

**ARJUN ATWAL**

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**Q. Welcome back, your first back in about three months. Just kind of bring us up to speed on how you're feeling and how the game feels.**

**ARJUN ATWAL:** I don't know yet. You know, it's obviously a lot of rest, but personally we're going through -- we are going through some stuff with my family. My dad's been fighting two types of cancer, so he was like, he's getting his treatment back in India now. He was with us for the last four months, five months in Orlando. He's doing better. So I didn't really touch my clubs for a couple of months, maybe three months after Bermuda, and just started practicing. So back to your question, I don't know right now.

**Q. And you look great. You started kind of a new diet regimen I guess late last year. Obviously it's successful. How has that been going and what have you been doing?**

**ARJUN ATWAL:** I quit alcohol completely.

**Q. You did?**

**ARJUN ATWAL:** Yeah. It's so good. I realized I'm going to be 48 next month and I was getting to the point where my nerves weren't quite as good around the greens. And I had seen some of my friends at maybe my age or slightly older struggle with the same thing, so I figured try. As a result, I lost weight and I started working out and just started to feel better.

**Q. That's great. Exercise?**

**ARJUN ATWAL:** Yeah, I've got this trainer, he's like a physical therapist and a trainer. With all my aches and pains he gets me sorted, get going for the day. It's not a lot of lifts, a lot of weight training, it's a lot more with flexibility and strength with bands.

**Q. Just a few comments about this, the course here, just your thoughts on I guess it was kind of a [wind.]**

**ARJUN ATWAL:** Yeah, yeah.

**Q. Just thoughts on the course here?**

**ARJUN ATWAL:** I love it. I like the challenge here because it's always windy. Obviously played in this event for a bunch of years and I know the golf course. It's just that I've never putted well here, but I've got a local this week and he's a member here, so I'm hoping. We'll see. I love the golf course.

**Q. How significant are these opposite events? Obviously you see guys like Tony, a handful of other guys, even runner-ups like Jordan and Bryson in the past, really good steppingstones to get to that next level. If you can just comment on the importance of the Puerto Rico Open.**

**ARJUN ATWAL:** I look at it as just as important as any other tournament on the PGA TOUR. Okay, yeah, the prize money might not be the same, but you still get a two-year exemption and I believe now you get in the Masters as well; is that true?

**Q. Yes.**

**ARJUN ATWAL:** So all the perks are the same. You know, even when I was in World Golf Championships playing back in the day, I considered all these tournaments the same, and I still do. I don't think -- you could ask anybody here or anybody at the World Golf Championships, they all consider every tournament they play in just as important.

**Q. How encouraging is it to see guys like Stewart Cink and Brian Gay in their late 40s winning out here? Obviously it's just a game of longevity.**

**ARJUN ATWAL:** B.G. is a member at my course, at Isleworth in Orlando, and I see him practically every day, and he's older and he's my inspiration right now because just for him to win Bermuda was so cool to watch. He's such a good guy. And same for Stewart, he's such a nice guy. And they're all my age so it gives me kind of some encouragement, so hopefully I can get my butt in gear and get going.

**Q. What is PGA TOUR Champions looking like for you? I know you've still got two years. Is that something you have your eye on?**

**ARJUN ATWAL:** Yes. My wife more so than me. I was thinking of retiring, but she's like, no, you're going to get into shape, there's nothing else you're good at so you might as well give that a shot. I'm looking forward to it. As long as the back holds up, it will be good, I'll be good in two years.

**Q. And then last question, your niece, she just won recently. Comment on how proud you are of that.**

**ARJUN ATWAL:** I am. I've known those kids since they were babies. Her sister and her, they're both pro golfers, they play back in India on the ladies tour. She just finished Rollins, so she did basically what I did. I didn't finish Rollins, she graduated I think and she went back. She's really good, not because she's my niece, I've heard from other people she's really good, so I'm looking forward to watching her.