



My Five

ARJUN KALYANPUR

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“Use a standing workstation for long hours”

1 I take a brisk walk for about 45 minutes every day with my wife, who is the co-founder of my company. Along with the exercise, we use this time to catch up on the day's events or to strategise.

2 I attend a yoga and meditation class several times a week. Apart from the obvious benefits, I find that being a 'student' in a 'class' is a pleasant variation from the rest of my routine.

3 I use a standing workstation during long hours at the office. We have an in-office masseur who gives a great neck/shoulder massage. Relaxing music at work (light jazz) is mandatory for my mental fitness.

4 I eat a mostly vegetarian diet, with a lot of fruit and wholegrain cereals. I drink frequent cups of green tea for their antioxidant content. I end my day with an early, light dinner. I try and sleep a minimum of 7 hours a night.

5 Playing tennis with my family is the best form of exercise there is. This is on the weekends or early mornings. Combines outdoor exercise, family time and competitive fun!

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