TO FIT A BODY   
  
 Over-weight has been a frightening dream especially for women who suffer from this shape .Sometimes , it can be named as a illness but nowadays, over-weigthing is a big problem of our physical appereances. Substantially, it threats our health and reduces quality of our life. Therefore, people who are over-weighted or who want to protect his/her physical appereance in a good shape should take some precautions like well-balanced diet and sport. It sounds easy but accordıng to dietitians and sportmen. It requires a certain process which is basic , compelling and patient such as starting to day with drinking water , having breakfast,doiıng physical exercises , abstaining from alcohol .  
  
  
 First, the best method of awaken our digestive system , which sleeps all night with us , is to start the day by drinking warm water. Habit of drinking water which is essential for a healthy life should used to be .We should drink water slowly during the day without waiting being thirsty. Please support your circulation in the body that occurs and drink at least 2 litre water in a day .   
  
 Second comes that having breakfast is another true way of getting in shape or losing weight . Most people try to lose weight with skipping breakfast but breakfast accelerates our metabolism which slows down because of hunger. So, a breakfast that full of with healthy food is the key of our feeling energetic.  
  
 Third one is doing physical exercises . In my opinion this step is the most important and essential one because when we do exercises, all of our body systems activate. The simplest helper for getting or keeping in shape is walking al least half an hour . If you have the possibility , go to gym because of doing exercises with another people motivate you rather than alone . Also swimming is strongly recommended by experts because it increases fat losing in the body.

The last one is abstaining from alcohol. Excessive amounts of alcohol consumption causes not only heart disease and damage of liver but also putting on weight. Also, with impairing circulation in the body, increases oedema. So we should be careful about the amount of alcohol which we consumption.

As a result, we must be aware of what we eat and drink for being fit and losing weight but don’t forget these are useless without exercise. On the condition that, you follow these steps, you can achieve a healthy and fit body. Move, keep in shape, live healthy !