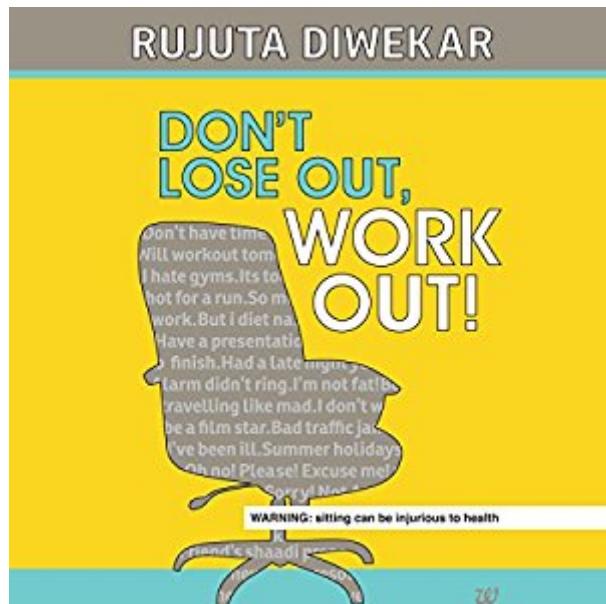


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# Dont Lose Out, Work Out!



## Synopsis

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'. 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. Through this book Rujuta tackles pretty much every myth and fad to do with exercise, demystifies exercise for everyone and presents it as not a brainless activity but a science which has the potential to combat all lifestyle disorders, including diabetes and obesity, way better than any drug. Strength training, cardio and yoga get a detailed chapter each along with their pre- and postworkout meals, an often neglected but crucial aspect. So whether you are a beginner or want to take your workouts to the next level, the sample training schedules and real-life workout examples with analysis and modifications will bridge the gap between knowing and doing and ensure that you are in a position to start and/or progress with a sensible, doable and wholesome exercise plan.

## Book Information

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## Customer Reviews

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. I thought understanding terms like epoc/afterburn is useful towards understanding the type of exercise one should do to have a fit body for life and does not need to stop after just losing a few pounds. The

author emphasizes on fitness being a long term activity and not just end with getting a flat stomach which one anyway cannot sustain without treating exercise as a part of life. I recommend every one desirous of getting a good, fit body to read this book. Having said the above, and being a marathoner myself, I have to say I disagree on the author's criticism of the new breed of aspiring Indian runners running a marathon in what she thinks to be a longish 5 hours. Running a marathon by working professionals like us itself is a big win for us. We do not aspire to run a marathon in 2.5 hours like elite runners as we do not go through the kind of training they do. However the book on the whole is engaging and a very good read. Go ahead and read it!

Mind blowing rather Mind OPENING. Recommend it to every single person who believes in blowing the myths of our adulterated life. Kudos to Rujuta for sharing her wisdom to the world. Don't just read her books but also ask people around you to read them and spread this valuable wisdom around you because this is the need of the hour. Reading through her books you will realise what kind of a fool you have been all your life and believed in everything you just heard from any tom dick and harry. I wish you write more and more books because I am sure we are not gonna have such efficient and realistic Nutritionist in lots ever! So you might just do this world a favour and keep your wisdom alive forever in the most precious form of Books.

This is a good technical book on exercise science. I prefer to read a language not as we speak informally but the contents are good. Very informative, so I use it as a reference book. I would not recommend reading this book in one go to get the best of this book. I have tried to implemented some of the recommendations, it definitely showed improvement on my performance, specially endurance. I am taking it a step ahead by starting Yoga the Iyengar style.

Useful for workout programs for people of all ages. In terms of food suggestions, it's very limited to vegetarians and people staying in India. Anybody living abroad/eating Nonveg/ with no support staff or family to cook for them, will have to improvise a lot. Same for yoga suggestions.

After reading this book we can understand basic of workouts.. As per my view, everyone should be read this books before start workouts.. Thanks Rujuta

I have read her earlier book titled- "Don't lose your mind, lose your weight" and the concepts taught have stayed in the mind till now. With this book she has gone leaps ahead with the same trademark

training style which ended up simplifying the complex science behind body and still sounding interesting.

I have read all of Rujuta's books so far and thoroughly enjoyed this one as well. I love the way she inserts common hindi phrases and words which gives it a fun element , though I am not sure this would appeal to a non-Indian. The book covers all the different modes of working out in detail alongwith scientific facts which sometimes got a bit too technical.Overall informative and would definitely recommend it to anybody who loves working out.

Empowering read for any one who wants to know the basics of what happens when you exercise & how to go about it. After this read if you still find a way not to exercise you deserve to lose out.

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