

## #FITNESS

# Get More Exercise Each Day

There's simple steps to sneak more exercise into your daily schedule.



Exercise is essential for our overall health. It can boost our mood, relieve stress, increase energy, improve sleep quality and lower our risk of health conditions like diabetes, cardiovascular disease and high blood pressure.

But if exercise is so important, then why is it so hard to do each day? Here are seven tricks that actually work to help you get more exercise day to day. And no, going to the gym and doing a hardcore weight workout isn't required. Here's our secret sauce for getting more active each and every day, one step at a time.

**Set A Routine**  
OK, so this isn't really a secret. Creating a regular habit of working out would be ideal - duh! It's creating that habit that's the tricky part. Here's where we can help.

One of the most efficient ways to build a habit is through the Cue-Routine-Reward system. MIT researchers discovered the power of the neurological loop at the core of every habit. This "habit loop," later coined by Charles Duhigg in his 2012 book *The Power of Habit*, consists of three parts: a cue, a routine and a reward.

This system can apply to building any habit, from drinking more water to waking up earlier. But it can certainly apply to creating a workout habit.

**Start Small**  
A lot of people assume they need to run themselves ragged in the gym to get more fit, but that's really not true. All you need is about 30 minutes a day.

The US Department of Health and Human Services recommends a minimum of 150 minutes of moderate aerobic activity a week - that breaks down to a little more than 20 minutes each day. They also recommend strength-training that works the major muscle groups at least two times a week. Thirty minutes is an ideal place to start to fulfill your weekly needs.

You can also start with low-impact activity. A brisk walk in the evening is a more-than-sufficient workout. You can also refer to this guide for the best workouts for beginners.

**Habit Stack**  
Habit stacking, popularized by James Clear in his book *Atomic Habits*, is a way to create small yet healthy habits. This term might be new to you, but it's really straightforward - "stack" the new behaviour (exercising) onto a habit you already have to help you remember to do it. This will cause the combo to become a habit.

### Get Active At Work

Your work day doesn't have to be totally sedentary. Rather than using your full lunch hour to eat, take some time to go to the gym, speed walk around the office or run errands. You can also break up the drudgery of the day by taking a walk during one-on-one meetings instead of sitting at a desk or conference room - anything to get up and get moving.

Try to get up every so often to stretch your legs, rather than remaining at Zooming workers, get up and talk to them in person if you can; use the stairs rather than the elevator; get up and refill your water every so often.

### Do Exercises You Actually Like

This is a big one. If you hate exercising, it might be because you aren't doing workouts you enjoy. Very few people actually enjoy running around in circles for miles. So don't.

Branch out and try different kinds of workouts until you find one you genuinely enjoy. Biking, surfing, paddleboarding, yoga, hiking, skiing, rock climbing, kayaking and ice skating are all fun activities that get your heart rate up. This will require you to go out of your comfort zone and to be patient as you try things out, but it'll be worth it when working out no longer feels like a chore.

### Get Active While Watching TV

There's no shame in catching up on your favourite show while hitting the gym. Not only does the entertainment keep your mind off the burn in your legs, but it pushes you to stay longer.

### Make It Social

Exercise doesn't need to be solitary. In fact, having a workout partner can help keep you motivated and hold you accountable in your routine. If you don't have one buddy to join you, sign up for a workout class. The structure of working out in a group can push you to work harder while also introducing you to new people.



Salim Durani in action on wicket.



Prakash Bhandari  
The writer is a senior journalist

## #GOODBYE

Salim Aziz Durani, 88, passed away in Jamnagar in Gujarat. He was the first poster boy of Indian cricket and enjoyed a popularity that the super stars of the sixties and seventies like Dilip Kumar, Rajendra Kumar, Raj Kapoor and Devanand enjoyed. He was first among the first celebrities to promote the willow sport as a glamorous game with his personal charm. The six footer towering Pathan of Afghan origin was a master stroke player and was best suited for the limited over cricket to present day high-octane T20 format. It was a misfortune that, he was over the hill when the limited over cricket came into being.

This author has been an intimate friend of Salim for the past 50 years and spent hours and hours with him talking with him about cricket and his life. The blue-eyed handsome man unfolded many aspects of his cricketing exploits and his personal life and how he became a ladies' man.

"My fans say I used to hit a six on any ball on demand from the gallery. It all began in a match in Nagpur when I was smashing sixes after six. Interestingly, the ball would land over the fence in the ladies gallery who were yelling demanding sixes from me. After that the media started calling me Mr. Six. All I can say is, that I used to play each ball on its merit. It was sheer chance that there were some loose cannons thrown at me and my bat swung into action to punish such balls and invariably it went over the boundary.

In fact, it was against the Tony Lewis English team when batting

It was against the Tony Lewis English team when batting against Norman Gifford or the left arm spinner Derek Underwood that I batted with ease and lifted their ball to get some fresh air in the sky. Underwood was rated better left-arm bowler than Bishan Bedi. But I found that Underwood could be hit and I exactly did it. One such towering six landed on a very large hoarding of Lipton Tea. After that people started demanding sixes to hit several advertising hoardings in Bombay. It was just a co-incidence and people started expecting fire play from me every time I entered the ground with a bat. No cricketer can boast of hitting every ball over the boundary except Sir Gary Sobers who was the first to hit all six balls for a six", Salim revealed to me over a beer

# Salim Durani A Shining Star Fell From The Sky

strokes and would have really entertained the crowd.

"I played my cricket when it was a religion to many. Now the world of cricket has changed with various formats and tones of money. Often my old fans tell me that I was born too early and had I been playing today, I would have been the king of the one-day limited overs cricket. The flush of funds and the millions that today's cricketers make are all god send. I am not envious of those who are making millions. It's their era and I had my era." Salim had said this philosophically.

### Natural Flair

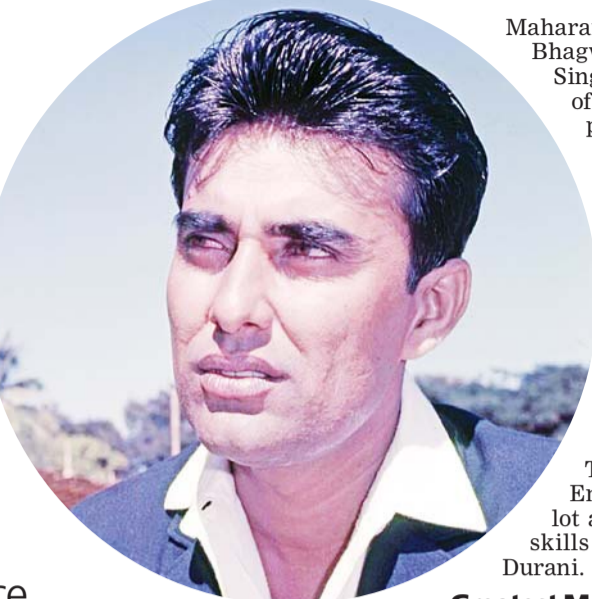
Salim said he belonged to an Afghan Pathan family and his father Aziz Durani learnt his cricket in Karachi where he used to work with his brother in a motor garage. Later his father shifted to Jamnagar after he was hired by the ruler to play for his team.

"I learnt my cricket from my father as a toddler. He was a cricketer. Was hired by Maharaja Ranjit

Singh "Ranji" of Nawanganar for play for his team as a wicket keeper and was given the job of a policeman. We moved to Jamnagar where my father was employed as a policeman. My first love was tennis and my brother Jehangir used to play hockey.

"Salim was an excellent cricketer and a simpleton too. We started playing together and Salim first started as a wicket keeper and opening batsman in my personal team. His father used to keep wickets and was a member of the Nawanganar team that won the Ranji Trophy. Salim was a right-hander by nature but his father insisted on turning him into a left-hander by making him bowl for hours together with his right hand tied to his back" said bearded Jamsaheb Shatrushalva Sinhji Jadia, the grandson of great Ranji and himself a former Ranji Trophy player, who was also the last ruler of Jamnagar.

Shatrushalva Sinhji played cricket with commoners and patronized cricket. He was an off-



Maharana of Mewar Bhagwat Singh and Raj Singh Dungarpur. Both of them asked me to play for Rajasthan and I moved from Jamnagar to Udaipur and started playing for Rajasthan from 1957 season. I was sent to play club cricket in England by the Maharana and I played for the club for which Gary Sobers also played. Thus playing in England taught me a lot and I could hone my skills there" reminisced Durani.

### Greatest Moment

The Maharana Bhagwat Singh of Mewar had a dream of winning the Ranji Trophy and would hire professionals like Vinoo Mankad, Vijay Manjrekar, G S Ramchandra, Russi Surti and others. Rajasthan reached the finals of the Ranji Trophy several times only to be beaten by Bombay, their traditional rival in the finals. The Maharana, who himself played for Rajasthan voved that he would go to Haridwar and would take holy dip in the river Ganga, the day Rajasthan win the Ranji Trophy. The former ruler of Udaipur died with his dream unfulfilled.

In Udaipur, he used to stay in the precincts of the ruler of Udaipur's palace that had practicing wicket. Apart from him leg spinner C G Chandu Joshi, Ramesh Shah and Arjun Naidu used to stay. Maharana was very keen that Salim



(...)

break bowler and had played cricket as a youngster with Salim in Jamnagar. He was impressed with Salim's natural flair as a batsman.

"I remember when the Ted Dexter led MCC visited India in 1961-62 the team was practicing at the Brabourne stadium. Dexter, an old friend asked me to bowl to him at the nets to enable him to get his eyes in. Ted Dexter floundered on a tricky wicket and left the nets saying that if he carried on he would lose his confidence! Salim came in next and he asked me to do the same for him. But Salim hammered me in all directions with all the ease. That day Ted Dexter had a bad innings in the Test match while Salim scored an unforgettable 72. I can never forget the friendship that I enjoyed with Salim Durani" added Shatrushalva Sinhji.

Salim was a gifted player with natural flair, but he struggled in his early childhood with his mother and three sisters as his father Aziz opted to go to Pakistan after the partition and the family had to fend for itself with great difficulty. Father Aziz, settled in Karachi and started playing cricket and later he became a coach and he coached Hanif Mohammed, who was from Junagarh and had migrated to Pakistan after the partition.

In his early days, he used to play with the great Vinoo Mankad and he made his debut for Saurashtra in the Ranji Trophy in 1953.

"My talent was spotted by

Dr S Radhakrishnan was then the President of India. He sent him a silver casket as a present. He was the first Arjun awardee for cricket. Later, due to the efforts of Bishan Singh Bedi all the Arjun awardees were given a free first class pass to travel by rail. Salim used this facility fully and would go to different cities and stay with his friends post retirement.

## Stress Awareness Month

Stress Awareness Month increases public awareness about the causes of stress and how to help combat it in this hurried, modern-day life. Stress can filter from various parts of life, from the workplace as well as personal relationships, and coping with it can certainly look different for each individual person. Learning about this month can certainly help anyone who struggles to cope with their stress and those may find themselves in need of guidance and advice.



Salim Durani with Bishan Singh Bedi and Kapil Dev in Mumbai in 2011.

dansusee Rekha who he married and fathered a girl child. But, the marriage did not last and Salim encountered emotional problems and also lost his job. At this juncture Raj Singh helped him and provided him shelter by making him stay in his flat.

Salim could not succeed in his debut Test, but Raj Singh Dungarpur helped him a lot by building his confidence and soon he was found excelling in the domestic cricket. A good performance in the Ranji Trophy both with bat and ball helped him find a place against the touring England team under Ted Dexter.

Durani's greatest moment came in the 1961-62 series against England when in the Calcutta Test his eight wicket match haul helped India beat Ted Dexter's team. Prior to his playing for the Rajasthan XI at Jaipur on a matting wicket Durani smashed century against the MCC.

Later, at Chepauk in Chennai, his 10 wicket match haul enabled India beat England. This was enough for Salim to find a place in the Indian team's tour of West Indies in 1962 under Nari Contractor.

In this series which was marred by the dangerous injury suffered by Nari Contractor who was hurt by Charlie Griffith's bouncer that broke his skull and Nari's life could be saved only after a major surgery.

The entire Indian team donated blood for their skipper. When the players were asked to donate blood, Tiger Pataudi, who was the vice-captain of the team and later took over as skipper in the absence of Contractor jocularly remarked "I donate blood? Oh mine is a blue blood and Salim Durani's blood is full of rum".

This was the era when West Indies thrived on the fiery pace of Wes Hall and Charlie Griffith. But Salim stood like Rock Of Gibraltar in the Port of Spain Test of 1962 to score 104 runs, his only Test century.

During the tour of the Caribbean, he became the darling of

the crowd, who would admire his stroke play and his left arm spinners. He was the most popular player of the series.

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### Paisa Wasool Entertainment

Salim because of his good look was a ladies man. A number of film actresses were his friends and it was Salim, who introduced Sharmila Tagore to Tiger Pataudi and later they got married.

Not many people know that Salim desired to become an actor in the Bollywood and when K Asif was planning to make Mughal -E- Azam, Salim was among the youth who was shortlisted by Asif. But the role eventually went to Dilip Kumar.

Dilip Kumar was an ardent fan of Salim and they would meet each other in the evening in Mumbai's CCI Club and talk about cricket.

"Are Bhai Salim to paidayshree cricketer rha hai. Use kudrat ne sabhi ilm de rakhe hain. Woha hamara dost hain aur hum dono to Pathan bhi hain aur Pathan pucci dosti karte hain" Dilp Kumar had told this author while on a holiday over two decades ago at Duru Miya's Loharu House where he used to stay whenever on a visit to Jaipur.

Salim hoping to get the male lead in Mughal-E-Azam learned acting from fiends in Bombay. He also got well versed in Urdu to enable him deliver dialogues. Later, he would often mimic Dilip Kumar and deliver the famous dialogue between Salim with his father Akbar. It was a paisa wasool entertainment and fun provided free by Salim.

"Yes, it was natural. Yusufbhai and me were both Pathans and the Pathans are always good friends"



Photo of Chandu Joshi, who is 90 now and lives in Pune.

said Durani during one of his conversation to this author in Jaipur.

Salim however fulfilled his dream of acting in a film when late B R Ishara cast him in the lead role opposite Parveen Babi in Charitra. It's a known fact that Parveen Babi fell in love with Salim, who was already a married man with a daughter. Salim also figured in another film Akhri Din, Pahl Raat, which remain unfinished. This film was written by Meena Kumari, who was Salim's fan.

"When I was not included in the Indian team to tour Australia in 1967 I was a broken man. It was during this phase Raj Singhji helped me by boosting my morale and also overcome my domestic and personal problem and helped me financially. I was doomed, but Rajbhai helped me a lot and even gave me a place to live in his apartment opposite the Wankhede Stadium when I was broke and jobless. However, it took me four years to regain my place in the national team that was to tour West Indies in 1971. I had a terrific

**Post retirement, he lived in his ancestral house in Jamnagar. He was given lakhs of rupees as benefit, but he blew up all the money including the Rs 15 lakh Lifetime Achievement award by the Cricket Board.**

1972 after a sterling performance playing for the Central Zone against England at Indore. This series, he was played in the Bombay Test when there was a national protest with posters coming up on the walls of Bombay- No Durani, No Test. This was the last Test Salim played and batted with a runner. This was an end to a glorious career. Post retirement, he lived in his ancestral house in Jamnagar. He was given lakhs of rupees as benefit, but he blew up all the money including the Rs 15 lakh Lifetime Achievement award by the Cricket Board.

He lived with his nephews and niece in a flat after selling the ancestral house. He would live on the monthly Rs 60,000 pension that he received. He was happy that the Rajasthan government named the sports school after him.

Salim, lived a life of a Shahzada who was a pauper, but had a great heart. There would never be another Salim.

To be continued

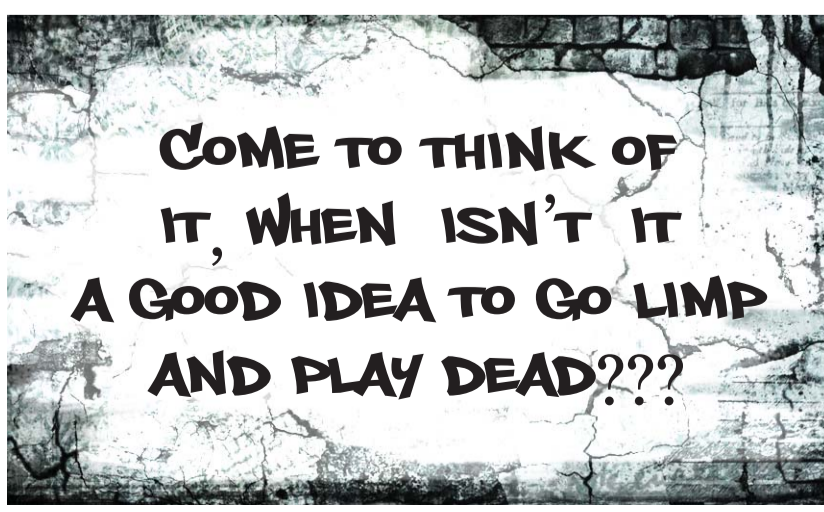
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Salim Durani hosting an English bowler to six in the Chennai Test in 1972.



## THE WALL



## BABY BLUES



By Rick Kirkman & Jerry Scott

## ZITS



By Jerry Scott & Jim Borgman