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stay healthy and toned unless you do weights. I loved how she explained cardio and Yoga and debunked myths around that. She explained how carbs, proteins and fats get metabolized in our body.

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and uncomplicate the art of
working out and...

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It's the exact same place
'diet' was five years ago
when Rujuta wrote her first
book Don't Lose Your Mind,
Lose Your Weight. The basic
problem is the complete lack
of understanding about
exercise, how it works and

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how to make it work for you.

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day.” – Rujuta Diwekar,
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of Gastroenterology , Rujuta Diwekar is an award winning trainer. Her book "Don't Lose Out, Work Out!" is one of the best-selling books in India. In this book, she has shared her years of knowledge and experience on

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Rujuta Diwekar, in her book
Don't Lose Out, Work Out
dismisses common myths and

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fads about working out. She further goes into the nuances of exercising and how it is different for every individual. Focus has been length to strength training, cardio, Yoga and pre and post meals workout.

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About Rujuta Diwekar

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ago when Rujuta wrote her first book, Don't Lose Your Mind, Lose Your Weight. The basic problem is the complete lack of understanding about exercise, how it works and how to make it work for you.

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...

Dont Lose Out, Work Out! by Rujuta Diwekar With more and more people realizing the need to exercise, gyms are

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cropping up at every nook and corner, roads are occupied by recreational runners and yoga schools have an enviable waiting list, but along with this has grown the number of injuries and disillusionment

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at not getting results.

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This leads to fads. It's the
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Another good book by Rujuta after her first book 'Don't lose your mind lose your weight'. The author has explained in detail on how

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understanding the various energy systems can help us distinguish between which energy system to employ to gain the changes in our body we desire.

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