

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.

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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.