Dr Henk Bekedam, WHO Representative to India

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Smile. It’s contagious!

1 Ever since I can remember, I have been a sports and fitness enthusiast. Being Dutch, football comes naturally and I was a tennis champ in my village. I was also a singles champion of Lilongwe (Malawi's capital) in 1993. Given my height (6ft 5in), I played competitive volleyball. So to say, regular exercise is no rocket science. I walk 30 minutes daily and cycle on weekends.
2 Start your day with a healthy breakfast; my choices are fruit, yoghurt and cereal. Lunch is light; I go with multi-grain bread and salad. My dinner is more sumptuous with meat, fish and vegetarian choices too.

3 I go easy on salt. Being a tobacco fighter, smoking is an absolute NO.

4 I work hard but also ensure adequate time for family and friends. That’s what I find relaxing.

5 A healthy mind is equally important for staying fit. My prescription is ‘happiness’. Work with a smile and spread happiness — at home, in the neighbourhood and at work. Try it — it is contagious! While this brings in a balance of mind, body and soul, there’s a confession. Occasional indulgence in dark chocolates and a drop of red over the weekend with nuts for snacking...

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