



Tatsiana Karpovich

How to stay always young, as in 18 years

Always 18 years old))

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in 18 years. Always 18 years old))**

«Издательские решения»

Karpovich T.

How to stay always young, as in 18 years. Always 18 years old)) /
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The book is told on personal experience how to stay young as long as possible.
Given a specific system of nutrition and training, tips from personal experience.

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FROM AUTHOR

HOW TO REMAIN YOUNG TO 35 YEARS AND LOOK FOR 18 YEARS

To begin with, I dedicate this book to my boyfriend Seymour Gafarov, because I hope that the book will become popular and help us with my boyfriend to realize our dreams and live a free life we dreamed of, travel a lot and don't depend on money. My boyfriend is the closest person to me, so everything we dreamed of, let it all come true.

The author of the book: Karpovich Tatiana Arkadyevna.

Place of writing the book: Grodno, Republic of Belarus

MY EXPERIENCE. HOW I GET TO LOOK AT 34 YEARS FOR 18 YEARS

I never thought about it, but many people have asked me this question lately and were interested in my lifestyle and I would like to share my experience so that anyone who wants to look young at least up to 35 years old can learn some experience and stay young.

Back in 18 years, it seemed to me that after 22—25 years I would be very old, so I was interested in this topic, how to stay young for as long as possible. I was also very stimulated by the fact that I was not married, and I always had to look beautiful and young. The fact is that by the age of 25 the majority of men already marry women, and there is very little choice left, the choice is narrowed specifically in your city, and this will stimulate you to look young enough to find a worthy husband.

MY GOALS WERE

1. To be beautiful.
 2. To be healthy.
 3. Look young and attractive always.
- So, what did I do all my 34 years to stay at 34 years old for 18 years.

EVERYTHING IS VERY SIMPLE – IT'S A BALANCE BETWEEN 7TH COMPONENTS

1. Yoga training in the evening for 5 minutes, small exercises for strength of muscles for 5 minutes.
2. Meals during the day and in the evening (2 meals a day and 2 very small during the day).
3. Work and weekends.
4. Sleep (9—10 hours).
5. Rest.
6. Facial and hair care.
7. Relationships.

MY BODY TRAININGS. YOGA

Exercises for training: Exercises for training, I began to practice after I started doing yoga in the classroom in a fitness center. To memorize one set of exercises in different combinations took about 3 repeated workouts. And then I could do them on the thumb. Now it helps in the evenings before bedtime to do this set of exercises, which takes only 5—10 minutes a day.

In this case, you get complete relaxation of the body, the alignment of all vertebrae in the spine, if during the day, some vertebra drove away and good relaxation before bedtime. A set of exercises for a sedentary office life also helps in the struggle with the cervical vertebrae that begin with osteochondrosis.

CARDIO TRAINING

I do this exercises in the evening every day during 5—10 minutes:

- any 10 exercises on the press (lower, upper, middle),
- 10 exercises on the buttocks (squats with lunge),
- Push-ups 2—5 pcs per day.

YOGA. EXERCISES

Below I post a phased photo of my workout of yoga set. Make them every day 4—10 minutes in the evening before bedtime. Imagine that these minutes of relaxation and concentration will help you maintain a constant body weight and always be fit.

MY PERSONAL TRAINING 1 TIME A DAY IS IN THE VIDEO BELOW:

<https://www.youtube.com/watch?v=vuHE2OaJrRg>



DOUBLE-FEED FOOD FOR YOUTH

I will tell a little background, how I ate in my childhood up to 12 years old, my youth after 12 years and after 22 years, my youth after 30 years.

CHILD POWER UP TO 12 YEARS

Up to 12 years old, our mother fed us exactly on the clock, it was four meals a day, morning 9—10 hours, lunch 13.—14.00, afternoon snack 17.00 and evening 21.00, we got up early and went to bed until 10—11 pm.

- Morning consisted of milk soup (oatmeal or pasta) or scrambled eggs.
- Lunch – vegetable soup, garnish (porridge or pasta) and meatballs.

Конец ознакомительного фрагмента.

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