

I have been acting for many years in London in prime time medical dramas that included the British versions of *Grey's Anatomy* and *ER*.

In addition, having a strong background in Bollywood dancing, I also choreographed blockbusters and performed in many venues like Wembley Arena and

Brixton Academy in London.

A chance to attend Stella Adler, Los Angeles, on a one-year scholarship landed me in the United States in 2008. I was set to return to Eng-

land in 2009, but destiny had other plans for me.

I signed a major pilot for Fox network called *The After Lypis* in which I play a lead role as a comical Pakistani man who attempts to get everything right, but manages to get everything wrong. I was selected from over 300 candidates.

The role required me to lose weight. I have never been a gym person and the thought of training at a gym was enough to keep me away! As an alternative, I used my dance background to create a fun workout called Bollywood Aerobics that combined the latest moves from Bollywood and a non-stop cardio workout.

The workouts proved to be a huge success and sparked interest in a number of celebrity clientele including **Kirstie Alley** and **Zoey Deschanel**.

Today, the classes are taught all over Los Angeles and it also led to the fitness DVD, *Bollywood Aerobics*, that has sold thousands of copies in California alone and is set for a national distribution.

I myself ended up losing 30 pounds from the workouts.

Commercially, I became the face of Intel and the American fast food chain Jack In The Box.

On the acting front, I did *Hotel Hollywood*, based on the true story of a group of people who went missing during a wedding rehearsal. The film has been dubbed into five regional languages in India and is set for an international release in English and Hindi in the UK, US, Canada and India.

Foreign, the first of many scripts written and directed by me, is about a girl who is looking forward to her newly married life in the US, but all is not well. The idea is to showcase that we tend to disregard or not acknowledge.

The film has been entered at the Toronto and Vancouver film festivals, as well as Sundance, Berlin, Cannes and Venice film festivals where it is expected to gather more momentum.

I'm on my way.

• More at www.rahulnath.com.

HOW I LOST WEIGHT AND GAINED A CAREER

