2017-13846 Yang Jun Yeop

CE 2, Lec No 12

Until 2022-04-14

Accomplishment Paragraph final draft

Gaining Weight

Until 2019, I was too skinny that I even served military service my social agent service because of underweight. As I was so underweight, my health was bad and it was a shame that I was often too tired to play with my friends such as skiing or going to a trip. Therefore from 2019 summer to 2020 winter, I gained weight by exercising and having regular food routine. The first thing I did was to enroll gym and start exercising. I exercised 6 days a week except for Sunday, by using 3-day split workout. It means exercising with chest, leg, back for each 3 days, which enable human to get balanced muscle throughout the body. Meanwhile, exercising not only gave me muscles, but also gave me chance to eat more. Because of exercising, I became hungry after the exercise, leading me to eat more. Moreover I usually slept late and woke up late which consequently made me skip the breakfast. By sleeping early and waking up early, I was able to have food 5 times in a day which are breakfast, lunch, protein after exercise, dinner, and additional nutrients 1 hour before sleep. As a result, I became 65kg from 47kg and I could do outdoor activities freely. Exercising and having proper eating circle were two important things of weight increase.