

It's my responsibility to keep fit and healthy. I'll tell you why.

India is a country of extremes, not surprising when there are 1.4 billion of us.

On the one hand, India is very poor. Millions of people do not have enough to eat. At the same time, India is also rich and modern.

Many of us have the same things that you enjoy. And many of us are addicted to fast food. So we have this great Indian divide.

The poor are sick because they are underfed. Malnutrition always leads to illness, death and disease. And the better off are sick because they eat the wrong stuff.

Fatty foods and sugars taste good but lack the nutrition our bodies need. As a result, many Indians are overweight.

You know the saying 'at least I have my health', it's totally true. Good health lets you live your life, bad health stops you in your tracks.

Simple things like work, or school are much more difficult, which in turn makes you more likely to get sick. Don't get me wrong, there will always be illness and communicable diseases.

And overcrowding and pollution badly affect the urban poor. The stress of modern life means mental health issues are on the rise in India. There is no shame in being unwell.

So a big priority must be giving every Indian proper access to healthcare, not just when they're sick but when they are well, too.

Care is better than cure, but the quality varies greatly and the poor usually get the rough end of it, particularly in the countryside. But even a perfect healthcare system cannot do everything.

The other part of the puzzle is healthier lifestyles; and that starts with what we put in our bellies.

Obesity puts a massive strain on our healthcare system. Preventing obesity before it's a problem means precious medical resources can be used elsewhere.

It's about helping people to help themselves.

I read about a great scheme in the paper, to encourage exercise the train company has set up a kiosk at the station. 30 squats gets you a free ticket to travel! I love it, it's so quirky, so Indian.

But good health and wellbeing is more than hoping someone else is there to force you.

It is my responsibility to be fit and healthy. Don't get me wrong, I like a pizza as much as the next girl, but it's a treat as part of a balanced diet.

And you know what, I feel so much better for it. Being physically fit improves mental wellbeing and happiness.

But I know I'm also doing it for my community, for my friends and family. Taking care of my own health means someone else doesn't have to do it for me.

So, wanna join me?