

# NJF NIPUN JAIN FITNESS

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Feb 05, 2015



## I Lost Interest In Bodybuilding



I will admit that at one point of time i had lost interest in bodybuilding. Getting big and muscular made no sense to me. Working out with heavy weights and getting the strength you won't be using anywhere else. Big muscles which increase cost of food to maintain it. And what not.

You can be healthy and not a bodybuilder, and bodybuilders are not always healthy. A lot of them have bad skin which reflects their liver health directly.

But then I realized everything is vanity really in this world. Be it anything, you name it:

Money: you are only gonna wear a pair of suit at a time, only one watch and so on no matter how many you have.

Family: its just a symbiotic association which you can have with anyone without blood relation. Our parents had 4-5 siblings. We have one or max 2. We are gonna have to seek family outside blood lines in the coming times.

Friends: same as above

Lover: everyone falls for something you have. Be it money, fame, social status, time you give to them, looks, style, etc  
At any point of time when you cease to have that they leave you for someone else who possess them.  
Everyone is selfish really.

So at the end of the day its only your shadow that's got your back and it will leave you when its dark everywhere. Everything is vanity. You didn't bring anything into this world. You are not going to take away anything.

Just do whatever the f you want and YOLO it.

If you want to ruin your health with drugs fucking do it, coz death is the worse thing that can happen to you. However i don't want to leave behind a widow and orphan kids and thats the reason i don't go bananas at drugs, but yes, do whatever the f that makes you happy.

Hence I am back at bodybuilding and I will continue to do it till my last breath.

I had lost the charm of money which originally brought me to work so early. i have been working for past 7 years at something or the other. But i got contended and all the progress stopped.

Don't feel sorry for people who don;'t have it. If you have it fucking enjoy your life. Give away some part of it but don't be a sorry bastard for people who don;'t have it. Distance yourself from negativity.

If kids in africa don't have water to drink doesn't mean you shouldn't have a shower twice a day if you like it. Coz you can't send them buckets of water.

Rant complete.



Posted by Nipun Jain on Feb 05, 2015 at 05:47 PM | [Permalink](#)



## Comments



Vipul said...  
best fucking rant ever, lol..  
I think we resonate in the 'way' we think, albeit different in 'what' we think..

Good Rant

-Vipul

Apr 20, 2016 at 09:00 AM



deepakvb.biswas@gmail.com said...  
Nipun Jain rocks.....

May 03, 2016 at 10:15 AM



DC said...  
Mr Jain,

One can not send buckets of water to Africa, but you must see the ECOLOGICAL SYSTEM, there is real scarcity of the Fresh Water on the Planet.

It is not about you or me like, It is about sustainability of life at planet earth. It is about Survival first then likes/dislikes can be talked upon.

Jaan hai to Jahaan hai....

Aug 03, 2016 at 01:04 AM

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