**HOW TO GET İN SHAPE**

**In these days many people don2t have a schedule for eating and they don’t care which meals they eat that are healthy or not. They just try to eat as fast as they can. They eat fast food, drink cola etc. People who do not care what they eat are mostly in work life. They are mostly working in deskwork. Because of that they are not active. These aspects cause gaining weight which causes health problems. These health problems decrease the average of lifespan of the world. If we want to be healthy people we should try to get in shape. Although many people think that getting shape is very difficult, there are some easy steps of it such as exercising smart, eating well and having a diet and exercise plan.**

**The first step is exercising smart. Activeness is the most important point of getting shape. The main aim is getting shape, not losing weight. Because of that you should be a physically active person. For that, you can firstly register to a gym. So that by exercising an hour in a day you can get in shape. But to be active there is another option which you don’t need to pay money. For example, you can go to the seaside or a walk way and you can have a rhythmic walk. Another is that, there are some cd records that teach you aerobic exercises. This can be very helpful to you to get active. Then, if you can find a person who can push you to do exercise is the best one. Because he/she can motivate to get in shape. For example, when you feel tired and you are going to give up from these, he tells you that ‘you can do this’; ‘you have enough braveness’ etc. so you can motivate yourself again.**

**The second step is eating well. Doing exercise is very helpful to get in shape. However, unless you are not careful about your eating habit, doing exercise means nothing. You should be careful about the calories of the meals that you eat. You should cut sugar, salt etc. to have a healthy diet. Eating vegetables and meat which don’t have oil is important or your diet. Then, drinking water is very important, too. A person should at least 2 litres of water. Drinking water helps you not to feel hungry, so that you don’t need to eat much. Drinking water provides the immune system working better.**

**The last step is having a diet and an exercise plan. You can have a weekly schedule for your diet. You can make it certain that which meals you should eat or you shouldn’t eat. Having diet doesn’t mean you should eat less. Diet means eating healthy things. You shouldn’t pass any meal. You should eat at least three times a day. And you can have snack to not to eat much in lunch and dinner. But you shouldn’t eat after 7 pm. Because it disturbs your stomach and if you eat late you can easily gain weight.**

**As a conclusion getting in shape is something that everyone should do. Models or famous people are not the only ones who should be fit. We should get in shape to be healthier people. Getting in shape provides us to have more self confidence. To sum up, if we want to get in shape we should exercise smart, eat well and have a diet and an exercise program. If we can do all of these life will be much better for us.**