

## Health And Fitness For Busy People

You woke up today and looked at yourself in the mirror. And you said to yourself, "I need to get into shape soon". And will start from tomorrow...

And the only problem is that How..?? It's okay, things didn't work last time but it will going to be hope by the end of my article you will came across some ways to accomplish it.

But remember the first and foremost, "*THERE IS NO GAIN, WITHOUT PAIN*" so you need to be little passionate about your fitness levels. Secondly, before starting get to know why you want get into shape and the correct method for your body to get in shape which suits you because every different body has its own way to adapt and respond.

Now, the very first step you need to take is measure your weight. Then set a short and small goal to reduce weight. Suppose you have 85kg now, then aim to reduce 5kg in 2weeks, working out only 6times in a week. And also if you can't manage for 6 days, go for 5days a week. Then, find out the suitable timing for your workout section. As if you are in hurry in the morning and can't devote an hour to exercises, you can switch just to 30min of fast walking in the morning either in a park, verandah or on a treadmill. And then can continue your left exercises in the evening dividing them into parts allotting different exercises for different body part on different days.

Like, you can allot your days to one day for legs workout, then second day for hands, third to abs and so on. This will put an emphasis on a particular body part and will so the results.

With the scheduled exercises, you also need to focus and rearrange your diet plans. 80% of success will depend on the diet you chose. This doesn't mean you have to stop eating your favorite snacks or food, instead you just need to lessen their quantity of consumption. Try to avoid oily snacks with large calories and jump on to more healthy items as your meal.

If today is the first day of your life and pick a goal which is simple and specific. Do a few push-ups, go for a walk, or eat a vegetable. Start fixing your nutrition with small changes today. Big things come from small beginnings. So pick the tiniest change you can take to get started and then repeat every day. And as you start to build the habit, you can increase the difficulty levels and try something a bit more different or uplift your level.

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