

Some bad habits that can fatten you!

DIETETIC BARS :

You may think that this type of food can replace meals and help you to lose weight, but it contains cereals, lot of sugar, fats, syrup and preservatives!

VITAMINE SUPPLEMENT:

It can fatten you , it is useless without sport or other physical activities.

COFFEE:

It contains caffeine which stimulates in the blood the production of cholesterol, the stress hormone that leads us to eat.

ALCOHOL:

Alcoholic drinks are rich in calories and contribute to fatten us.

SLEEP FEW HOURS :

Unless you sleep well and regularly your metabolism will produce more cholesterol and you will be hungry (and angry) all day!

EAT LATE:

During the night our body can't assimilate what you eat and you accumulate sugars and fats.

SKIP BREAKFAST:

if you skip breakfast you will be angry for lunch and you will eat more.