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India's best-loved fitness professional, Rujuta Diwekar, is the winner of the Best Trainer in India award and the Nutrition Award from the Asian Institute of Gastroenterology. Her educational background in sports, science and nutrition, her understanding and practice of yoga and her more than 15 years of experience working with people from all walks of life has come together in this book. In the plethora of diet fads and fears, Rujuta's voice rings loud and clear, urging us to use our common sense and un-complicate the act of eating. With over a decade of experience working with people from all walks of life, including Kareena Kapoor, Anil Ambani, Preity Zinta, Karishma Kapoor, Saif Ali Khan and Konkona Sen Sharma, she has fine-tuned her methods to the real issues facing urban Indians.

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