

## I'm not as fit as I want to be: Mandira Bedi

She is 37 and flaunts quite a toned body but actress-cum-anchor Mandira Bedi still rues that she isn't as fit as she wants to be.

'I am not as fit as I want to be. But during 'Khatron Ka Khiladi', I was,' Mandira told IANS.

Now, the actress is back to a strict regime to keep herself in good shape.

'I try and make time for exercise out of whatever opportunity I get. I believe that in the day when we have 16-18 waking hours, taking out half an hour for exercise is not tough. So even if I have a shortage of time, I try and take out at least half an hour for exercise in a day.

'And I ensure that I work out five to six days a week,' she added.

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