



Personaltrainer Hans

Hans Ottersbach



You don't have to do without delicious ice cream

Many people dream of being able to change something on their bodies. Some would like a smaller nose, some fuller lips, but most likely want a perfect figure.

Having a normal weight has many advantages

Having a normal weight not only has aesthetic advantages:

Those who have a healthy weight are also significantly less likely to develop heart disease and diabetes. In addition, these people live healthier, are fitter and therefore happier. So far so good. However, there is a problem: losing weight is not that easy.

Diets are not the key to success. Even if many diets sound promising and you lose a lot of weight within the first few days or weeks, sooner or later you will struggle with the yo-yo effect. The only thing that happens is that the provider of the diet deserves NEM (dietary supplements) with some miracles and you are frustrated after the end because another miracle diet has not helped. A cycle that unfortunately repeats itself every day.

No diet is intended for long-term use. And as soon as you end the diet, you usually have your lost pounds back on you within a few weeks.

Diets often lead to the opposite

In addition, the body releases more appetite signals during a diet: Your body notices that you are losing weight and is trying to compensate for this condition. If you go hungry during diets and set bans, you will have to deal with food cravings. I therefore recommend permanently changing your diet and lifestyle instead of resorting to short-term diets:





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1. Do not make extreme changes

If you want to lose weight, you should prepare for a month-long process. Do not put bans and do not completely change your eating plan. Instead, start small by omitting the sugar in your tea or using water instead of cola. If you change too much at once, it can lead to severe relapses and food cravings.

2. Enjoy your food

Green smoothies are healthy, but if you don't like them, you shouldn't drink them either. Even if you want to lose weight, you don't have to do without chocolate and pizza entirely and just eat vegetables instead. Allow yourself your favorite food every now and then and next time try to order a salad with a burger instead of fries or just eat a scoop of ice cream instead of three.

3. Be realistic about your goals

Even if you are motivated and are determined to change some of your diet, you should remain realistic. Mixing a smoothie every morning may not sound like a big deal, but ask yourself if you can really do it.

Is it feasible for you to always have a full fruit basket at home? Do you have time in the morning to cut fruit and will you still enjoy the smoothie after two weeks? Better enter into changes that you can be sure of, that you can maintain them in the long term and integrate them firmly into your life.

Even if you are on the best way to reach your ideal weight with a fixed diet change, you should always expect small setbacks. Failure to lose weight is completely normal and you are not alone.

But, only this, actually quite simple way ensures long-term success.

My nutritional advice and support, as well as a moderate sports program are the key to success and satisfaction.

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