

# Lifestyle

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BUSTER**

1- A new client comes to you wanting to lose 30 lbs. They seem to be relatively active. What is the healthiest way to lose the weight, and to help them maintain their weight after their goal is achieved? What areas of health might be impacting the weight gain?

Losing a weight nowadays can be a major cause of self-loathing and self-destruction as one has to go through awful and highly disgusting eating and daily routine. Thanks to our ways of eating in addition with Victoria's Secrets Angels and Abercrombie & Fitch models physiques who has raised the standards of being called "Smart" so high that people found themselves utterly hopeless.

Reaching an optimal level health is not a child's play. It requires lots of hard work, determination, focus and enthusiasm to be called literally smart.

Sound mind in a sound body can be referred to as optimal health. So it's not ONLY about the body rather a pure nourishment of soul and mind is also primarily important.

Proper nutrition is first and foremost in obtaining optimal health. Balanced amount of vitamins, proteins, iron, calcium and other elements play vital role in shaping a sound body. The use of oil and calories rich food should minimum while increasing the intake of fruits, vegetables, juices and cereals. Exercise is the next area that requires attention. We have become extremely rigid and stagnant with our life styles. So getting yourself busy in any physical activity is healthy. Remember that, mechanism is important. Proper sleep and rest is important too. In addition with exercises everybody needs rest to function properly. Make sure you get at least six to seven hours of sleep daily.

If you are following the above mentioned practices then you can surely work  
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with you mental and spiritual balance. Again I repeat, it's not only about your body. Focus yourself in meditative prayers. Keep in touch with you strengths and also spare time for the nature. Keep in mind your short term and long term goals.

Being self-obsessed is not a bad thing unless it's not causing any harm to other lives. It requires some commitment to keep your pieces functioning properly. There is only one YOU.