Hi, what can I do for you?

Okay, firstly I would recommend you not to eat less, but eat healthier foods, like pulses, fish and less fatty food. Absolutely avoid junk food in fast food restaurants and try to eat more vegetables and fruits. It is healthier and it will also help you lose weight.

A healthy diet is the base of losing weight, you should create yourself a routine for a healthy lifestyle. For example, you can run in the mornings, go to the gym or do home exercises, and use the stairs instead of the escalator.

Moreover, I can advise you do what you like, don’t go to the gym, if it is painful and boring for you, try a team sport or discover what you really like.