



# The 5 essential TRAITS of a HEALTHY Individual

5 COOL TRAITS FROM  
5 SHORT STORIES

**An ebook By: Mayur Mathur**

"The hardest part is getting your mind  
in shape. Rest is easy!"

# TABLE OF CONTENTS

**03**

Setting the record straight!

**04**

Introduction to 5 traits

**05**

They go slow & easy.

**06**

They understand that there will be good days and bad days.

**07**

They don't think they know it all!

**08**

They don't fear failing and are ready to take risks.

**10**

They continuously challenge their limits.

# SETTING THE RECORD STRAIGHT!

My e-books are a sincere attempt to tell you that fitness is easy and anyone can easily be well on their way to leading a healthy lifestyle but it all needs to begin with a change in the mindset. The pre-requisite of getting fit and leading a healthy lifestyle has got nothing to do with what you do, but it's got everything to do with what's in your mind.

Often I have heard the skeptics and hedonists say "Please don't throw your fitness lecture on us. No one can stop our rendezvous with diseases so we rather enjoy only and get sick if that's where we all are headed eventually." But that's beside the point. Making fitness a part of everyday living not only reduces your chances of encountering adversity, it actually plays a far greater role in our lives. If despite doing the best you do encounter a disease or a lifestyle ailment, this shall give you the strength to deal with the health calamity not just physically but psychologically too. By making your health your no.1 priority and embarking on this journey of fitness you shall see the ripple effects it shall have on the other domains of your life. That I promise!



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► AUTHOR'S NOTE

# INTRODUCTION to 5 TRAITS

“ A good coach trains your body. ”

A great coach trains your mind as well.

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If you've seen healthy people or seen people who look healthy to you, you feel certain strong things about them. You look at them and say 'wow, this guy is good' and you say so not because he is a celebrity or something, you think this because of seeing some quality or trait that you want to imbibe but you can't or you don't. It is out of a sense of adulation about that person that makes you walk up to that person and say "dude, you look pretty fit."

Now, you might think that's hard to get or you may feel confused about what do they do, or you may have a sense of how they are but yet can't pinpoint it. If you feel the first part - that it's hard to get, let me tell you it's easy. If you feel confused about what they do - let me tell you it doesn't matter what they do or if you have that inkling of a sense of how they are but can't pinpoint, let me tell you that 'don't worry' because I have just done that for you here in this e-book compilation. I am fortunate that because I always stay healthy and stay fit, I am associated with a lot of people that they do and as soon as I see them - these 5 traits instantly stand out. Once you know them, in whatever way you pursue your fitness journey you shall have these at the back of your mind always. In a way, they shall favorably impact you because you will begin to work towards inculcating and imbibing those traits within you. And then as I say 'rest will be easy.'

But bear with me! I bring these out in an old-fashioned way, or in a way our ancestors always did when we were kids, and what was that? By telling you stories. Yes! 5 traits and 5 simple stories.

# THEY GO SLOW & EASY

“ It takes 13 hours to build a Toyota but 6 months to build a Rolls Royce. Greatness takes time. ”

Once upon a time, 17th-century Indian ruler, Chhatrapati Shivaji Maharaj of the Maratha empire, had lost his way, going from one fort to another. One night, as it was dark, he was frantically searching for a place to stay and saw a dim light emanating from a small house at a distance. As he reached there, he was greeted by an old woman, living there, who thought that he was a soldier from the army of Shivaji. Seeing that he was tired, the old woman offered him water to wash his hands, lay the mat for him, and bought him a plateful of hot rice and curry to eat. Shivaji was famished, so without any thought, he dug his hands into the hot rice, to eat. He burned his fingers as the food was very hot and in a reflex action pulled the hand back, spilling food on the floor. The old woman saw what happened and said, “Oh! Son, you seem to be as impatient and hasty as your master Shivaji and that’s why you burnt your fingers.” Shivaji, almost bewildered asked the woman “Why do you say that my master is impatient and hasty?” To this, the old woman innocently explained, “Look son, your master Shivaji is ignoring the smaller forts of his enemy and focusing all his energies on conquering bigger forts. Just as your impatience and haste has caused you to burn your fingers, so has Shivaji’s haste on conquering bigger forts first, which has caused him a lot of despair and loss of life of men from his brave army. You should have thought through and first eaten the cooler portion of food at the edge of the plate, and then the food at the center of the plate. Similarly, Shivaji should start taking smaller forts first in order to gain a stronger foothold on the enemy. That will help him in taking down bigger forts, without burning his fingers i.e. any further loss of life. Shivaji instantly realized the wisdom underlying the words of the old woman.

**WHAT'S  
THE  
TAKEAWAY ?**

Getting in shape requires patience

Following a regime or a diet will always test your patience.

Don't lose your patience.

## THEY UNDERSTAND THAT THERE WILL BE GOOD DAYS AND BAD DAYS

“ You have to fight through some bad days to earn the best days of your life. ”

Still depressed from the loss of her mother, in her fond remembrance, Nancy Adams travels to a secluded beach in Mexico for the much-needed solace. It's the same beach where her mother used to bring Nancy as a kid. Known as 'The Paradise' with turquoise water lapping against white sands, the beach is in view of an island shaped like a pregnant woman. After thanking Miguel for driving her through the forests on the island to this paradise, she decides to go for a surf right away. It's perfect and beautiful morning, she takes off her shoes, takes out the surfboard, fixes the fins on the surfboard, waxes the board, puts on her wetsuit, and runs towards the turquoise waters. Dives into the waters like a dolphin swim and enjoy her first surf at the beach. Post that she calls up her Dad with whom she has an emotional and strained conversation. Post call stress, she decides to go again for the last surf for the day before sunset. Boy, didn't she realize that this supposedly good day would turn into her worst nightmare as she is thrown off-board by a great white shark forcing her to eventually swim to a large piece of rock? Left injured by the bite of the shark, the frightened young woman is stranded 200 yards from the shore as the deadly predator circles her in its feeding ground.

### WHAT'S THE TAKEAWAY ?

On goods days your efficiency will be great - you will exert more, run further, do more, fight harder, and lift more. On the bad days, you will feel down n out. Take them in your stride like any other day! There will be good days and bad days or like Nancy, your good days might turn into bad ones.

Your journey is the sum of all these good days and bad days.

## THEY DON'T THINK THAT THEY KNOW IT ALL!

“ The advice I would like to give to someone is not to take anyone’s advice ”

One day in 1995 a large middle-aged man simply walked into two banks in Pittsburgh, in broad daylight. He didn't wear a mask nor was he in any disguise. All he did after robbing the bank, was to look at the camera and give a big smile. In a matter of hours, he was caught by the police after they pulled up the CCTV footage. During interrogation, they asked him as to why did he rob the bank,. He flatly denied that he did. but when he was shown the footage of the robbery, McArthur Wheeler was shocked and said “But I wore the juice!” The policeman was in splits.

Mr. Wheeler thought he knew about the familiar “invisible ink” property of lemon juice. He thought he knew enough and decided to smear his face with lemon juice so that the cameras don't identify him. Ironically, he tested his hypotheses by taking a selfie from his camera, and the camera film showed blank. Now whether the camera film was faulty or he was blind, is a different story, but because his face didn't show up on the photo, he was convinced that his test was successful.

Even Jim Carry wore a mask in the movie *The Mask* to rob a bank!

### WHAT'S THE TAKEAWAY ?

There are a lot of people who can give you advice as they think they know it all. There are also people who don't know shit but they think they know everything. Be very choosy in taking advice from anybody when it comes to your health. Study yourself!

## THEY DON'T FEAR FAILING

“ In life if you don't risk anything, ”  
you risk everything

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He broke the British record for 400 meters in 1985. He was a member of the team that won the 4x400 meters relay gold Championships in 1986. In the subsequent year, he was on the team that won silver at the World Championships. In the 1991 World Championships, he was a member of the British team that shocked everyone by beating the favorites, American counterparts to win the gold medal. Derek Redmond's career, however, was continuously interrupted by several injuries.

In Seoul in 1988, he could not start the race because of an Achilles injury and had a “Did Not Start” added against his name. Despite that, he was still touted to win gold in the next 1992 Summer Olympics.

Derek didn't want a “Did Not Finish” to be added against his name in the 1992 Olympics. In the first round, Redmond ran his fastest 400m and that gave him some hope. In the semi-finals, he wanted to push a bit harder so that he could get a decent lane in the finals. Derek had a very good start to the race but after 15 seconds tragedy struck, as he tore his hamstring. But Jim Redmond, his father, his true supporter, and the man he was closest to brushed aside all the reporters and helped his son, Derek, as he hopped towards the finish line, with arms around his father. Derek finished the race – but last.

He might have come last but what the world witnessed that moment, was the strength of a man unwilling to succumb to injuries. Derek Redmond's 1992 moment is considered to be one of the most emotional and iconic moments in Olympic history.

TRAIT  
**4**

## **THEY DON'T FEAR FAILING & ARE READY TO TAKE RISKS**

“ In life if you don't risk anything, ”  
you risk everything

Derek for his strength and unwillingness to give up received a standing ovation from a crowd of 65000 people,

Despite feeling devastated by this loss, Derek's career didn't end in 1992. His surgeon told him never to run again or represent his country. This didn't deter him. He diverted his attention to other forms of the sport he enjoyed and went on to play professional basketball for Birmingham Bullets. He won the Celebrity Gladiators show, has done commentary, and hosted a basketball show on TV. He even raced a motorcycle in the Hottrax Motorsport Racing Club with his team in conjunction with Maria Costello (she is a British motorcycle racer who has held the Guinness World Record for being the fastest woman to lap the Isle of TT Man TT course). He now shares his story to inspire people through motivational speaking. A professional champion at athletics was willing to take risks in other alternative careers as what rang constantly in his ears was what his father said as he picked him and helped him finish the race, on that day, “Son, you are a champion and you've got nothing to prove.”

### **WHAT'S THE TAKEAWAY ?**

Derek's story is not only about true grit, emotion, pity, sympathy, and shock but that despite four years of sheer hard work anything can happen and not succumbing to injuries but also about not giving up in the face of adversity and be willing to take risks.

TRAIT  
**5**

## THEY CONTINUOUSLY CHALLENGE THEIR LIMITS

“ You only know yourself when  
you go beyond your limits ”

He came from an ordinary family. He wanted to study medicine but he knew his parents couldn't afford that kind of education. At a young age, he developed an interest in running and began to train. His hard work paid and he won a track scholarship at Oxford University. Olympics inspired him and while at Oxford the press took notice. He declined to compete in the 1948 Olympics but trained to compete in the 1952 edition. Everyone had high hopes for him. The whole of Britain was expecting him to win. But due to the last-minute hiccup in his resting schedule, he came fourth. He was depressed and almost was on the verge of quitting running. But he decided to move forward and push himself harder. Up until the 1940s, the record for running a mile was 4:01 (4 minutes and 1 sec) and hadn't budged ever since. He made the impossible his primary goal. Doctors and scientists were unanimous on the fact that it was a humanly impossible feat. Not just hard or physiologically dangerous (some even said that the heart would pop out!), but impossible. No one had ever done it and no one could ever do it. Experts believed that the record could only be broken on a day with no wind, at 20 degrees Celsius, on a hard dry clay track, probably in Scandinavia - ideal conditions. May 6th, 1954 was a cold day, the track was wet as it had rained and winds were clocking fifteen miles an hour. He decided to run anyways despite all odds. On that very day, Roger Bannister shut all experts up by clocking 3:59.4 (3 minutes 59.4 sec), running a mile in under four minutes, and setting a new world record. He made the seemingly impossible task possible by pushing himself beyond limits or the limits that others put on him.

**WHAT'S  
THE  
TAKEAWAY ?**

A good trainer will tell you to do this - to push yourself intentionally and continuously - which is vital to make any form of progress.

# SO, THERE YOU GO!

5 essential traits you learn from 5 short stories. You've read this far, so congratulations! Pat yourself on your back. At this point, I have given you the 5 essential traits that you need to inculcate or imbibe during your fitness journey.

So, be sure to get it right. Get started. Eat Right. Screw 'your weight'. Have the right mindset. Focus right.

I've also created some cool premium products for you to get started. Make sure to check them out on my site.

Good luck!

*Mayur Mathur*

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**The Fitness Blueprint**

REVEALING  
TID BITS

REVEALED

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