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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 understanding the various energy systems can help us distinguish between which energy system to employ to gain the changes in our body we desire. Don't Lose Out, Work Out! | Diwekar, Rujuta | download

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Honoured by 'Nutrition award' from Asian Institute 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 diet, weight-loss and healthy living.

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Don't Lose Out, Work Out! by Rujuta Diwekar With more and more people realizing the need to exercise, gyms are 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 at not getting results.

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Rujuta gives some straight forward gyan about why it is impossible to lose weight (if that is your goal) or 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.

Don't Lose Out, Work Out! Audiobook | Rujuta Diwekar ...

With two bestsellers already to her credit where she taught us about eating right, she's out with another one – ‘Don't Lose Out, Work Out!’ to educate and un-complicate the art of working out and...

Don't Lose Out, Work Out! by Rujuta Diwekar - Bookchor

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

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