

# 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.

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# 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](#)! ☐