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| Don't lose out

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Why you should do strength training atleast once a week ~~Lose Your Weight Don't Lose Your Body~~

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DON ' T LOSE OUT, WORK OUT  
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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 by Rujuta  
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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

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India. In this book, she has shared  
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Some of Diwekar's clients include  
Anupam Kher, Kareena Kapoor,

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Anil Ambani and Karisma Kapoor. Diwekar's famous works include Don't Lose Your Mind, Lose Your Weight, Women & the Weight Loss Tamasha and Khaiye Aur Vajan Ghataiye. --This text refers to the paperback edition.

DON ' T LOSE OUT, WORK OUT  
eBook: DIWEKAR, RUJUTA:  
Amazon.in ...

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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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

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grown the number of injuries and disillusionment at not getting results.

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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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This leads to fads. 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 how to make it work for you.

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