Article published on March 27th 2012 | Fitness

For all those of you who are worried about the excessive weight, we have a solution for you. The latest trend is to look slim and smart but our diet in todayâ€™s fast paced world doesnâ€™t let us be that way. We have a busy schedule right from the start of our day as we take heavy calorie diet in the breakfast. This diet may help us in getting the energy for the whole day but we add fire to the problem by having the same or even slightly higher calories intake in supper and dinner as well. Health experts say that all meals must be taken at their earliest time and the amount of food that we eat must be reduced after every meal of a particular day. By this it means that you are medically allowed to have most in the breakfast more in lunch but least in the dinner. This is logically correct and is well rhymed with the fact that as we get going for the day we require more energy. So while we approach towards the dinner time we need a slight quantity of food to keep us going for the night as we need lesser energy.

In Dubai Cosmetic SurgeryDubai cosmetic surgery is not so expensive as considered. We do have an expensive treatment in the past but as the world in evolving around we are getting new, improved and advanced equipments used for the said purpose. For undergoing rhinoplasty Dubai offers many cheap and less cumbersome options for clients. And all those of you who are interested in fat transfer Dubai is a place where you will find every specific treatment at the lowest cost possible. We provide all the above stated services at very cheap rates. If you bring along a colleague or a friend with you and both of you are interested in the same treatment than as a whole your expense will cut down largely. So donâ€™t wait and call us now and take our services and be satisfied with your life.

Doctors and health experts are concerned more towards the life style than the treatment caused by not spending lives as per their instructions. It is ironic to know that although the world is technologically advanced and people live their lives in more convenient manner, the diet of an average man is decreasing and the trend today is gulp down lesser as you can. The fat accumulated in your body is mainly due to over eating and for this regular exercise coupled with reduced intake is necessary. For adults and children, in fact for all the age groups health experts specify a certain amount of calories that are supposed to take in a day. Knowledge as to what constitutes a calorie and what food items contains how many quantities of them, is required to be gained. We prepare calorie charts as per the requirements of age and then allow you certain of your preferred food on some conditions. If you are doing work out on a daily basis it will surely ease out certain matters that are otherwise trouble creator. Normally health experts advise to have at least three days spared for exercise and with each day you need to spend an hour doing some brisk exercises. Yoga and aerobics may help you also but running a couple of miles will surely feel you good.

Article Source:
http://www.articleside.com/fitness-articles/getting-shape-is-no-more-a-dream.htm - Article Side

Agnes Paul - About Author:
Dr. Agnes Paul is a veteran plastic surgeon with 3 year of practical working experience in the Middle East. Dr. Agnes specializes in breast reduction Dubai and has experience of running a tummy tuck Dubai in a posh locality of Dubai . He has worked at a number of reputed clinics and hospitals, and is currently residing in Abu Dhabi. a Dubai cosmetic surgery | a rhinoplasty Dubai | a fat transfer Dubai

Article Keywords:
Dubai cosmetic surgery, rhinoplasty Dubai, fat transfer Dubai

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!