

# 5 WAYS OF MIND TO REACH THE SUMMER BODY

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*« A winner is a dreamer who never gives up » said Nelson Mandela. It is true that victory is the ultimate goal when you do something. But that this path can be full of obstacles and the truth is that it is only perseverance, mind and conviction that make it possible to reach heights. It's time to believe in yourself !*

## **1 - Motivation is the new word order**

We all have the desire to be perfect on the beach, with the blue sea, the sun shining. But desire is one thing and action is another. You understand it, it's time to pass in action. A lack of motivation is just a way to go. And once the loss of motivation is overcome, you will emerge with more confidence and energy to go further in your projects

## **2 - It's never too late to start**

No more excuses, don't postpone everything until tomorrow, you have to go for it. It's true that the earlier you start, the more changes you'll have but so you won't put off the moment anymore, it all starts now, six months till again.

## **3 - Forget the draconian diets**

This part is very important. Indeed, a lot of people think that perfect body rhymes with diet. And it's maybe true at the beginning but when we stop... It's a disaster and the only thing you win is gaining double what you lost. It's important to eat a balanced diet, at set times and without abusing quantities, but you don't deprive yourself. The human body is created in a way that when it feels deprived and does not have enough resources to feed itself, it will stop using bad fats as soon as a food enters your mouth.

## **4 - Sport : the real solution**

If you eat a balanced diet, all you need is to do exercise and for that you need to find a sport you like, which will help you lose weight. So the magic formula is : warm up well, drink plenty of water, vary between weight training and cardio, build muscles in all parts of the body (do not choose one or two), effectiveness does not rhyme with duration (each one has its own rhythm to avoid injuries) but surpass yourself at times.

## **5 - Set goals, again and again**

Setting objectives allows you to find sources of satisfaction but also to ensure a real evolution that you can easily notice. But you must set achievable objectives, whether they are progressive and time-bound. It is important to keep in mind that each effort is significant, whether small or large. 2lb/1kg a week is sustainable and realistic !