

Lifestyle over diet

There's no such thing as a short fix for a long-term situation. Eating right and exercising for a certain period sure will get you results but the results are not maintainable if you stop doing the work.

Losing weight is the easy part, the process is where things get tricky. You don't want to lose a few pounds; you want a healthy lifestyle that matches with your standards. Don't let the foolish promises fool you. We all know it, nothing comes without hard work, persistence and desire to change.

Choosing a lifestyle over a restrictive diet means prioritizing sustainable, healthy habits that can be maintained for the long term, rather than simply following short-term diet trends.

Lifestyle; refers to the way a person lives their life, including their daily routines, habits, and choices. It englobes various aspects of life, including: Diet and Nutrition, Physical Activity, Sleep, Stress Management, Mental Health, Social Connections, Work-Life Balance, Hobbies and Interests, Financial Habits, Hygiene and Self-Care

Your lifestyle choices can greatly impact your overall health, well-being, and quality of life. Creating a balanced and healthy lifestyle involves making choices that align with your values and contribute to your physical, mental, and emotional health.

Let me finish with this

When you begin the process of exercising and eating right, you want to change the way you look. But that's not the real deal. The true meaning of this transformation is beyond that.

From day one, when you wake up and say: today is the day I'm going to start, and you act toward that change (you start training from scratch, you start eating right, sleeping well...). You don't only transform physically but mostly mentally. You become a new person; a person you never knew you could be. And that's how you develop a healthy lifestyle that applies for all your daily aspects.

In the meantime. Lët'z Roar