
How can I get a good shape?

Posted by Clifton - 2008/12/18 21:59

I hate how I look. I'm skinny, and I look weak. Sometimes I hesitate to talk to people (especially girls) because of that. Anyone knows how I can get a good shape? Help me please.

=====

Re:How can I get a good shape?

Posted by lillywilliam - 2009/01/18 22:30

Even i used to stay like this before but now i am perfect among my friends i look very fir and shape... first you should have your food on time... take healthy foods drink lots of waters do some wok outs.... which i supposed to do now i got the result....

=====

Re:How can I get a good shape?

Posted by werner77 - 2009/07/24 06:04

Skinny is really not bad, most people would give anything to be skinny. Anyway you just need to get on the right diet and do some exercise, simple really if you committed to looking in better shape.

=====

Re:How can I get a good shape?

Posted by rickyshane23 - 2010/01/25 21:53

Honestly dude, there's no fast or easy way. if you're like me, try cutting off dumb stuff thats fatning, like the amount of cokes you drink. that's one example. eat a little healthier, skip beer and pizza and eat a salad and drink some water or juice. it's much healthier for one thing.as for exersing, its ccnp certification necessary. you dont need to go to a gym, not at all, but if you do, it's a great motivator just being there. for me atleast. find a work out buddy or something. wanna be in a good shape? easy. find a buddy and compete. put something at stake. not like one dollar though, don't mcitp questions be a cheap-o...be creative. a dinner steak? hope this helps.That gives you a starting point based on how many calories you should eat a day to maintain or lose weight. Combine a good diet, lean meats, no carbs after 6pm, only complex carbs before 6pm, plenty microsoft mcts of veggies with a diligent exercise regimen of strength conditioning and aerobic exercise (at least 3-4 times per week) and you'll get in shape in no time.This however takes an incredible amount discipline. I suggest seeking a qualified strength and conditioning specialist or personal trainer in your area to help you meet your goals.

=====