

## Work it right



PICS: REUTERS, GETTY IMAGES

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**Gillian Tans**, chief executive officer at Booking.com, is often named amongst the most influential women in the tech industry and is credited for taking her company to new heights during her tenure.



Gillian Tans

But, apart from some solid business mantras, Tans also says that regularly working out has contributed to her success. She tells **ET Panache**, “Wherever I am I always try to make time to work out. My job—and my life in general—is like running a marathon, so I have to be fit for it.”

She says that working out daily is part of her regular routine and that she tries to make time for it because it helps her physically and mentally. Tans explains, “Working out is something that I just couldn’t live without. It makes me feel stronger, healthier, and more confident.”•