Keep fit without going to the gym



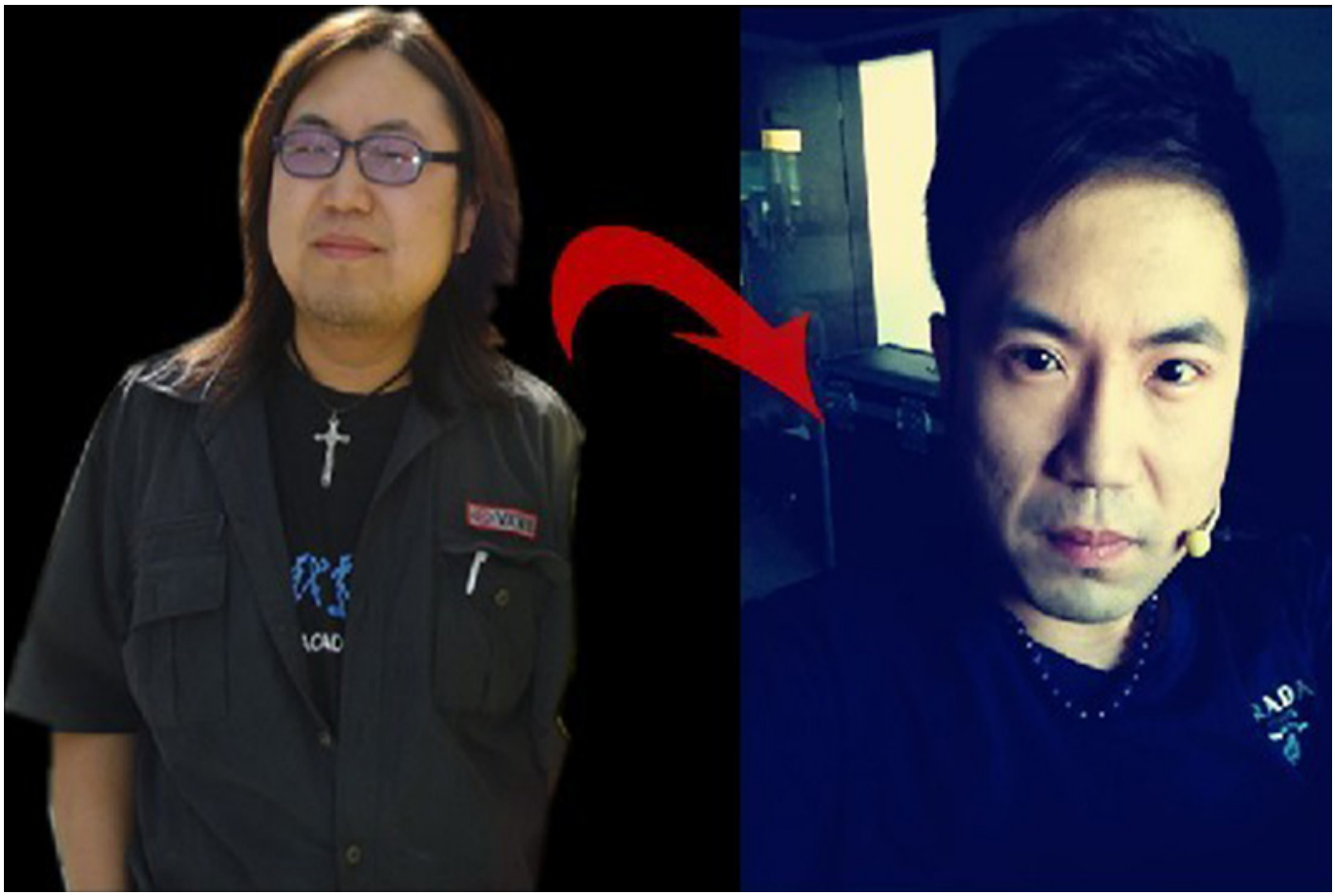
Summer is coming! People who want to show their good figures cannot wait to put on cool clothes. However, some girls seem a little anxious. Ruxue Yan, a girl who is worried about summer said she did not lose weight. It is a pity that young girls can't wear miniskirts or shorts they like in summer. Are you disturbed by the same problem? Maybe you need an effective way to keep fit. Now, there are some magical videos on the Internet which can solve your problem and offer you a slender figure to welcome this summer.

By: Yuyi Zhang 120104203 Class1

What is universally acknowledged to us all is that busy work and heavy study pressure contribute to lack of exercise. More and more people are under a state of sub-health. Although many

people have realized that regular exercise is beneficial to their daily life, they still spend no time in keeping fit. When asked the reason why they ignore the importance of exercise, they have different excuses. For example, Yilin Yao is a sophomore student from ZUMC. “I am not willing to do exercise outside everyday because I do not want to be exposed to people whom I am not familiar with while I am dripping sweat.” Is there a perfect way for us to solve these problems?

Recently, a young man has drawn our attention on the Internet. He made an amazing miracle by losing 60 kilograms in 8 months. Without taking medicine or dieting, just do exercise in your own room and run at a changeless place. The young man is called Yiran Zhao who loses weight in order to pursue his love. Although he failed to harvest love, he created an effective method to lose weight and keep fit. The videos are popular beyond his imagination. By imitating his actions, many people achieve quite good effect. Are you interested in his unique method now? Let’s take a look and know the most basic action tips.



- run at a unchangeable place for an hour every evening
- take some upper limb movements when you are running
- do exercise in a nine-box carpet
- summer is the best season to do exercise
- just in your own room without going outside

It is possible that you are still suspicious of Yiran Zhao’s method. Does his method really work? Is there anybody who has put his theory into practice? And what is their results of losing weight? Don’t worry. Yiran Zhao is full of confidence in his original exercise. Many media including CCTV, HNTV (Hunan Satellite Television) and China Daily have interviewed him and introduced his method to audience. He has founded his own company named China Home for fat friends which is aimed to help people who are troubled by obesity or some young ladies who are eager to be slim. He said excitedly that our home is not luxurious enough to provide you with good wine and delicious dishes. However, we can offer you a cup of hot tea and a healthy method to keep fit.

Yiran Zhao’s videos are epidemic on the Internet. A large quantity of people keep fit by watching his teaching videos. An interesting phenomenon can be seen on Sina microblogs. The trainees put their photos which are taken before and after they do exercise on the microblogs so that their teacher, Yiran Zhao can make comments on their assignments. After looking carefully at these comparison photos, he will put forward valuable suggestion to help these trainees do better and persist on it. Also, these trainees respond to the teacher’s advice positively. After exercising and sweating, most trainees have achieved their goals. They are grateful for Yiran Zhao’s help.There is a topical example below.



I guess you may have interest in watching these magical videos now. So I will give you the URL of some videos. Just move your finger then you can have a slender figure and enjoy your summer. What is important is that you can lose weight without going to the gym and do not need to pay extra expenditure!

If you need more videos like this, I can recommend other useful videos to you. This video is created by another famous coach. She is a South Korean called Duoyan Zheng. Her method of losing weight is also very popular. Choose your favourite video and start to keep fit at once!

Here are lots of information you may need to know about .You can learn more about Yiran Zhao by the link . And if you can watch his video, just click here. If you are interested in Duoyan Zheng, you can try this link. Also you can watch her video on the Internet.

4 Super-Easy Steps for ‘no makeup’ makeup look

Flawless skin is like a unicorn, it probably doesn’t exist but girls are obsessed with it. How to create a flawless natural face using a “no make up” make up look? . Here’s what you do.

by: Kenan Chen 120301107 Class 1



1. concealer

The first step of all: Apply a with SPF to help concealer glide on smoothly.Then,apply your brightening concealer by dotting it in a line under your eye, starting at the inner corner and working to the outer edge of your eye.“Choosing a shade lighter is a myth,” makeup master Ritzier says ,the “Too-white circles under your eyes look like you wore goggles while tanning.” Apply in little stripes with a pointed concealer brush. Then blend using your ring finger for the lightest touch, and don’t tug on delicate under eye areas, she instructs.

2. foundation



To get perfectly even skin the speedy way, use a foundation stick.First, you use your fingers to dab the product in 4 spots on your face. Then use the brush to blend it. On your forehead, brush back and forth. On your cheeks, brush down and away from the centre of your face. And on your chin, also brush back and forth.

3. eye



To get bigger brighter eyes, you should start with a “bone” coloured shadow and cover you entire lid. If you have a fluffy

shadow brush, use that, but you can just used your finger too. Then pick a taupe colour and use a denser shadow brush to dab, not sweep. For more intensity, use an eyelash curler before you apply mascara,then put on one layer of your favourite mascara.



4. lip

The final step is the one that most of us skip to right away: filling our lips with our chosen colour! you can use pink colour lipstic straight from the tube, apply it to the centre of your mouth. Blend the lipstick out over your lips, patting the colour on with your fingertip to help it last. Ta – da, you’re done!

A Special Journey to Guizhou

one is located in the yunnan-guizhou plateau, east LTD to guangxi, hunan, south west yunnan province, north of sichuan

and chongqing city. It shows great difference from other big modern cities like Shanghai and Beijing, it has no bright surfaces and Forbidden City red coloured glaze. Installing itself a generous of huangguoshu waterfall, the brahma of the pure land, and the strange spectacular karst and danxia as well.

By :Wu Jin 130112123 Class 1

It seems that Guizhou is pregnant with the unique customs of minorities and hands down its original ecology because of the silence and peace. And also it brings people a colorful landscape, the culture of Yelang and Miao minority, Karst scenery, wine and gong tea and so on are all unique in China, wherever you go, Guizhou is the only place for you to enjoy these wonderful things.

Huangguoshu Waterfall



There is no need to give a brief introduction of Huangguoshu Waterfall, in other words, no word can describe such a wonder perfectly. As a saying goes, “He who has never been to the Great Wall is not a true man.” It also applies to the waterfall. Huangguoshu Waterfall is of great momentum and has warm blood in the Yunnan-Guizhou Plateau. It is the King of waterfalls without a doubt and it belongs to Guizhou.

Huangguoshu Waterfall is one of the most famous waterfalls in the world, it’s a kind of giant and rare waterfalls in the karst region and is located in east longitude 105 ° 41 ‘, north latitude 25 ° 55 ‘. From the white water river, part of dabang river basin, it connects north and south, when it

arrived at huangguoshu, a large longitudinal slope shaped Huangguoshu Waterfall, the water after falls around west, an approximate semicircle arc chord lengths 500 meters, out west 300 meters, upon reaching the water rushed the beaches of the screw, the flow of recovery from north to south.

Xijiang Miao Village



Xijiang Miao Village is 36000 meters northwest of Leishan, in Qiandongnan Miao and Dong Autonomous Prefecture, Guizhou province, China. There lives the Miao's lineage. Thousands of houses are standing door-to-door, surrounded by many hills, alongside them are layers of terraced fields. In addition, you will see the village is divided into two parts by White River. All these things become a beautiful scenery line. Can you feel being there?

Several stilted buildings were built tier upon tier in the village, which has become a feature, and decorated by bamboos. It usually has three floors and basements of it are often cobble stone and green stone. The first floor is for domestic animals, the second floor is for people to live and the third floor is used to store food crops. When you are invited to a house, you are lucky enough to watch a Miao girl doing embroidery with patience in a long bench. People call it "a beauty against the bench". Walking in the quartzite on the road, you will smell a scent from maple tree rows.

Follow me, enjoy it!

Potatoes buffs,look here!

Do you like eating potatoes? Do you enjoy the cates made by potatoes? Do you favor various taste of potatoes from different areas? There are introductions of six disparate cates made by potatoes. If you are a potatoes buff,the article is totally for you!

110806224 Du Jian Class4



Fish and chips
From: England

When it comes to the potatoes, which calls firstly to my mind is the fish and chips, the national dish of England. There are so many stores selling this snack, but the most famous and oldest store is “Rock &Sole Plaice”. As the name indicates, this consisted of fried fish and chips. The chips in this store are wide and long, which are extremely different from others, but fit english traditions. The fish usually chooses codes and haddocks to make, which is wrapped by flour and fried. The dish tastes not very good if you do not have condiments, such as salt, vinegar and so on.Local folks also like taking peas as an indispensable part of this dish, regarding as a kind of sauce, just like tomato sauce.

Saute Spicy Chicken
From: China



Red is the traditional colour of China, this dish represent Chinese dishes well. The most important condiment in this dish is red pepper, which can be seen in the picture. It brings so hot taste with sweat streaming down your back when you enjoy it. Because of little white sugar added in it, the chicken tastes delicious and the quality of the chicken becomes soft. To let potatoes become more tender and achieve the target that potatoes can be dissolved in the sauce, they must be stewed in sauce for twenty minutes. Meanwhile, the flavour of chicken and potatoes can be fused better. I believe you do not want to miss it!

Spanish potato pastry
From: Spanish



Like the Spanish seafood paella and hams, the potato pastry is also one of the famous dishes in Spanish. The main stuffs of this case are potatoes and eggs, you can add onions, seafood, chicken and other materials if you like. The most important spice is pepper, which makes common potatoes have amazing taste! The exterior of the snack is golden eggs, which looks

so attractive that everyone can not help to taste it. When you cut apart the pastry and have a bite, you will find the potatoes are quite well-done and soft that absolutely embrace your tongue, and then you can not stop not to take a bite again.



Potato chicken curry
From: India

Nowadays, curry has been used in many dishes widely because of it’s fragrance and piquancy, so this dish contains much curry. Except potatoes and chicken, there are many stuffs in this dish, such as carrots, snow peas and so on. Because of these various stuffs, the dish looks quite colourful and delicate. As for it’s taste, carrots and potatoes are soft and mixed the smell of chicken, which is the result of the cooking method of mixing all stuffs and braising in curry. As my opinion, it’s yummy and popular with the group of people who like potatoes and hot food.

Potato chanterelle soup
From:Germany



There is so much milk in the soup that we can smell the full-bodied milk flavor. Not only the milk, but also some butter and fish soup that make the soup more savoury. The off-white color always appears in German dishes, which makes you feel quite warm in cold weather. As the picture indicates, except for the milk and potatoes, there are many other stuffs in the soup, such as chanterelle, carrots, fresh shrimps and so on, which make it colourful. The potatoes are cooked into powders dissolving in the soup, mixing the flavor of fishes and shrimps, let our tongues dance!

For more information.

When Dreams lover Come True

Have you ever fantasized about a perfect lover? You know he's just an illusion in your mind, but you expect him to become real. According to the social survey shows that 73% of people have had their other half illusion. Content of phantom include: appearance, personality, career and so on. Where 32% of people believe their dreams better than his lover.

Hanqianwen Tang 110110138 tanghanqianwen@qq.com



If one day, the illusion becomes reality. What life would be like? Maybe you never imagined this day came. But if you want to know if your dreams become a reality in your lover. Your life would be like? Maybe you can take a look at the film. “Loving the book people”(“Ruby Sparks” by Jonathan Dayton). The movie is about a novelist writing a story. He found the story of the girl, he appeared in his life. He fell in love with that girl from the incredible to. The girl will change according to the text he describes himself. And bit by bit they happen in life.



film picture

When you are watching the film, you will find an answer. You

will find that even though he is your ideal lover, there will still be a lot of problems between you. Now we are concerned based on questions from the audience to give answers.

Question 1: If you are between your lover and had some trouble, how should you deal with?
Rubin (1970) defined the love of a particular pair an attitude held by some others, in which the ingredients are: dependency needs, wants to help each other's tendencies, exclusivity and exclusivity. If you calm down, think about this issue seriously. You will find out if you and your lover encounter itself is love category. If so, you should discuss ideas about your true inner together. If only a matter of habits on, you can solve this problem by adjusting themselves.

Question 2: Should you expect your lover because you change?
According to the survey, more than half of the people want their lover can make some changes. Let us try to imagine. You love a person, his hobby is smoking. Maybe you think that one day he will realize that smoking is harmful to health slowly away from cigarettes. Do you think that one day he will realize that second-hand smoke is hazardous to your health and give up cigarettes. Do you think that one day he will realize that in order to create a favorable environment to give up cigarettes parenting. Maybe all you want is always just you want. You love that you love him or you think he or is he you want to change? In some problems, we should do because you will not expect him to change. But you should let yourself understand him. Let yourself like complete him.

Question 3: Should you try to change your lover?



In the film Calvin first encountered the dream girl. You imagine her beautiful, pleasant and intelligent and charming. You love her very much. But when you found out that she also had depression when bored when wayward, noisy noisy when you want to understand not soothe her but she is not changing her. Of course, the movie Calvin Ruby can be changed via text typewriter. How about you? But when you do not have such a magical time and you are faced with such a situation is not looking forward to a few people, or try to change their loved it? Maybe you do not change him. You should strive to communicate with your lover. You should tell him what you think. You can listen to his ideas. Let him know his problem. He can try to change for himself.



In the process along with your lover, and you will encounter a lot of problems. Even fully meet the requirements of your lover. You have a different point of view. In fantasy, people tend to consider only one aspect. Often this aspect is good news. The thing is with diversity. When we get along with their loved ones, problems are normal. We should face the problem of reason, to understand each other with emotional, rational to solve problems. I hope the above described method can help you. In every day life, our future, and put the proposal into action. You cherish the opportunity and time to

get along with your lover. Life will become better.

Key Sources:Book: “General Psychology”, “love psychology,” “Gender Studies” ;Survey: friends around the feelings of handling and outcome .TV: “how I met your mother” Film: “Ruby Sparks”

Will you let your own kids play e-sports in the future



Have you ever thought about the jobs in the future? I’d like to say something about e-sports which is brand new in our sight. Once we regard e-sports as a job, would it be a good choice?

By:Mingying Guo 134101136 Class

Lee Jae-Dong, alias Jaedong, nicknamed The Tyrant and The Legend Killer, (born January 9, 1990) is a South Korean professional StarCraft: Brood War and StarCraft 2 player for the American team Evil Geniuses. Using the Zerg race in both games, Lee is one of the most successful StarCraft players of all time, winning five OnGameNet Starleague (OSL) and MBCGame StarCraft League (MSL) tournaments, and earning over $500,000 in tournament prize money alone through his career – the most of any professional gamer.

Although harvesting several runners-up in 2013, he still maintained a high competitive level by contrast. Nevertheless, he said in one interview, he will play games with his own child, but will not let him play it professional. Moreover, he explained the reason is “Because I have tried before, I know the pain in it. Of course, all the jobs will face the constant competition, but the pain of the e-sports is too much. I will become a dad who plays games with children, but I don’t want my own child also suffer.”

In addition, E-sports have been very popular, but not easy. In Korea, e-sports’ social recognition is not so high like what we have imagined. When the reporter says, “a lot of people say, e-sports is not a sport.” Jaedong’s answer is “Since I just have been a professional player, until now, there are still those who say that… From the perspective of the history of e-sports’ market, it is much shorter than other sports. However, it really has a rapid development. I think people’s consciousness will change quite slowly. This is also our generation must do. Twenty or thirty years later, when I am 40 or 50 years old, the situation may be different. If we force to make people accept the fact now, it may be counterproductive.”

Frankly speaking, if we want to accomplish something in our life, it is doomed to be a rough road, not only the e- sports,

but also other professions.
A good job need to meet three conditions: First, a strong interest no matter how low the salary is. Second, a clear meaning, convinced that the life value to be realized. Third, we can rely on it to feed ourselves.

The characters of the people are not the same. In common, whether the position for oneself is the most proper, the standard is not to see how many people in the society fighting for it, it needs to ask our life and soul, to see whether we really feel happy.

Besides, every parent want their own children to have a bright future without risks. So supposing that e-sports can have a bright future, will you be willing to support your children to play e-sports?

Will paper books be replaced by e-books one day?

Nowadays a lot of people read books on their electrical products. Some fans of e-books assert that paper books will be replaced by e-books one day.

By: Mengyi Lu 120905338 Class 2



I have noticed this situation for a while that a lot of people read books on their electrical products like iPad, computer, mobile phone, or kindle. We can't deny that these products make our reading so convenient that some fans of e-books assert that paper books will be replaced by e-books one day. Actually, I'm a fan of paper books and I'm confident that paper books will exist forever.

Remember there was an article said that as more and more people prefer to read e-books, some book stores found it difficult to survive. I was a little ashamed that I used to read e-books more than paper books in order to save money. There are a lot of free e-books on the internet, and I can download the one I want for free. How nice! But deep down in my heart, I still prefer paper books. I read e-books just because I was poor. As I have more pocket money now, I bought a lot of paper books and almost stopped reading e-books. Paper books bring me more happiness when I am reading. There are some reasons that why I love reading paper books so much.

First, reading paper books won't harm eyesight that much. I still firmly believe that my eyesight was damaged by reading books on my iPod. Yes, my iPod. The screen was so small that made my reading so hard. Moreover, you can turn back to any page you want immediately when you read a paper book which cannot be achieved easily on e-books.

Additionally, it is safer to read paper books. If you read on an electrical product, you have to worry about whether your product will run out of power, or be stolen by thief, and you won't be able to keep reading. But if you read a paper book,

you won’t need to worry about it.

What’s more, if there is a series of books which was written by your favorite writer and has this really beautiful cover. Do you want to read the e-books or buy them home, read them, and make them a collection? I’d like to choose the second one. As time goes by, you will find your bookcase filled with books and you will see how many books you have read.

I did some research before I began to write this story. And I found this interesting article written by Rich Adin. He listed seven advantages of paper books in his article *The buying conundrum: paper book or e-book?* And I excerpted these points below.

1. When I buy a paper book, I own it; when I buy an e-book, I rent it.
2. Paper books are resalable on a secondary market and/or rise in value as they become scarce; e-books are never scarce and have no secondary market in which I can recoup some of my investment.
3. Nonfiction paper books tend to be less expensive to purchase than the e-book version and are available for significantly less on the legal secondary market, which includes the legal remainders market.
4. Paper books can legally be cooperatively bought, thereby reducing the price to individuals even further (I have bought in cooperation with my son several books over the years that we have shared the purchase cost of).
5. My paper books can be lent to other readers innumerable times; if I’m lucky, an e-book can be lent once for 2 weeks to another reader (after being lent that one time, the e-book cannot be lent again to anyone).
6. Once I buy a paper book it remains mine; unlike the e-book, no one can remotely remove the paper book, replace the paper book, or do anything that interferes with my ownership of the paper book.
7. As my collection of hard covers grows, I, too, may run

into the space situation. At that point, I can reevaluate my paper books and remove some from my collection, and I either sell them on the secondary market (see 3) or, more likely, I can donate them to my local library, which is happy to obtain them as they are in pristine condition, giving me a charitable contribution deduction on my taxes at the fair market value, which is the average price in the used book market. I can't sell or donate no-longer-wanted e-books to anyone, let alone to my local library.

Papermaking is one of the Four Great inventions of ancient China. We made paper books to carry our history, to record our civilization and we ought to be proud of it. Although I can't deny that e-books bring us convenience and it really changed our lives, it doesn't mean that we can abandon paper books.

There is a bookcase in our dormitory and it is almost filled with books. Everyone came to our dormitory would say how marvelous it was, it made us so happy. If you want to borrow a book from us, go and find us. Let's support paper books and make its future bright.

Travel Xitang

Ancient towns are the special of regions south of the Yangtze River, whether you are local people or not, Xitang is a classic place to go. Surrounded by river that has flowed over thousand years, it seems that all the scenes about local ancient people's life all come to you: you could see people washing clothes by the side of river, talking to passers-by on their way home, and even enjoying a cup of tea in their

balcony. Modern life has brought us polluted air and noise, which make us sick. Thus, we are so eager to run away from city and get close to nature. So just enjoy the quietness and peacefulness that Xitang gives you.

By: Siqi Mo 130908214 Class



Woke up in the morning at 9am, it was a day before the new term started, I was ready for my Xitang Trip and I can’t wait anymore.

It was a sunny day, sunshine sprinkled on the earth, although it was still winter, warmness came to me unconditionally, which brought me nice mood. I set out from Hangzhou East Railway Station, taking high-speed train to Jiashan county, which took around half an hour and I just needed 27 yuan for the train.

I booked a room in an inn inside Xitang scenic spot(not very expensive, normally 80 yuan for weekdays and 180 for weekends, but if you go on holiday season it would be more expensive), the owner picked me up at the gate and bought ticket for me——half price as 50 yuan (if you buy it yourself it would be 100 yuan for adults and 80 for students).



There are many lovely, romantic stores. You can enjoy a cup of coffee at the corner of a house, of a cup of milk tea with your friends chatting, laughing for the whole afternoon. Moreover, you could find shops that sell postcards and of course you can send them to yourselves and your friends. What the funny is that you could set a date when you want to send the postcard out, and the shopkeeper would do it for you according to the date you write down. Oh! I forgot to say: the ticket could be a postcard as well!



Although ancient towns of regions south of the Yangtze River look almost the same, like Wuzhen (in Tongxiang), Luzhi Town (in Suzhou), Nanxun Town (in Huzhou), each has its own unique. Take the bars in Xitang for example. Some people think bars in ancient town is unacceptable, or it’s weird to have bars in ancient town. But I think it is exactly the special aspect that differs. It’s the combination of the modern and the ancient.

Now that I have come to the water town, don’t miss the chance to take a boat and travel Xitang in a different angle.



As you can see in the water upside, the water of the river is green and it may make you feel that it’s dirty, but it doesn’t smell. Taking a boat you can see some other sceneries that you can’t see by traveling on foot. You would see local people drinking tea on their balcony, washing clothes by the side of the river and tourists sitting on the stairs taking photo.



Besides, Xitang is an old but romantic ancient town. People who come to Xitang must put away a lantern to the river and wish for what you want! There are many shapes of lantern you can choose,most of them are made as flower, like sunflower, chrysanthemum, rose, and so on. It’s a tradition of Xitang as well. People in the old day often do this to bless health, love and happiness. So it is also an unmissable experience!

Come to Xitang and have more fun for yourselves!

For more information

CREATE A MIRACLE

Directed by Alfonso Cuaron science fiction movie Gravity opens on October 4, 2013 in the United States. In the movie, spectacular the movie stunt apply, the audience sitting in the 3D cinema is on the ground feel the site of some of the exciting scenes with movie hero. Today, this article through to the interpretation of Gravity making technology led the movie lovers into the magical movie stunt of the movie.

By: Chuqian Zheng, 134302133, class2

From ancient times, human has been to constantly explore the mystery of the space. In 1961, Soviet cosmonaut Yuri Alekseyevich Gagarin became the first astronauts into space in human history, since then, the space became an attractive place. For the large science fiction movie *Gravity* is using the powerful movie stunt, although the audience in the theater, they can feel the vast expanse of the universe.

Film director Alfonso cuaron is introduced, in order to go beyond the audience's view of "this one we've ever seen", in the film production team need to concrete present unimaginable space scene. *Gravity* presented the environment that a most of the earth humanity's audience is very unfamiliar, it called space, there is no water, no air, no direction, so they don't want to really put the camera on the international space station. The film starts with a long shot for 18 minutes, in the nearly twenty minutes, in the completely impossible environment to do a spot shoot, Alfonso cuaron use a lot of the movie stunt that called CG represent the vast space, also specially set up the special filming tent, accomplished the weightlessness in underwater simulation performance.

CG is short for Computer Graphics, refers to the visual design and production of the use of computer technology. In other words, we can use CG technology to finish the movie scenes on the computer which cannot actually shoot in the filming process. With today's CG technology, cannot realistically reproduce the sight of the earth, but in the *Gravity*, 80% of the space with the aid of pure CG to complete, the audience can't perceive a bit difference with physics and reality, this is because the film occurred in hundreds of miles from earth's space, there is no gravity, no air resistance and no the slightest disturbance, this became the cause of the CG technology and the *Gravity* bring out the best in each other.



At the same time, in order to ensure the height of the vivid movie scene, crew built a 6 meters high studio, built in 4096 LED bulbs, may cast out any lighting effects, placed a large display screen, playing video or pictures of simulated space environment, what we see on the display screen is a great earth that be made of the accurately movie stunt.

Scenes in the movie, if you want to get a camera lens that the astronaut rotating in space, it is a very trouble thing to arrange lamps under the condition of the green curtain, but in this special studio, you just need to adjust the content of the LED screen. LED screen of each pixel is a lamp, each lamp can control alone, and the camera lens used mechanical arm to control is flexible rotation in the space, the whole film shooting can achieve that actor is fixed, the camera turning around actor, which make the filming effect more realistic

scenes that how human active in weightlessness in space.



Through the above we can see, the movie stunt, made the movie scene with an unprecedented shock. *Gravity* can be said to be a successful science fiction movie which used the movie stunt resoundingly, when we revel in the movie that present the vast expanse, mysterious beauty of space, we have to sigh with emotion, the movie stunt behind the movie created the miracle, so that we could sit in the cinema to experience a wonderful adventure in space.

We are looking forward to more and more powerful movie stunt can create more miracles for us, to make our future movies show more rich and colorful, beautiful scene. Let’s enjoy the miracle of the movie stunt together.

We can learn more about the movie stunt behind *Gravity* of Baidu Encyclopedia [LINK: http://baike.baidu.com/subview/547128/10206740.htm?fr=aladdin] .

Amazing: 5 ways to lose

weight!



Do you want to keep fit and slim? Do you want to lose weight just by eating food healthily without chemical medicines, surgery or high intensity exercise? It is not a dream. Here, I'd like to introduce 5 effective ways to help you lose weight more safely and efficiently. In a word, let us eat food healthily and lose weight happily!

By: Lin Xue 120112102 Class 2

Are you worrying about the flab in your cute belly? Are you anxious about the jeans you're no longer fit into? Do you want to attract more attention in summer streets? If your answer is ' yes ', then you may make up your mind to lose weight. The beginning always be tough. You may try chemical medicines even liposuction surgery, but does it worth? Maybe not. You may be intended to work out, but that doesn't always work if you don't have scientific methods. It could make you eat more and

become fatter and fatter. You may benefit a lot if you follow the tips given as following.

1. Don’t skip meals.

You should eat 3 meals a day normally. Eating less doesn’t mean that you can lose weight easily. The point is how many calories you consume and how many you absorb. If the former more than later, then you have a chance to lose weight, or you may be fat again. All in all, skipping meals is not a wise choice.

2. Keep a food journal.



It is good for you to have a record for what you eat everyday, which is more convenient for you to calculate their calories. It’s also a good way to supervise oneself and prevent us from high calories diet.

3. Don’t guzzle calorific drinks.

Not only cakes, chocolate and biscuits, but also improper drink can make you fat. Water is free from calories, fat, sugar, salt and additives. A 250 ml glass of skimmed milk contains just 83 calories. If you want fruit juice, make sure you’re buying juice without added sugar. Anyway, it’s quite different from fresh fruit. Stay away from fizzy carbonated beverage, which are packed with calories, and contain a sugar and acid combo which is also harmful to our teeth. It is said that drinking one can of fizz every day may be all that it takes to gain a stone in a year. That is horrible! So, if you

are on a diet, lemonade or soda water can be a better choice.

4. Choose fresh and light food and fruit.

People always restrict calories. Actually, if you are on a diet, you'd better absorb 1000-1500 kilo calories which turn out to lose 0.5-1 kilo. Instead of high fat meat, such as pork, beef, you should eat fish or chicken which is low-fat. Bean products also work. Eat more cereal, fruit, vegetables which are rich in fiber, they can make you feel full easily. Furthermore, you'd better eat fresh fruit everyday, fruit and vegetable salad is delicious and healthy.



5. When you are full,stop eating no matter how delicious it is.

Last but not least, delicious food are always attractive, if you want to lose weight, you'd better control yourself, overeating is the enemy of your slimming plan. So just stop and say 'no' to the tasty food if you are full.

Losing weight is a long journey, tough but don't give up, keep going then you will find a beautiful world. No matter you succeed or not, you deserve it! If you want to get more information,please click here!