

# Arjun Rampal Quotes

*Believe, People, Important, Years, Needs, Men, Film, Looks, Memories, Mind,  
Trying, Heart, Actors, Work Out, Running, Training, Blessed, Elements,  
Thinking, Cities*

Your attitude is more important than stylish clothes. This comes from believing in yourself. This attitude can define your life.

~Arjun Rampal

I find 12 P.M. as the best time to work out. During training, I do two body parts a day: chest-back, back-triceps or chest-biceps so that my body doesn't get used to a pattern.

~Arjun Rampal

I am not metrosexual. I am not macho. I am normal. I don't even wear nail paint.

~Arjun Rampal

It's very difficult to follow our dreams, but it's even more difficult to forget them.

~Arjun Rampal

The most important thing is to figure out Your goal in life. If Your intentions and methods are correct, there is no way You will not achieve it.

~Arjun Rampal

I am blessed with a good metabolism, and as long as I work out, carbs don't add to my weight. If I need a leaner, meaner look for a film, I go off carbs for a bit.

~Arjun Rampal

I haven't acquired a taste for green tea, and I don't intend to. I like my coffee black with a little sugar, and it keeps my metabolism up! I don't mind the occasional Gatorade while I'm gymming.

~Arjun Rampal

I have not taken my good looks seriously from the beginning. When I would be teased by my friends about my looks, I would just make a

self-deprecating remark and let it pass.

~Arjun Rampal

Age doesn't mean anything. Its all in your head. Men get sexier with age. They also get wiser and get experienced.

~Arjun Rampal

I've been lucky to get some path-breaking films, which proved to be the turning point in my career. Be it 'Rock on!' 'The Last Lear' or 'Raajneeti,' directors started working in a different way.

~Arjun Rampal

Born in Jabalpur, I was brought up in Deolali, where my father ran a small business of making fire extinguishers.

~Arjun Rampal

Kolkata is special. I have been privileged to spend time in the city and make some great friends there. I like to go there whenever I can.

~Arjun Rampal

I believe that fitness needs to come from within you. You need to respect your body. Only then will you have the zeal to maintain it. For me, keeping fit is a part of my lifestyle.

~Arjun Rampal

I think I'm close to lot of people in Bollywood, but I believe in evil eye, and I feel when I talk about friendships and relationships in public something somewhere goes wrong with it.

~Arjun Rampal

Almost 70 per cent of your fitness battle is won the day you realise what your body needs and when. I've made my own diets, and I decide for myself what works for me.

~Arjun Rampal

Being fit helps me improve my concentration, my will power and even my determination.

~Arjun Rampal

As an actor, it's my job to prepare myself for a role. If the character is realistic, one can't go wrong.

~Arjun Rampal

The demarcation between an art house film and an entertainer has blurred, only because a larger section of the audience has accepted such realistic films.

~Arjun Rampal

I used to be an athlete and even ran the 400 metre stretch for Tamil Nadu. I have always been active.

~Arjun Rampal

For me, what is most important is the element of surprise. If I can surprise you with every film of mine, that is exactly what I am trying to do.

~Arjun Rampal

Everybody can be desirable if they take care of themselves.

~Arjun Rampal

Who doesn't know about Bollywood? After all, we churn out movies in such great quantities every year! People across the globe know Shekhar Kapur.

~Arjun Rampal

India needs a change - it cannot be ruled by 80-year-olds and by people who have done nothing for it.

~Arjun Rampal

The period from 2001 to 2005 was really tough. My films were not working even though there was an acceptance of a model. I was depressed but did not cry. I cry when I am happy.

~Arjun Rampal

I do want my films to have the required entertainment quotient, but I'd prefer doing films where you don't have to leave your brains behind.

~Arjun Rampal

I know what it is to put on weight. But when I got back to my routine, my body knew how to react. That's muscle memory, and you'll be amazed at what it can do.

~Arjun Rampal

I am affirming that the casting couch for men exists in the modeling world

~Arjun Rampal

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