**HOW TO GET IN SHAPE?**

**Getting into shape regarded as rough to achieve is not as painful as one might think. The first and the most difficult step is deciding to get a healthy diet so that getting a fit appearance. Unlike the common beliefs that being starved is the only way to get a fit body, for almost every diet experts, the key is well balanced diet. As well as to pay attention to what is eaten, exercises, active life and to determine a purpose are major steps towards achieving the goal.**

**Firstly, try to get a well balanced diet. Well balanced diet that is vital for not only overweight but also for everyone is recommend by diet experts to follow. Avoiding from sugar, salt and fatty foods contributes to keep the body in shape. Not to overfill the plate is a significant point too. You will need to eat proper balance of protein, carbohydrates, vegetables and fruits in reasonable portions to keep from taking more calories than you really need. Drinking adequate amount of water must be taken into consideration. Water referred the source of life and heath must be consumed during the day.**

**The word immediately occurs into mind when thinking of losing on weight or getting into shape is exercise. Exercises are those that get your heart rate up most so, they help to handle physical efforts. Secondly, in terms of burning fat exercises such as biking, jogging or swimming which are free to take up are absolutely required if you want to get in shape.**

**Another way of getting in shape is getting rid of sedentary lifestyle and makes the life more active. In these days people suppose that spending time in a gym makes the life active. However they are totally wrong. According to a research, even speaking on the phone by wandering around the room leads to burn calories. Simple activities like using stairs instead of elevator, standing when working on computer or going for a walk around your building when eating lunch can make your life more active.**

**The last but not the least, being determined for a purpose is encouraging in order not to give up your entire plan. The purpose might be fit into a dress, make the appearance more beautiful or having an active and happy life. Goals and aims always force people to manage what they really want.**

**In conclusion, getting into shape is not an impossible dream. By following the major steps, you can reach both healthy and fit body. The first importance is having a well-balanced diet, secondly getting exercises, thirdly changing inactive life into an active one and choosing an aim helps you to get a fit body.**

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