

Panelist at BodyLife Expo Oct 2015

Sunil Kudva was invited to be on a Panel Discussion at the **2015 BodyLife Fitness Expo** held at Goregaon on 1st October.

The expo was opened by **Mr. Madhukar Talwalkar**, who at the age of 82 gave an energetic and inspiring speech to India's youth today. He spoke about values, his personal beliefs and his views of the emerging fitness trends in India. He was funny and direct in his opinions and delivered an enjoyable opening speech.

The panel discussion that followed was on **“Transform your Gym’s Growth and Earning Potential”**.

Sunil was one of the 3 panelists invited. The other two represented the person who runs a humongous health club over 50000 sqft in Germany and one of Mumbai's leading fitness training academy.



The panelists were asked questions on their success mantras, tips on hiring the right team, Dos and Don'ts in this industry and a personal tip on what has worked best for them in their careers.

To the last question, Sunil cheekily laid out his trade secret - "Marry well (partner well)- as no one else will understand you. Erratic work hours, no social life and a passion for training other people can only be accepted by an understanding partner."

We wish the Body Life team will post a transcript of the panel discussion, as it really was very interesting and would make a valuable web resource or podcast.