

## **My Five.** Pranayam, veggie smoothies and adventure sports

Dr Sanjay Katkar Updated - July 21, 2024 at 06:39 PM.



**1. Morning Run:** I enjoy a morning walk with quick bursts of jogging for about 30 minutes to start my day. It helps me stay active, energised.

**2. Strength Training:** I go to the gym, do strength training thrice a week after my morning walk.

**3. Healthy eating:** I follow a balanced diet, starting my day with a green veggie smoothie and making sure I have the right combination of carbs, protein and fibre for my three meals.

**4. Meditation:** Mental well-being is important. I practice pranayam and meditation twice a week to reduce stress and improve focus.

**5. Adventure Junkie:** An avid adventure sports enthusiast — when time permits — I challenge myself physically and mentally. Recently went skydiving.