

Over the last ten months I have finally been able to put my body in shape. Now it is time to share my secrets. In this essay I am going to focus on two areas crucial for building a perfect body and being healthy – exercising and diet.

My exercise routine consists of three main components: cardio, stretching, and weights. All the above-mentioned elements are equally important. The main purpose of cardio is to warm up the body and to burn calories. Cardio is also an essential part of keeping your body toned. I believe that running is the best and the fastest way of achieving results. I would go running every morning for at least 45 minutes. However, I recognize that not everyone likes running. Therefore, I suggest several other options - such as dancing, biking, boxing or swimming - that can make your cardio more enjoyable. Whatever option you choose as long as your heart rate goes up the unwanted calories get burned and the unwanted pounds melt away.

After cardio it is important to stretch the muscles for at least 30 minutes. The more flexible your muscles become, the better your performance will be during the next work out session.

Finally, weight lifting helps to build up beautiful muscles. Normally, I would use light weights – 1,5 kilos – for the arms and heavier weights – 2,5 kilos – for the legs. It is also important to combine weight lifting with lounges. Three series of 15 lounges and three series of 20 weight lifts would make your legs look perfect within just a few weeks.

The other vital part of being fit is a healthy and balanced diet. First, it is important to hydrate your body and to drink at least 2 liters of water every day. Apart from hydrating the body and providing it with many essential microelements, water helps to decrease appetite and to prevent you from overeating.

Second, a balanced diet includes a lot of green vegetables and protein, notably fish, chicken, beef and egg whites. Protein is a tremendous source of nutrients that help

to maintain the body in good shape and provide us with energy necessary for exercising.

A lot of nutritionists state that one should stay away from carbs in order to get in shape. However, I believe that carbs can actually help to loose weight and to control appetite. While consuming carbs people feel more satisfied and do not need to break the diet. Therefore, I believe that as long as you exercise and burn more calories than you consume, you can still loose weight even if you eat ice cream and chocolate every day. This simple rule helped me to loose another five pounds without starving myself and stressing my body.

They say, "It takes more than just a good looking body. You've got to have the heart and soul to go with it". I cannot promise that my secrets will help you to improve your heart and soul. However, if you are dedicated and follow my recommendations, I can guarantee you will have the best body you can possibly get.