***TO WEAR THE DRESS YOU DESİRE***

***Today, many people suffer from obesity and they cannot stand for eating something, this habit makes them fat. In terms of health it is of course a major problem because many people do not realize that, so this health disease is getting cover us. Have you ever thought what would be reasons of this disease? There are many factor which cause obesity, for instance; stress, eating habit, life style. Because of obesity many people who has a bad appearance, desires to have o fit body, there are a few important point ordered to get in shape their body; a diet, with a diet sport activities, and common a healthy life.***

***These matters are steps to have a fit body and they are tied each other. If one of them is not done, your change to get in shape will go. So you firmly decide to make your body much more fitter appearance and your energy should not be inexhaustible for this aim. You should do it step by step.***

***First step is a hard diet; if you want to see yourself in a beautiful dress with a fit body, look this diet list. In this diet you also be careful about your time to wake; you wake up at 8 a.m and start the day with a glass of warm water then about 9 you can do your breakfast which contains two pieces bread., a few pieces cheese two eggs' white parts and a glass of milk. About 11-12 a.m you should eat a bowl of yogurt or a fruit, for your lunch you should eat a bowl of soup with a plate of food made from vegetable, your lunch must be finished until 2-3 p.m so that you can eat a fruit before your dinner and for your diner you should not eat any bread, just eat a bowl of soup and some meat or vegetable.***

***Second step is sport activity; as mentioned before these steps are attached each other so that sport is important issue for making a healthy diet because after a few days of diet, you will be fat again if you do not go a sport hall but if you began sport you will not be fat again. This activity will be help you for a healthy way to weak. You should go sport hall three days in a week and you should drink water about two half or three lt. in a day.***

***The third one is your habit; you are weak and you can wear whatever you want but there is a question mark what will you do anymore? You also will change your life style, eating habits and your activities because your appearance have changed and you should behave by caring about that. You also continue your sport activity and be careful your foods.***

***Consequently, if you want to see your body much more healthy and wear whatever you want you just do things which is ordered by doctors this paper is just an example for you.***