**Dec. 15, 2019**

***Weight Loss: A Success***

Because I knew how to dress myself in such a way as to hide my big stomach, almost no one sensed that I had weight problems. Actually, although I felt I Was getting fatter and fatter, I hadn’t cared about it much. It was not until I could no longer squeeze myself into my favorite outfits did I decide to do something about it.

The first action I took is to keep a healthy diet: First, I reduced starch intake, including rice and food made from flour. I used to have a slice of toast for breakfast and a bowl of rice for lunch and dinner. Now, I cut down each meal into half or even less. Second, I would never eat food with saturated fat acid or any fat parts of pork, beef and chicken. Also, I tried to avoid delicate pastries, sugary drinks such as bubble tea, and fried food--due to the various kinds of oils, sugar and unknown additives they contain that may cause fat and impair health. Third, I would eat vegetables, fruits and eggs first and then meat, fish and other kinds of food. Milk is indispensable for its rich nutrition, so I would drink a glass of it every day to stay healthy.

The second action I took is to keep exercising regularly. Every day I would take a 30-minute walk around the Wenshan Park twice with the goal of 7,000 steps at a daily average, and I would measure my weight at Muzha Health Center, next the park. Heaven helps those who help themselves: My body weight has decreased from 55 down to 54, 53, and now, 52 kilograms. Although my big stomach is still there, it has shrunk a lot. I can again put on most of my old clothes, and wearing pants that previously seemed too tight no longer causes discomfort.

To sum up, keeping an eye on one’s diet and doing regular exercises not only keep one in good shape but also help one stay away from the three “hypers” -- hyperlipidemia, hypertension and hyperglycemia. It’s worth the effort because it’s killing two birds with one stone.