About me

My name is Dragne Iulian Mihai, I am born in Bucharest, Romania. That is in Eastern Europe☺

I am not a specialist in nutrition. PHD or doctor. I am just a normal person, with a degree in finance of all things. .

After I lost weight and turned my life around I started to practice energetic healing techniques, yoga and tantra.

This is not a professional diet, and I do not promise wonders. It is however my personal experience with weight loss, and maybe you can find here simple things that you can use in your life and with Divine blessings to help you in your journey of life.

Everything I write here is based on my own personal experience and understandings.

I often tried many diets, but most of the time could not relate to their teachings either too complex either too detached from mainstream reasoning. And many times could not relate to those perfect athletes and bodies ☺

In my childhood I was a very skinny boy and adding weight was my real issue. I have practiced soccer, swimming and martial arts. After I turned 20 sports took a back seat and sign in for the so called normal life … In time I stopped practiced even occasionally with my friends and lived a normal life .. job, family, parties with friends, with a lot of booze and food. At some point I have lost control and did not care about me, focused on all the other exterior aspects of my life.

Low self esteem and some other events in my childhood helped as I had toxic parents, so I used compulsive eating, smoking and drinking to cover the pain and traumas.

At 35 years old I found myself fat a bit over 100 kg (220 lbs), at 170 cm (5.58 feets)I barely moved and I developed an autoimmune disease called Ankylosing spondylitis, I was taking 12 pills daily ... I was finished.

To my luck after seeing and working with 10 doctors in a period of 6 years I met a man, an exceptional therapist who helped me to change my life. Costel and his team restored my confidence in myself and talked to me about joy and water, 2 essential things. In a short time I managed to be able to move as much as possible and that's when I made the decision to change my life forever.

I didn't want to stay there at that inert point anymore.

STEP 1 - MOTIVATION AND DECISION

How do you get on the road to yourself?

How and why to go on the road to yourself

If you are reading this most probably you are at a critical point in your life. If you are fat, you barely move, you don't really care what you look like. Maybe you work hard, you come home and you only see the bed. As I was sick, I didn't do sports at all and I wasn't interested in anything... except beer ☺ After dozens of diets and failures, I didn't had the strength to try anything.

Don't lose weight just because someone else wants it or because it's so in fashion. It does not work. But if you really want a change, if it hurts the person that what you are today, do it.

I do not like to do things radically; I cannot stand from such nonsense, that from now on you are not allowed eat something for all your life. You just have to change things so that excesses and unhealthy things are exceptions or rarities. It must be something healthy, logical and in harmony with your body.

But what must be RADICAL is your decision, the permanent dream that you have an inner force that wants to be discovered. If you read these lines, you have probably been chosen for this trial, it is time to rediscover the joy of life, and Strength! You have to find that thing you're willing to fight for.

Because YOU CAN. Anyone can. In this life so full of dissatisfaction and failure you can be successful with yourself. It is important to do it for yourself, because you deserve it. You have a light inside, let it out.

I have had many diets throughout my life and many ways to approach nutrition from the very scientific to the improvised. After many years of performance sports I gave up and over time I started to gain weight, eating anything and everything, most of the time on an emotional background, stress ... until I could not get out of that scheme.

Never stop dreaming!

The moment I received from God through my therapists the gift of moving freely, the first thing I did since I set foot in the room was **to dream**. After a few days of studying on YouTube I decided that my goal is to get to do muscle-up (pull-ups followed by lifting above the bar), floating with horizontal legs in the air and the most beautiful 6-pack :). I didn't know how long it would take and how I would get there, or if I will get there, but I was willing to fight for myself.

IS the journey that counts more than the destination

So the first thing is to set a goal. My advice is to set a High Target, which will give you an Inspiring, Ascending Ideal. The dream is the strongest tool of man. And even if you don't succeed at the highest level, at least you will proud that you tried. But YOU WILL SUCCEED!

Don't push yourself with the deadline. THERE IS NO SUCH THING!

It's been 6 months for me, maybe 3 or 12 for you.

It is important to start the journey and do something for it every day.

Remember your dream every day. And a very wise man once said :

Does not matter how much you do, but do it daily !

YOUR DECISION

Why I'm talking about this. No matter what environment you live in, there will always be people who will interfere and will willfully put you down. So we are not talking about losing weight but about changing your life. **Because you are on a road that has no end.**

Make a decision you believe in. We do NOT lose weight for wife, mistress, friends ... Because it will not hold you. Do it for yourself, either you think it's healthier to have a normal weight or you want to become an athlete or whatever.

Then, if it is YOUR DECISION, in which you BELIEVE, it will be very difficult for someone to take you down. Even if we fall, it is important to recognize the line you want to go. To know where to return. In this life the hardest thing is to get out of the comfort zone. Stop playing safe, shake things a little. We are taught to be good consumers and sick consumers of TV and medicine.

Let's get a little upset, let's do something else for us.

Patience, nothing was built in a day.

That is a big problem. People panic if they don't get results in the time they set out to.

In my opinion, there is no time in which you have to lose weight. The decisions you have made and the actions you take every day will be seen in the shape of your body. However, do not rush from the beginning with the new food order, and exercises suffocating your body. The body has memory and it is resilient to stress. Everything is done gradually and as I said before, the steps you need to put in order are more important than how long the main goal will be achieved. If you are on the right track and with the right weapons, in the end you will reach there. If I really think of this, I don't even think there is an end, like many diets of 6 weeks or 3 months…

If you want and understand that you have to adopt a different lifestyle and if you really think it's good to be healthy, then the decision is for life. If 85-90% of your lifestyle is correct, it is ok to eat something that is not "on the list". I am totally against diets that ban certain foods / drinks for life. We are human after all and I could not live without chocolate to say the least.

Observe the body during this time, and take the necessary measures. Be patient, do things right and something good will happen.

Motivational videos

It is not a bad idea to look for motivational videos on YouTube.

Seeing other people who are successful and with whom you can relate is very useful. Fill yourself with positive feelings that you can control, that the mind can lead the body.

For example, I clicked on Lazar Novovici from Bar Brothers, you might like someone else. Look until you see someone with whom your soul trembles. When the motivation decreases, I return to these videos and recharge with energy. It's a fight you lose only if you stop altogether. The line between the comfort zone and the action is very, very small but difficult to cross at the same time.

Believe! Anyone can change their life!

STEP BY STEP

This is the first lesson good people to prepare for the new YOU. Don't start all at once.

Don't change everything in one day. We must be skillful and realistic at the same time. The body will not withstand sudden changes and in addition will not react properly. Because man generally settles on a course, he learns habits that are deeply rooted. So many times I have failed because of this.

There is something psychological called resistance to change and it works damn hard. There are people who do shock diets.

I do not agree with everything I have seen both as an athlete and as a patient, these can only leave serious consequences in the body.

It is best to introduce something new step by step. First let's say we make changes to what we drink, and then we take a closer look at breakfast and so on. It should not be a stress but an experience, a journey.

Of course it's not easy but it doesn't have to be stressful but challenging.

STEP 2 - The New Food Strategy

THE WATER

The first step in changing eating habits should be about water. I knew about water that it is good to drink, but as 99% of people kept the information there in the "it's good to know" section. If you ask most people they say yes, I drink water. One glass a day. I smile; it's like giving 1 bread to 1,000 people.

Since I started going to an alternative recovery center, I was convinced to drink at least 2 liters a day, I saw the difference. In fact, I felt the difference. That's the bare minimum for an adult. A lot of people complain that it's too much. Well don't drink all at once :))))

First rule: I start and end the day with water for detoxification and hydration of the body with 2 large glasses on an empty stomach. 2 glasses of 200 ml (0.053 gallons) already means 400 ml

The second rule - 2 liters per day minimum (0.53 gallons)

You still need 1.2 liters during the day. It's tough? I say not, 8 more glasses throughout the day is not really that hard.

The third rule - if you go to the gym, or you do intense activities there is need for more water. On training days reaches I was drinking 3.5-4 liters of water. I also drink more water if I am sick, cold or if I have consumed dehydrating drinks such as coffee or alcohol.

The fourth rule - water must become the main source of fluids. Cut out all commercial beverages, or mineral water with bubbles. Now we are human and after I lost weight I still sin with once in a while but the base must become plain water.

Why do you need so much water? Well, that's what we are made from good people. The body must be hydrated to function normally.

Besides, we will no longer feel the sensation of hunger so often, the sensation amplified by lack of hydration or consumption of other beverages. A hydrated body has a better immune system, more mobile joints, and better digestion. I work with water and from water, if my head hurts I don't take pills I drink more water :) If I feel cold I drink more water. Yes, water can be a medicine, because if you didn't know, it changes its molecular structure depending on our emotional state. I am firmly convinced that it can have what role we want in the body, we just have to think about it.

http://www.youtube.com/watch?v=Is8FE0RQo8A

The series 8 WATER DOCUMENTARY -How your consciousness directly affects the universe Dr. Emoto Masato

http://www.youtube.com/watch?v=KTvLiazu6UY

http://www.youtube.com/watch?v=JNAclN7AsYo

http://www.youtube.com/watch?v=HjIechCqEuQ

http://www.youtube.com/watch?v=A8l32RJ0WZg

http://www.youtube.com/watch?v=h_MyPF0s62c

http://www.youtube.com/watch?v=f1HvKOjxtHE

http://www.youtube.com/watch?v=ZTY7GLbS968

http://www.youtube.com/watch?v=dzYBiq6nT9g

IT IS THE CHEAPEST DRINK

IT IS THE BEST DRINK

Studies are enough about water and its benefits. You can look for them; you can find a lot of people, experts who will explain the direct connection between water and joints, and weight loss.

You can try it on you right now. If you really want to change your habits, you can't go beyond without trying this step. I was a non-believer, but I still did it. After 2 weeks I was sold.

Challenge: Try what I experienced with water for 1 month and feel the difference.

Minimum 2 liters per day, 1 extra liter for training, 1 extra glass of water for each coffee or glass of wine.

Do not make other food changes for this month, just leave this with the liquids, don't drink commercial juices during this period. I did so and it caught me well.

Hint: the body is resistant to change, if you do too much at the same time it will be difficult.

WONDER DIET

The miracle diet that saves us from fat :)

Have you ever met people who are constantly trying a diet? Who struggles with all sorts of tea crap, an apple day or a vegetables day and so on? I followed a very known diet twice and I lost about 10 kg. Then I came back even fatter than before.

If you want to lose weight and if you want to be healthy for life, then it's perfect. You don't need a diet. The very name of the diet does not make sense because it involves a short time of action. Did you last a month and then what? Do you do the things you used to do before?

If you are willing to change, you need to change your eating habits, get more knowledge and understand what foods and drinks are digging our health. What made you gain weight and still makes you.

Eat more vegetables and fruits instead of pretzels, snacks and donuts. Understand that commercial juices are poison, that the acid in them swells your intestines, that sugar is the most legal poison in the world, that white flour and commercial bread are crap. Mixture of swollen intestines and increased blood sugar. To understand the role of carbohydrates, when they are eaten and which of them are good, bad ...

The good part is you don't have to be an PHD doctor to do all this. While you understand that there are 2 camps, good and bad, it is very simple to plan what to eat or to choose from what you find.

I am not a fan of going too deep with all this stuff, to look for 520 studies on the effects of beans or cow's cheese ☺

Most people will never get to consume and always have exactly the right things. For financial reasons, or maybe your wife or husband does not like your change in the culinary field (quite common cases) and it is difficult to always have 2 food alternatives.

But if we aim for 85-90% of the diet to be somewhat correct, it's ok.

DETOXIFICATION

There are several types of detoxification, blood, liver you can do them too, but I will not go into these because I want to refer to the colon.

If you are as fat as I was and you have a big belly every day, don't think that you have air there or that your stomach is so big just like that. Yeah you guessed right, a big part of your round shape is because your intestines are full with the crap you ate all that time. My therapist called me a walking toilet ☺ I was very upset, and laugh at me and said : you carry a lot of shit inside☺)))) Which was very true. But somehow, motivated me more. caught in the circle of life I really did not realize what I was wearing ... I mean I knew I was very fat but I did not realize that I was carrying pounds of shit .. Actually.

So it's a good idea that I tried and it paid off because I lost a few pounds faster.

This way the belly also decreases and with more free intestines all the digestion goes much, much better, for obvious reasons.

It should be started after you start the new food order and make the first month with plain water the main drink of your life. I remember taking it lightly with my body.

HINT: In vain you will do detoxification if you put the same crap inside.

Techniques I used:

In the morning: first thing first. A set of PUSh-ups. Just as you get out of bed fall next to it and do a set of maximum repetitions you can do correctly.

It has a tremendous power and sets your whole body in fat burning mode, increases your determination, strengths and many more benefits. Do not worry how many … I started with one and a half LOL. That was my level … After 2 years I reached 50 repetitions per set…

After that 2 glasses of water on an empty stomach, best to be wormed.

After 15 minutes Herbal pills or natural plant juice as green as possible for detoxification and colon cleansing.

I have also used carrot juice 200-300 ml alternatively it is excellent for cleansing the colon.

I also shake the intestines, because the matter over time is trapped in those folds, and as it is known that the intestines do not have the muscles necessary for mobilization.

I used a set of movements that came intuitively and naturally, 10 minutes are enough to shake the belly and the colon/intestines. It is so simple but efficient, It helped me a lot!

Then I recommend at least some light stretching movements.

Bonus videos here: Jumping shakes. I will also show you few yoga techniques that will help even more.

RECIPE morning cleansing shake around 200-300 ml :

Green : parsley leaves , cucumber, kiwi, baby spinach, celery leaves, optional green apple

Roots : Carrots, Celery, Parsley,Beet, Ginger

Orange – Carrots , for taste you can add honey

Mixed Energy splash – Banana, Apple, Kiwi, Pineapple, Ginger a bit of cinnamon, pepper.

HEALTHY EATING - FOOD PRINCIPLES - 1. Food poisons

At any meal there is a healthy alternative! True? Well, yes. We need to understand the nature of the things we put into ourselves to look for alternatives and replace them within our daily diet.

The first principle is to get rid of what I call food poisons. After the first month with water and colon detoxifying I started this.

Sugar - is a silent killer, as spoken by all those "suckers" of specialists on TV, as I consider them then. The only thing I still had was brown sugar in coffee, if I don't have honey at hand.

Be careful sugar you can find in all kind of things from biscuits, bread, cakes, pies... Preferably avoided, if not 100% at least limited to a minimum. In addition to the discussion about losing weight, sugar really affects your health. In the last 10 years it has become even more industrialized and more artificial. Substitutes are not good either, so avoid any artificially sweetened thing as much as possible.

Juices to buy - whether they are light or not, they are real calorie bombs and high blood sugar, as a result insulin comes, collects and deposits… Fat :)

Let's not be naive, we won't be able to get it out now for good. Sometimes I put sugar in coffee, or drink soma soda at a club. Sometimes I eat chocolate. I mean, I make them as exceptions or small guilty pleasures.

HINT: the body has a memory and from time to time you will have to give it another candy ... I recommend smaller and smaller size. Let's remember the target of 80-85 percent correct nutrition

White flour - so, we came to a sensitive topic. Because we are used to relying on bread and other related products. Bread has become an artificial misfortune to fill the stomach. Be cause white flower has no nutrients, actually the most unimportant part from the grains. And in our days it is combined with different chemicals. In this form without nutrients and those chemicals it is sticking on your intestines and even if momentarily you feel full it does not nurture your body.

Put another steak and an extra vegetable on the table and leave the bread to a minimum. White pasta, , pretzels, croissants ... all are to be avoided. Be careful with so-called black bread that if you look at the ingredients biggest ingredient is also white flower It doesn't help you at all, you deceive yourself, you fool the body, the stomach is full but you don't have nutrients, the body suffers, it stores fat, it deposits on the intestines and so on. Choose bread 100% from whole grain or rye.

Frying - if you want to have a healthy life you should avoid frying of any kind. Point. Learn to cook in the oven, boiled, steamed. The negative effects far outweigh that wonderful taste of frying.

Animal fats - The meat must be lean, that white fat is very miserable, it is deposited everywhere, arteries, liver, belly.

Processed rice - I know it's a hotter discussion here but in my opinion white rice has nothing to do with our diet. It is already very processed and has nothing good for the body. Try to take out entirely, leave it as the last resort. I have included it here, although it is not as harmful as the others, but through its fattening and deposition effects consumed in combination with the others or in excess, it favors the negative effects in the body. Choose black, brown or whole grain rice.

Carbohydrates, proteins, fibers

When I was fat I didn't care and I ate what I wanted or found. After what I divided the food into categories, it was very simple.

The first tool to use after starting the new way of eating is to put your carbs in order. You don't have to be a doctor to understand and use this. The vast majority of people eat the wrong carbohydrates to feed their bodies. In general, carbohydrates provide energy for the body's efforts throughout the day. Therefore, the amount of carbohydrates must differ from individual to individual. if you don't do anything all day, you have to limit the amount a lot.

But the first step is to remove or drastically limit the refined ones such as Refined Cereals, White Bread, Donuts, Biscuits, Cakes, Commercial Fruit Drinks, Chips, Pasta, Jam Syrups ...

But what do we replace them with? There are many good carbohydrates that we can use. I prefer in this order fruits, whole grains and vegetables, oats, whole rice, lentils, beans and last but not least potatoes but in no case fried.

Once I realized that, the choice was obvious. In addition to bread, we consume many wrong carbohydrates in snacks between meals or snacks. Once I replaced chips, croissants, biscuits … with banana, apple, hazelnuts in addition to eating healthy it costs even less! Wow this is also good for your budget :) In addition it is much simpler. I used to take snacks from home, fruits some seeds, hazelnuts or walnuts. This way you are prepared with some healthy snacks and do not have the temptation to buy from commerce.

I started eating more vegetables next to protein, that is a must next to meat from my point of view. This was the second tool I used, because in addition to carbohydrates, vegetables have fiber and many, many vitamins. Fiber is very important, you have to take care of it every day. I used a lot, a lot of parsley for what is the cheapest healthy vegetable / gram in the world. I think you ideally you should use all colors daily, but for me it must be green and as fresh as possible.

Also, the fibers that help you feel fuller and ensure a very good digestion, cleanse the colon ... are also found in whole grains, fruits such as apples, citrus fruits and bananas, seeds, nuts, spices ...

Finally the proteins. Proteins are the basis of the body's functioning, with them the bricks we rely on every day are built and repaired in the body. I was never interested in statistics, to calculate grams and other crap I know I need protein all day, at 3 meals I need to have complete protein (with all amino acids): meat (preferably chicken, turkey, beef, fish), eggs, cheese, milk (I prefer skimmed), soy.

The golden rule I used is as little fat as possible in combination with protein.

There are also foods that have partial proteins with a part of the amino acid chain: peanuts, lentils, beans, almonds, nuts, hazelnuts

Basic foods

For me the basic intakes were water, dairy (preferably skimmed), whole grains, oats, eggs (boiled, oil-free or baked omelets), chicken, fish, grilled beef, boiled or steamed, green salads (parsley , arugula, spinach ...), tomatoes, cucumber …Basically, any vegetable is very good to eat next to meat. It should be eaten as much as possible. I used a lot of parsley and horseradish. I didn't eat a lot of cooked meals, maybe a soup but without much oil. That was about 90% of my diet.

Something very important for my meals: there is no lack of spices, from chilli, pepper to curry or whatever else comes to mind. The spices are very good because they stimulate digestion and also have beneficial properties and nutrients for the body. And last but not least, you can play with the taste of the food so that you don't get bored. This is a wonderful tool to trick the mind that after some time will try to lure you to change the diet.

For snacks I used fruits (especially apples, bananas and oranges), often associated with seeds, raisins, hazelnuts, almonds, nuts (which I also used as a salad).

These are basically what I focused on and it went pretty well for me. Remember there is nothing universally valid. It is important to have a healthy food and the rest you can adapt to your style.

MEALS – HOW MANY?

After everything I tried and everything I assimilated, I remain of the opinion that there should be 5-6 meals a day, 3 main and 2-3 snacks. The idea is to never get very hungry, so the body is not subjected to pressure and have to resort to strategies to keep the fat in the body instead of eliminating, for crisis situations. If you get your body used to being fed continuously with the necessary things, it will more easily give up fat deposits.

How much, how? I always eat in the morning and try to get as much protein from egg, cheese or yogurt as possible. Most of the time I also eat some cereals and if I have seeds, nuts or nuts.

I also put whey protein concentrate in yogurt or milk ... As I have the time, the mood or the respective foods. I often add fruit to breakfast.

Depending on the past day, I make it richer or not.

You should know that I didn't make a big difference between lunch and dinner, most of the time they have to be complementary, I say. Meat and salad, vegetables, cheese ... that was my target for at least one of the 2 meals.

What I ate mainly lentils, beans, spinach, brown rice, whole grain pasta.

Between meals I use fruits and seeds, peanuts ... almost exclusively.

That would be my main target. It is absolutely impossible to stay 100% on this scheme, that's why I call it main. There are days when I either don't have what I need or I find myself somewhere in the city. I try to adapt as close as possible to what I set out to do in my eating habits.

LET'S COUNT CALORIES ???

Not. By no means do I want to do this, and to become a fanatic of measuring and calculating things.. What kind of life would that be? Indeed, if you are a top bodybuilder or a professional athlete, it's a discussion. But as a normal person, I don't think this is the case. First of all, we should talk about calories from good foods and calories from junk. That is, are the same amount of calories in apples for the body equal to the same number of calories in the donut? No, obviously not!

Then first of all you have to be careful what you eat. And if you follow the principles, and eat healthy, why calculate? if you follow the principles of food, the body will adjust. Do you want to lose weight? Eat healthy, regularly, replace carbohydrates with vegetables. No sugar and so on.

That's all, be patient and your body adjusts itself.

I had no quantity restrictions, only common sense and healthy food. Less stressful I say.

If I felt that I have eaten too much today, tomorrow will adjust and eat less. Simple.

GUILTY PLEASURES

So you decided to live healthy, to eat only what it is good for you. Does that mean you won't eat a donut your whole life? Or French fries? sure. Maybe there will be people who manage 100% to refrain from anything that is not good, but I am not one of them . Because after 30 years or so passed with wrong eating habits, your body has a strong memory and will request some of the so called bad foods.

In fact, guilty pleasures as I call them are useful if you know how to approach them.

There are 2 methods I tested.

The first is called "cheat day". It is also used by many athletes. In short, on this day you are allowed to eat anything and everything, in the other 6 of the week you have to keep 100% to the food discipline that you have imposed. I think it only works for people who do a lot of sports and who burn fat fast, I personally didn't swallow it very well. What do I do if I feel like something on Tuesday? Wait until Sunday? Related to this method is the fact that when you eat more than you need, fats and other things the body secretes a hormone dedicated to burning these things. So if you are very strict for the next few days, you could even lose more weight than before the cheat day, climbing as it would come on this wave of fat burning aroused by the day you ate anything and everything. I also think that it goes well to people who are stable in weight for at least 1 year, otherwise such a day can destabilize you completely.

I prefer the second method, which is 10%. That is, you can step aside normal diet if it does not exceed 10% of what you consume daily or more easily weekly. Basically, if I know that I take 2 chocolates to say by lunch, today I don't eat any of the "unhealthy" foods. If eat a pizza, the next few days are stricter with what I eat. if you can distinguish this 10% of common sense, everything is ok. Do yourself a pleasure, but in small quantities. That way you won't suffer for a long time after certain foods / drinks that you particularly like. But if you're at a party and you're into French fries, don't mess with bread.

STEP 3 - PHYSICAL ACTIVITIES

GET STARTED EASY

Rome was not built in a day you have certainly heard this. Do not start who knows what intense programs in the hope that you will lose weight immediately. Especially if you haven't done sports in recent years, don't start immediately with heavy sets or 5 km runs. The body is conquered and tamed step by step without producing imbalances.

If you work out from home and find some trainings on YouTube as I inspired from Lazar Novovic, adapt what you see there. If their sets are 15 reps, start with 2 or 3. Or just 20 minutes a day. if you torment yourself you have no benefit later.

Contrary to popular belief, set easy start-up goals that you can easily achieve so that you can exercise every day and gain confidence**.**

IN FACT THE MOST IMPORTANT THING IS TO MOVE EVERY DAY

Learn the movements correctly, and very importantly. Before physical activity you need to warm up especially when you are just starting out and your ligaments and muscles are stiff.

BURNING MODE (FAT BURN MODE)

There are many ways to approach weight loss and a lot of things on the net, some work, some do not ... You have to put your body in a state of burning, that was my principle ... You wake up in the morning and do an immediate refreshment, a few push-ups, knee flexions, abs. Active, toned muscles will burn fat throughout the day. In the evening it is very important to do the same things, just before dinner. This way you get another bonus and don't rush to empty the fridge. Better sleep, and you burn fat in your sleep.

It doesn't have to be a hard or long workout, just enough to activate the circulation at the muscular level.

At the gym, if you have decided to do sports, don't start with cardio ... I didn't do cardio at all to lose weight. Try to work all your body muscles in 3-4 weekly sessions on the same principle. The more you increase or strengthen your muscle mass, the more burning you will have.

Everything at a heart rate as low as possible (FAT BURN principle). If you are extra fat like I was, your heart is already very stressed and if you start serious cardio you will only do much worse. And the latest studies in the field show that it is very difficult to lose fat in cardio training exclusively. In addition, you can easily injure your joints and spine.

The body has a self-defense mechanism so it should be easy to walk with the changes, as if it were natural without stress.

Combined with a healthy diet, 3-5 meals a day without white flour and processed sugar, with properly drunk water it is impossible not to lose weight little by little. Active muscles + clean diet ...

AT THE GYM

What should you do if you want to lose weight and have a gym subscription?

I will repeat some principles that I also used, simple but which are very useful and effective

First of all, take it slow, don't rush on the treadmill and at heavy weights, you will get injured as soon as possible. Set small, realistic short-term goals.

Spend more time at first

- Worming up

- Try the elliptical bike, it is safe for joints vs treadmill

- Try the devices with the lowest possible weights, small dumbbells ... It is more important, to learn a correct shape from the beginning.

- Rebuild muscles slowly without bruising the body. More toned muscles will burn more and help you not get injured.

- It doesn't hurt to have a meeting with a competent instructor if you have never did sports that will teach you healthy principles and correct forms of exercises.

- Watch how the others perform the exercises

- Apply the principles of FAT BURN – all exercises done with breathing as close to normal as possible, and many repetitions. Don't rush to do cardio, your body will be much more resistant to change and it will be much harder to lose weight .

AT HOME

If you can't go to the gym, you can exercise at home very easily. Exercises with your body are the best and safest.

CARDIO HMMM MAY BE LATER

I haven't used cardio programs much and honestly I don't think it's a suitable add-on when you lose weight. I find it harmful to the cardiovascular system. The best way is to be friendly with your body and fat-burn programs can bring this to you. After losing weight completely, then you can mix with some cardio, otherwise there is not much need, the body will look at this as an extra activity of effort and in the next period will begin to make reserves.

SUPPLEMENTS During weight loss I did not use many supplements, only Carnitine to speed up the burning process. And I sweated seriously! I used a liquid version, I took it before training and after in equal portion. It has no side effects, taken within the limits of the given specifications, and helps a lot to accentuate the burning state.

ESTABLISH CHALLENGES AND OBJECTIVES

It is not enough just to start the weight loss process; you must have on the agenda small challenges and objectives that will help you on a motivational level by checking them.I would combine, they can be daily goals, for example at least 5 push-ups and to increase them at a certain interval, or a weekly evaluation as a goal to reach a certain number of repetitions…

STEP 4 - MAINTENANCE

All in all, I kept the diet working ... what do we do after that? The last and most important step is to maintain what you have achieved during this period.

BALANCE POINT

Once you reach the desired weight you should stay there for at least 7 months to 1 year depending on how big the weight loss was. The body has to adjust to the new weight ... many make the mistake of weakening control once they reach the desired weight but forget that we have memory in the body and it tries to return to what it knows ... if you were fat 30 for years and keep a 1 month diet you lose weight then he wants to go back to what parameters he was taught to work. So I think the balance point comes somewhere around 7 months after you reached a different weight and kept it constant along the way.

From my own experience I felt after about 7 months that state of peace of the body a sign that it has adapted to the new weight. So, be patient and keep your diet strict throughout this period.

CONTROL

After reaching the equilibrium point, everything remains in food control for at least another year. You can relax the program but stay balanced and pay attention to weight, it may fluctuate but do not gain more than 2 kg (4.4 lbs). I fluctuated this period by about 1 kg but I was careful and much easier to adjust. The body has memory and returns more easily to the balance point already created. And if we have maintained healthy eating habits for so long, it would be a shame to give them up.

Do not forget to rejoice, learn to enjoy life and allow yourself the freedom to be.

My therapist told me: Love and do what you want! Often the accumulation of a large amount of kilograms reveals certain internal emotional problems, blockages and lack of self-love, distrust of oneself.I recommend you to follow these aspects as well, possibly to follow certain alternative dance therapies, active meditations, Tantra, Yoga classes, to find a beneficial hobby for you that will delight your soul.

Do not forget … The DREAM is the most important, never give up dreaming!

Be blessed!