. "It is a myth that one needs hours of workout to stay healthy and fit. One just needs to devote 24 minutes in a day on one's body to stay fit. While exercise is important, one should understand the importance of eating right and what one's body needs to stay fit. Once that balance of eating right and right exercise is achieved, one can notice change in one's body. Also, I will be talking about how exercise can help us beat stress. A healthy mind is important for a healthy body and given our hectic lives, we should first know how to keep our mind healthy," says Sangram, adding that it is an honour for him to be visiting a prestigious institute. "I am happy that I am getting an opportunity to share my experience and tell everyone that nothing is impossible when it comes to fitness, one just needs to know few basics," adds Sangram.