



You need to burn about 3,500 calories to lose one pound of fat. The more muscle mass you have, the more calories you burn at rest. Muscle tissue eats fat at all hours of the day. You burn more calories during the 23 hours you don't exercise than the one hour you do.

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Native Bazaar is on till January 28, from IV am to 8 pm at The Monalisa Kalagram, South Main, Pingale Farms, Koregaon Park. Facebook: www.facebook.com/sampoorncrafts; Contact: 9480337734.

A paan to help digestion

here's good news for paan lovers in the city. You don't need to go searching for a paan stall anymore. Frozen, herbal, Meetha Paan is now available in leading supermarkets, ice cream parlours and sweet shops around the city. It will not only tantalise your taste buds, but will also help in digestion.

After the success of Corn Club, a city-based sweet corn processing company, Monsoon Agro Bio Pvt. Ltd, recently ventured into Frozen Paan, with their brand Rasarang Meetha Paan.

The makers claim that being made from Ayurvedic ingredients, it has no artificial flavours and colours and is



Minister of Parliament Raju Shetti inaugurates the store

free from supari too. It is vacuum packed product and is available in packets of six or two pieces. A must at parties and events, it can be stored in the freezer of your refrigerator. An exclusive store of Frozen Paan recently opened on Salunkhe Vihar Road, Wanawadi. Rasarang Meetha Paan has set a precedent in the marketing of farm products.