

Fat To Fit Transformation for a Teen

Fat to fit transformation can be an amazing journey. But there are many false starts. You may think a pill is the answer. Perhaps knowledge is the answer. But, no. The journey takes effort and time.

There are many overweight doctors and nurses. Having a lot of medical knowledge will not make a fat to fit transformation in your life. According to a [recent survey](#) 4 out of 10 doctors are overweight and 23% are obese. Don't ever take weight management advice from an overweight doctor. They simply do not know how to make the fat to fit transformation.

Many people want a magic solution to their weight condition. For most people, this magic solution is a diet, weight loss pills, or a gym membership. The weight loss dietary supplement marketed is expected to [grow 6% a year](#) for the next decade. The fitness industry is expected to grow [2.6% a year](#) globally.

Fat to Fit Transformation Turning Point

But, for people who do undergo a fat to fit transformation, there comes a defining moment, a turning point when they realize the true answer to becoming fit. It's a lifestyle change.

That lifestyle changes involves eating a more healthy diet – not going on a temporary diet. This means eating more real foods, cutting out manufactured foods many of the nutrients and fiber removed.

That lifestyle change involves exercise. Our parents and grandparents lived before the current obese generation. They worked hard. In this obese information age, work often involves sitting at a desk for nearly 8 hours a day. Exercise

is an optional extra we must choose.

Cardio and weight training exercises are important for our health and weight control. Cardio burns calories. And weight training builds muscle that raises our metabolism so we burn more calories every hour of the day.

The decision to change your lifestyle will be the turning point in your fat to fit transformation experience. Make your's today.

It will be hard work. But, your fat to fit transformation will be worth it.

3 Month [Fat to Fit Transformation!](#) |Jason Robinson 16 Years old|

Hello! My name is Jason Robinson and this is my 3 month body transformation! I started off at 170 lbs and grinder my way to 134lbs! I really worked hard on this project and I hope you guys enjoy the video!

Songs used

Time- Hans Zimmer Instrumental Core Remix

Lullabies- Yuna(Adventure Club)

Fat to Fit Transformation – 6 Months Body Transformation

Fat to fit transformation that will inspire you to make changes in your life. If you don't decide right now to change, maybe you never will.

Going from fat to fit requires more than eating right and working out. It take commitment. After many years of gaining weight, losing confidence in yourself, being embarrassed by what you see, and reducing your quality of life, it's hard to make a commitment to better health.

Look in the mirror. You may be shocked by what you see. You body fat percentage may show that you are 30, 40, or even 50% fat. When you are overweight, you'll have an increased risk for many different medical conditions including type 2 diabetes, high blood pressure, cardiovascular disease, some cancers, osteoarthritis, fatty liver disease, sleep apnea, as well as kidney disease. You may be on several [prescription medicines](#) because of your excess weight.

And, when you are fit, you'll have more energy to do the things you really want to do when you are fit. You'll also have much less concern about all the consequences of being fat.

Fat to Fit Transformation takes Determination

Your determination to make the transition from fat to fit may come from fear of the many unhealthy consequences of being fat. Or, your determination to go from fat to fit may come from the desire for the rewards of having a fit body.

There is no magic pill or potion to transform you from fat to fit. You have to decide to stop sitting around eating junk food and start training. Face your fears about your dismal health future and make a decision to make an [inspiring fat to fit transformation](#) you know you need.

Isn't it time for you to make the fat to fit transformation in your own life?

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