What is fitness?

Fitness is not about only doing exercise or dieting. Fitness much easier than you think. There is a core formula in fitness which is a 80-20 formula. There is only 20% role of exercise and 80% role of food (nutritious food) in fitness. You can do any kind of exercise like cardio, yoga, aerobics, dance, gym etc…etc… But food plays a major role on your health. There are two types of food we eat, one is what our mind needs (like for taste, cravings, mood etc…) and one is what our body actually needs (like nutritious food which contains enough amount of nutrients that our body actually needs), so if we do only 30-40 minutes of any kind of exercise daily and eat right food for daily bases you will live a healthy active life style. There is a proverb in our Ayurveda

“WHEN DIET IS WRONG, MEDICINE IS OF NO USE,

WHEN DIET IS RIGHT, MEDICINE IS OF NO NEED”