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Is it a bird? Is it a plane? No, it's superwoman ...

Program combines diet and exercise with positive thinking

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By Iveta Feilhauerová

FOR THE POST

Sometimes it feels as though being a woman in the modern world means being superhuman: trying to juggle work, children and managing the house.

But there is a way to feel like a superwoman while doing all of this. To become this woman - smiling, fit and full of energy - there are three tricks. Let's call them superdiet, supercondition and superspirit.

First of all, superdiet. Think about what you eat or if you even have time to eat. Admit that you are cheating your body and do not indulge it with healthy food full of vitamins, minerals, fiber, high-quality carbohydrates and proteins. You just simply and quickly eat something in a hurry because you do not have enough time.

But this is not the right way. What do you think will happen when you fill up your car with low-quality petrol? Will your car work better and longer? You need to follow the principles of a healthy diet: Eat five meals a day and regularly in this kind of balance: breakfast 25 percent, first snack 10 percent, lunch 30 percent, second snack 10 percent, dinner 25 percent. Drink at least 2.5 liters of water and with every meal have a portion of fresh fruit or vegetables. Cook fish twice a week and choose wholegrain cereal and pulses above bread, rolls and pasta. Always choose semi-skimmed milk, avoid sugar and prepare food by steaming, baking, grilling or boiling, rather than frying - frying is forbidden. Limit yourself to just one portion of lean meat a day.

But even the healthiest diet is ineffective if you do not exercise regularly. Here is where supercondition comes in.

In the modern world, the body is exposed to different kinds of stress factors which make us mentally tired but physically full of energy that we have to burn in order to bring everything into harmony and have a good night's rest.

Don't pollute your body; just sweat it out. Take time out to exercise at least every other day for an hour. If you are not a sporty person, have faith that after two months of regular exercise, at least three times a week, you will feel like one. Endorphins can do wonders. Take action and become an addict.

Now we know that a healthy diet and regular exercise are in a symbiotic relationship with each other. But just as important is a positive, healthy state of mind - a superspirit. Do you like yourself? If you look in the mirror, do you like what you see? What do you think will happen if you are constantly thinking you do not like your own reflection? It will become even worse because you are obsessed with it. Try to think positive thoughts and find something good to concentrate on.

So what do you think? Do you have what it takes to become the next superwoman?

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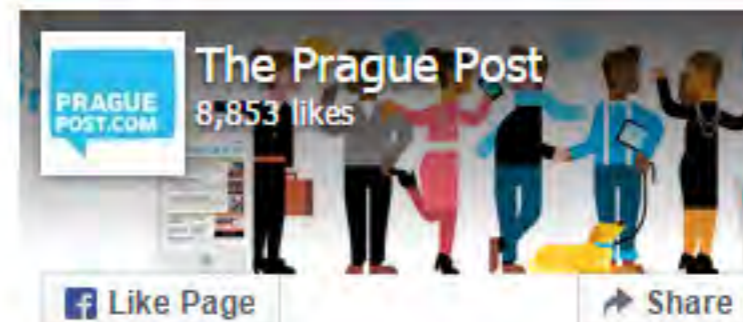
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