

# Misunderstanding to losing weight

*In my story I will tell you the misunderstanding to losing weight and put forward some information and websites about fitness.*

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Nowadays, losing weight seems to be fashion. But, is it right to do so? Many people go on a diet to lose their weight, and some people even take diet pill to make them look thinner. Also, some of them never take exercise and they just want to lose weight by eating less. From my perspective, this is not a good idea. So, I want to talk about some aspects of misunderstanding to losing weight and some proper ways to keep fit.

In the first place, I want to give some example of misunderstanding to losing weight.

- Do not eat breakfast
- Do not eat any meat
- Do not drink water ( some people think that drinking water will make them look fat)
- Eating spicy food will keep you thin
- Take diet pill

- Jog 30 minutes everyday
- Eat junk food but take more exercise

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In my view, if you want to lose weight, you can eat everything nutritious moderately especially vegetables and fruits. Some people insist on going on a diet, I am opposed to it. Although eating less can make you thinner, but it will make your stomach sick and this is not an easy problem to solve, it's more troublesome than losing weight. Furthermore, only going on a diet can just make you become thinner, but it cannot keep you fit. I mean you will not look fit and healthy if you just go on a diet. What's worse is that some girls take diet pills. It really do harm to your health. Maybe diet pills can have the best effect in a very short time, but it will have side effects. So never take diet pills!

A healthy diet is very important, and doing sports is also very important. If you want to have a good shape body, a healthy diet is not enough. You should take exercises regularly.



About exercise, there are aerobic exercise and anaerobic exercise. Aerobic exercise can make you become thinner while anaerobic exercise can strengthen your muscles. My suggestion is that you can do anaerobic exercise first and do aerobic exercise later. It will have better effect. And many people choose the way of jogging to keep fit. And there are some issue you have to pay attention to. First,

only jogging for more than 40 minutes can make you become thinner. Why? Because if you just jog for 30 minutes, your fat will not burn and the effect will not be obvious. Second, you should do burpees□deep knee bend□plank holder□sit-up and so on, only jogging is not enough if you want a perfect shape. And according to my own experience, yoga is a very good sport to nurse one's health. And you can do yoga for relax after



intense exercises.

To sum up. Healthy diet and regular exercise should be combined well. And on the website, there are many method to [keep fit](#). Here are the videos about [losing weight](#) and doing sports. Hope you will like it!