**MERT ATEŞ**

**SUBJECT:** The process essay

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**HOW TO GET IN SHAPE**

In today’s world, it is possible to say many people come across with many different diseases and some of them may be fatal. One of them is obesity and the number of the people who struggle with obesity is growing day by day. However, there are many way for obesity as a solution and the best one is getting in shape. Therefore, the people who struggle with obesity wonder how to get in shape and there are many ways to get in shape; nevertheless, I do not believe that the ways such as diet are beneficial for getting shape unless you do not follow some steps.

The first step to point out is that the benefits of sport for the people who struggle with obesity; nonetheless, these people do not know the importance of sport. For example, when I started my university education, I was 97 kg. However, I tried to do sport and I lost my weigh. Now, I am 80 and I feel better than before. Therefore, it is not hard to say for me that sport is a vital thing for getting in shape.

Secondly, another important step for getting in shape is a balance diet, because if you have problem with obesity, you have to have a balance diet. For instance, one of my friends struggled with obesity and she went to dietician. The dietician said that she had to have a balance diet, and she did what the dietician said. Now, she has a health life and she is happy because she does not struggle with obesity thanks to balance diet.

Thirdly, it is possible to say that the last step is having a good mood, because if you are happy and believe yourself then you may come across with obesity. Additionally, having a good mood is not only beneficial for obesity but also it will help on some issues. For example, one month ago, the doctors said that I was leukaemia; however, it was not certain. When I heard that, I was disappointment and I could not thing anything correctly. Therefore, I went to a psychologist and he helped me to accept something in my life. After that, I accepted that and I said myself that it is not important whether I am leukaemia or not, because I did what wanted in my life, so I was happy and the doctors said certainly that I was not leukaemia, which this happiness cannot be explained. In short, what I want to say is that having a good mood is always important in our life in terms of facing with something and this will help you in getting in shape too.

In a nutshell, people always come across with a problem and this problem may be a conflict situation or a disease. Nevertheless, the worst one of them is obesity, I say that obesity is the worst one, because obesity does not make people help to come across with their problem but also it helps them to face their selves. Therefore, obesity is the worst one; however according to me, obesity is not a problem in spite of being the worst one, because the people can face with this by following three steps; doing sport, having a balance diet and having a good mood.