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[Glamour Skin Cream](#) of this, let's look at this challenge from a different approach. How do you create a lifestyle that is both fit and matches your personality? The answer may be a little different for everyone, but for me, I can provide a few tips that helped. Consider these and possibly modify to suit your own needs. Find your fit, in fitness! Put another way, find exercise and diet that allow you to be fulfilled. What activities do you enjoy, or for that matter, dislike? Running, walking, lifting, bike riding, Plyometrics, calisthenics, WiiFit, whatever. If nothing lights your fire, you will have a tough road here. However, if you've read this far into the post, I doubt there's nothing for you.

Challenge yourself! Once you've found the exercise(s) you enjoy, don't always settle for moderate workout. You need to push yourself for various reasons. It not only keeps your workouts interesting, it provides [Glamour Skin Cream](#) the edge required to make an impact on your fitness. The level of "intensity" differs from person to person, but you know when you've given your all. Don't cheat yourself out of real benefits. I don't think someone really taps into the true benefits of fitness until they crank up the volume of the workout. You'll look better, feel better, and even be more confident and positive.

Learn how to eat clean, then do it 90% of the time. There are a ton of books on the topic of eating right, and they all have some validity. Find a good nutrition plan that works for your body, and learn the framework. Once you understand the basics of nutrition, portion control and the most harmful foods to avoid, the rest can be adapted to your eating habits. Now, eat this way 90% of the time. This gives you the [Glamour Skin Cream](#) break people need to keep their sanity. I eat approx 5 times a day, which means I have 35 meals per week. In my world, I allow

3 of those meals to stray from my normal eating. I don't lock myself to a day, or time of day to do this. I choose the right meal to allow this based on "life". Sometimes it's a donut breakfast with my daughter or an awesome dinner with my wife. Maybe a good ole fashion home cooked meal from my mother in law. It doesn't matter, just stay committed not to go beyond this limit and please don't overdo it. The 90% rule is not a free for all at the dinner table. That could really wreck your progress! It is a way to give yourself the freedom you need to eat foods you really enjoy to make the system work for you.

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