

Jacqueline Fernandez I cannot work out for more than an hour

•Written by amit bachchan•

••Tuesday•, 08 •April• 2014 02:53• -



One would have thought that Jacqueline Fernandez, known for having one of the best bodies in Bollywood, might be spending hours working out in her gym. However, surprisingly, the 'Race 2' actress says that she does not work out for more than an hour in a day!

Jacqueline says, "Usually by 7 am, I am up and I do yoga by 8 am. I can't work out for more than an hour but I really enjoy that one hour as it's time to myself. I alternate between weight training at the gym, yoga and some fun cardio occasionally. "

The actress further added that when it comes to her diet, she relies on a macrobiotic diet which is the balance of grains, proteins and loads of veggies.