2017-13846 Yang Jun Yeop

CE 2, Lec No 12

Until 2022-03-29

Accomplishment Paragraph

Gaining Weight

Until 2019, I was too skinny that I even served military service my social agent service because of underweight. From 2019 summer to 2020 winter, I gained weight by exercising and regular life circle and was able to enjoy outdoor activities like other people. Many people would think that underweight is easy to overcome by just eating a lot. However, it is as hard as overweight people doing a diet. Therefore I enrolled gym and started exercising to eat more. If I exercise, I would naturally be hungry and eat additional food after the exercise. Exercising not only made me to eat more, but also filled my body with some muscles. I exercised by 3-days-rutine which is chest, back, and leg to get muscle balanced with satisfactory weight. Also I usually slept late and woke up late morning skipping the breakfast, which made my food habit bad. By changing life cycle, I could have food 5 times in a day which is breakfast, lunch, protein after exercise, dinner, and additional snack 1 hour before sleep. As a result, I became 65kg from 47kg and I could go mountain by upgraded health. Exercising and proper life circle were two important things of weight increase.