Hello, my name and Lucas, I'm natively Brazilian, graduated in civil engineering and now venturing into the tech world.

A lot of people may disagree, or not believe when i institute this activity as a hobby, well, maybe even the end of this reading you change your mind, I will be happy to change your perspective on the subject, no matter how small.

So now, I present to you now my hobby, get rid of all your false judgments and prejudices, and face it not as an activity, but as a lifestyle. And i can find pleasure in physical exercises, I assure you,and I will try now a little persuasion.

SCIENCE PROVES

We can find some **scientific facts** that prove what I'm saying, every time you exercise, a hormone and produced in your body, this little baby is called endorphin, and it's directly linked to the concept of happiness. If you want to dig a little deeper or make sure I'm telling you the truth, I leave here a link from a .

<https://www.cnn.com/2016/01/13/health/endorphins-exercise-cause-happiness/index.html>

YOU IN CHARGE

A good part of all this? There are dozens, and I dare say hundreds of different ways to exercise, not get stuck in just a certain exercise, that's not a routine way, that and you choosing what makes you good, that you like to do and, as a bonus, a way to stayhealthy.

MY CHOICE

As a favorite activity, I choose bodybuilding, in my opinion,very graffiti when we start to notice results and notice differences, >>PRICELESS<<

I introduce this modality in my life going to the gym, or exercising in parks at least five times a week, valuing my well-being and trying to keep all my other tasks in mind.

HOW TO DO IT?

The results and the proper performance of this activity are based on three main components.

1. Discipline

<dt> Keep in mind that you don’t have to stop your life to work out, your will and satisfaction are your best allies in the process.

Some people can see the academy as a must or even punishment for the moments of pleasure (in most cases involving food) and in this case, what should be a hobby, where do you find fun and plasure, becomes something difficult and unsatisfactory to do.

My tip? Control your thoughts, everything revolves around your perspective, find something pleasurable, a friend, a place, a kind of physical exercise that satisfies you.

1. Good nutrition

Another primordial aspect to approach is your **feeding,** after all your body needs energy to work not just during training but throughout the day. And I say again, the purpose isn`t deprive yourself, but to balance.

This subject it's something that involves a lot of discussion, and different points of views. But here's an website that was valid for me:

(link)

<https://www.forbes.com/sites/nomanazish/2018/01/09/10-simple-ways-to-start-eating-healthier-this-year/#39b91c7a33da>

1. Rest

**After exercising** a specific muscle group, let it **rest** for one to two days. This gives your **muscles** a chance to repair and heal. On the other days, train different **muscles**. Be sure to work opposing **muscles** to keep your **body** balanced.

The sleep ranges is essential for everything to work properly in our bodies, so make sure to save at least seven hours of nap.

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By closing the matter, I turn myself to a inconsistent term called self-esteem. It`s important to emphasize that the perfect body doesn`t exist, each body has your own genetic, odd and private. Crack into bodies promoted by the media, it won't make your life easier. Focus on the mirror, on your body, and especially on your progress, which regardless of the dimension, becomes true through continuity.

The change doesn`t occur instantly, and without any effort, but over time you realize that this went from a hobby, from an activity, to your lifestyle. It will becomes part of your life, where you find countless benefits and feel accomplished at the end of the day.

This shouldn`t be a motivational text, and I'm not getting any kind of merchandising, but if I can leave a county at the end of it all: "JUST DO IT".