

# 7 Simple Exercises That Will Transform Your Body in Just 4 Weeks

The new year has arrived, and with it, thoughts about getting fit and ready for the spring. However, these intentions tend to not last as long as we would like them to.

To get you in shape, we at **Bright Side** have come up with some simple exercises that will change how you look in as little as four weeks. You won't have to go to the gym or buy any special equipment – all you need is determination and ten minutes a day.

## Plank



A plank is a static exercise, which means you don't need to move while doing it, but simply hold your body in the correct position instead. To do it right, follow the example shown in the picture and prop yourself on your elbows, forearms, and forefeet. It's important to keep your back perfectly straight without your waist lowered or your bottom upraised. If you don't have difficulties keeping your body in the elbow plank, then something's not right. While in this position, the muscles that keep you straight are being worked, such as the abs, arm muscles, back, and anterior thigh muscles.

## Push-ups



To do a correct push-up, assume the plank as the initial

position, and then push yourself up with your arms. The most important thing is to keep your back, bottom, and legs in a straight line – this will strain your abs as well as your arms. The next step is to return to the initial position as slowly as possible.

## **Toning your thigh and bottom muscles**



Begin the exercise as shown in the picture, propping yourself on your hands and knees. Then, stretch one leg, trying to keep it straight and not letting it go to the side or bend while raising and stretching the opposite arm at the same time. After that, do the same for the other arm and leg.

## **Squats**



Squatting is all about balance – put your feet shoulder-width apart and stand on the soles of your feet. Then, begin squatting as if slowly sitting down on a low imaginary chair. Your knees and feet should form a straight line. Try to pull the small of your back in as far as you can. You may also help keep your balance by stretching your arms out in front of you, as shown in the picture. When you are down, start pushing yourself up as slowly as you can.

## **Ab exercises**



Lie on your back and stretch your arms up, then slowly raise one of your legs, bent at the knee, and touch it with your hand, as you can see above. Return to the initial position and repeat with the other leg and arm. Don't forget about the main

rule here – the left arm goes to the left leg, and the right arm goes to the right one.

## Abs and buttocks



First, prop yourself on your hands and feet so that your body forms a triangle above the floor. Raise one of your legs as high as you can, as seen in the first picture, and then lower it slowly and try to touch the tip of your nose with your knee. Return to the initial position and do the same with the other leg.

## Waist



Take up the initial position with your legs set widely apart and slightly bent at the knees and with your back propped against the wall. Then, lace your fingers or take a ball, as shown in the picture, and slowly move your hands from side to side, trying to touch the wall with them and, most importantly, keeping upright.

## The four-week plan

### Week 1:

Do the following for six days:

2 minutes plank;

1 minute push-ups;

1 minute abs and thighs;

1 minute abs;

1 minute abs and buttocks;

1 minute waist;

2 minutes plank.

Have a ten-second break between the exercises.

**Week 2:**

Alternate the following sets for 6 days.

**Set 1:**

3 minutes plank;

3 minutes abs;

3 minutes thighs and buttocks.

Have a 15-second break between the exercises.

**Set 2:**

3 minutes waist;

3 minutes push-ups;

3 minutes abs and buttocks.

Have a 15-second break between the exercises.

**Week 3:** repeat the Week 1 set.

**Week 4:** repeat the Week 2 sets.

If you do everything correctly, you will achieve amazing results in just a month and, as a bonus, develop a habit of doing this simple ten-minute set of exercises every day. And if you want to improve your body even more, then doubling the effort is all you need to do!

Photo credit: popsuga

# Seven fantastic exercises to give you a healthy spine

Back pain is no joke. Regardless of whether someone has a highly active lifestyle or is completely lazy, every one of us risks damaging our spine through our everyday activities. Luckily for you, we've found a few simple, but very effective exercises which are guaranteed to help you get rid of back pain you might experience.

	<p style="text-align: center;"><b>Exercise 1</b></p> <p>Lie on your back. Bend your right leg at the knee. Stretch out your left leg above your head. Grasp it with both hands under the knee, and pull it towards your torso. Hold this pulling motion for 30 seconds. Repeat this exercise twice for both legs.</p>
	<p style="text-align: center;"><b>Exercise 2</b></p> <p>Lie on your back and bend both legs at the knee. Grasp your left leg with both hands at the knee and pull it towards your torso. Hold the position for 20 seconds. Repeat the exercise twice for both legs.</p>

	<p style="text-align: center;"><b>Exercise 3</b></p> <p>Lie on your back. Stretch your right arm out to the side, at a right angle to your body. Stretch your left leg out so that it is straight. Try to stretch your right knee towards your left side, so that it almost touches your left hand. Hold this position for 20 seconds. Repeat the exercise twice for both knees.</p>
	<p style="text-align: center;"><b>Exercise 4</b></p> <p>Lie on your back and bend your left leg at the knee. Place the lower half of your right leg crosswise over your left thigh, with your knee pointing out sideways at a right angle. Carefully pull your left leg towards your head. Hold this position for 30 seconds. Switch the position of your legs and repeat.</p>
	<p style="text-align: center;"><b>Exercise 5</b></p> <p>Lean on the floor on your using your right knee and stretch out your leg behind you. Your left leg should be bent at the knee. Hold this position for 30 seconds. Repeat the exercise with the position of your legs changed.</p>

	<p style="text-align: center;"><b>Exercise 6</b></p> <p>Lie on your right side. Bend your left leg at the knee, grasping your ankle with your left hand. Carefully pull on your ankle with your hand, thereby tensing the muscles in your left thigh. Your spine should not be bent to any great extent. Hold this position for 30 seconds. Then lie on your left side and repeat the exercise.</p>
	<p style="text-align: center;"><b>Exercise 7</b></p> <p>Stand arms' length from a table. Bend your upper body forward, slightly bending your legs at the knees, to the point where you can touch the edge of the table with both hands. Your arms should be stretched out and your head at the level of your shoulders. Hold this position for ten seconds. Then stand up straight and bend your body to each side, one after the other.</p>

**Once you've done all this, we promise you'll feel great!**



pandawhale

Photo credit: Vera Golubeva

Sursa: [brightside.me](http://brightside.me)

---

# 20 of the best poses for a photo shoot

This post will come in handy not only for photographers looking for inspiration, but also all the ladies out there who want to look great in every shot. Here are some of the best poses which highlight your best features and hide even the most obvious imperfections. You'll be a supermodel in no time.

1. **This is simply a great angle** which always make you look slimmer. The model faces the camera side-on, with her chin pushed down and her shoulders slightly raised.



(c) Ali ilker Elci

2. **Often, the most straightforward poses turn out to be the best ones.** Here, the model should put her body weight all on one leg, bending her overall stance slightly so that her silhouette is 's-shaped'.



(c) Tjipto Suparto

3. Here the model lightly touches a vertical surface, such as a wall or a tree, with both hands. **This is a great pose for taking a portrait shot.**



(c) Konstantin Lelyak

4. **If the model has long hair, definitely try to take an 'action shot' of her while she is moving.** A good way to do this is to have her turn her head sharply.



(c) Mariya Petrova

5. **This is a great, comfortable pose** which can be used when taking photos at home, in a studio, and in many other locations.



(c) Christian Teß

6. **This is a great pose for when the model is sitting on a sofa.**



Pinterest

7. **This is a superb choice for a shot when the model is sitting on the ground.** She can be photographed from many different positions.



(c) Ben Heys

8. **This pose is ideal for an artistic shot.** There are a huge number of positions for the head, arms and legs which can be adopted.



(c) Vladimir Zhukov

9. It's believed that folded arms and legs create psychological barrier between people, and therefore is not recommended for photographs. However, it's worth trying a shot where the **model has her arms folded across her chest.**



Pinterest

10. However, you don't always have to worry too much about where to put the arms. **It's perfectly OK to leave them in a relaxed position at one's sides.** The same goes for the legs, although remember that body weight should always be on one foot only.



(c) Andy Quarius

11. This pose is ideal for a full-length photo. **The model's hands should be placed either partly or fully in her pockets.**



(c) Alexander Loginov

12. Placing the hands behind the back, whilst unusual, is nevertheless an interesting idea for a photo, which **gives the model an open, sincere look**. The option is also available here to have her lean against a wall.



(c) Ali ilker Elci

13. **Having the model sit or lean against something is also a great idea**. This can work for shots taken both indoors and outside.



(c) Marco Ciofalo Digispace

14. This is another great pose for **a full-length shot**. It really brings out the model's femininity.



(c) Thomas Agatz

15. This interesting pose involves **adopting a perspective from below**. The model's upper half should be raised slightly, whilst her head should be inclined downwards. The legs are bent at the knees and the feet are folded across each other.



(c) Alexander Loginov

16. **A really beautiful pose which brings out the model's desirability and femininity.**



(c) Karen Abramyan

17. The most important thing to get right with this pose is **the position of the legs**. Also, the model should wear high heels to get the best effect.



(c) Marco Ciofalo Digispace

18. **A nice sentimental pose**. The model should be kneeling, but not leaning too hard on her feet. She should also be looking over her shoulder.



(c) Brian Storey

19. A great pose for taking **a full-length shot by a wall**. The model's back should be at the centre of the picture.



(c) Karen Abramyan

20. Finally, we have this **highly elegant pose**. The model should be leaning forward slightly whilst sitting on the edge of the sofa, bed or bench.



(c) Yuliya Sariy

Source: lepser.ru

Sursa: brightside.me

---

# Trucuri de frumusețe care îți fac viața mai ușoară în 5 secunde

Poate nu știi, dar când te machiezi, faci anumite greșeli care îți fac viața mai grea. Vezi câteva trucuri de frumusețe care îți fac viața mai ușoară în 5 secunde.

Aplică vaselină pe încheieturi înainte de a folosi parfumul preferat, ca să dureze mai mult aroma.

Fă-ți buzele mai groase folosind peste ruj un concealer (corector) deschis pe mijlocul buzelor, vertical. Amestecă bine culoarea cu degetele și aplică un lipgloss rozaliu peste.

Ai ochii obosiți? Folosește un fard deschis de pleoape sau un creion de ochi beige deasupra și sub sprâncene, apoi amestecă-l în fond de ten ca un corector. Vei avea un efect de ochi luminoși și odihniți fără straturi de corector.

Când folosești contur de ochi, aplică negru numai pe pleoapa de deasupra ochiului, în timp ce dedesubt vei aplica în colțul exterior contur maro și în colțul interior, lângă nas, un creion deschis, care să îți deschidă mult ochii și să ai privirea luminoasă.

Desenează semnul hashtag # în colțul exterior al pleoapelor pentru un efect de smokey eyes rapid. După ce ai desenat cu

creion contur de ochi, amestecă bine culoarea, astfel încât să arate ca un fard de pleoape. Este rapid și rezistent și nu greșești niciodată forma dacă începi astfel.

Pentru un efect de gene false, aplică un strat de mascara obișnuit, aplică pudră pentru bebeluși pe gene și abia apoi aplică al doilea strat de rimel. Genele tale vor părea uriașe și foarte dese.

Folosește spumă de ras ca să scapi rapid de petele de fond de ten de pe bluze și gulere.

Scapă imediat de cearcăne aplicând corectorul în formă de triunghi cu vârful în jos, nu doar pe zona vineție de sub ochi. Odată amestecată culoarea, aspectul general va fi mult mai luminos și mai natural decât dacă ai ochii înconjurați de o piele prea albă.

Sursa foto: femeie pudră

Sursa articol: unica.ro

---

# 15 Exercises Every Woman Should Do to Improve Her Sex Life

## Overview

You're only one workout away from a better sex life! Not only can you lose weight, sculpt a strong, lean body and cause your endorphins to soar, but you can also count on exercise to make your time in the sack more enjoyable. Recent research

indicates that improved body image as well as doing as little as 20 minutes of exercise a day enables you to enjoy sex more and become more sexually aroused. In addition to cardio and strength training, flexibility is crucial for better sex. It helps alleviate aches and pains and allows you and your partner to experiment with positions that otherwise may be difficult. The following slides provide a series of 15 exercises and stretches you can do to enhance your time under the covers.



## 1. Squats

Squats are great for toning and shaping the legs and booty. But all that blood pumping below the waist can also improve your ability to become aroused during sex. Plus, squats strengthen and prepare you for those times you'd like to be the one on top. HOW TO DO THEM: Stand upright with your feet shoulder-width apart. Keeping the heels glued to the floor and most of your weight in your heels, initiate a bend at the waist first, then bend the knees, as if sitting into a chair. Be sure to keep the knees from passing in front of your toes to protect your knees and leg muscles from injury. Your shins should remain as vertical as possible throughout the exercise.

You can also incorporate three- to five-pound weights and raise your arms to shoulder height as you squat down. Move up and down very slowly and do between 10 and 30 reps.

## 12 Essential Squat Variations to Try



## 2. Bridge Pose

Bridge pose is the precursor to pelvic tilts and Kegels (read on for more on both exercises). It strengthens the glutes, inner thighs and hamstrings and stretches the hip flexor. Because the pelvis is inverted, bridge pose awakens the pelvic-floor muscles and can reinforce the female sex organs. This can lead to stronger, more controlled orgasms. HOW TO DO IT: Begin on the floor on your back. Lengthen through your fingertips with your arms on the floor by your sides. With your feet hip-distance apart, bend your knees then slowly lift your buttocks off the floor. As you hold the posture, keep your knees from splaying out and press through your feet, your weight evenly distributed between your feet. Do not allow your feet to roll outward. Hold the pose for 30 to 60 seconds. Lower your spine one vertebra at a time, all the way down to the tailbone.

## 10 Yoga Moves to Remove Stress and Relax You at Bedtime



### 3. Pelvic Tilt Pulses

This exercise strengthens your core and lower back, which are used often during sex. Pelvic tilt pulses will also awaken the lower abdominal region and prepare your body for Kegels (another great exercise to enhance your sex life) and prepare your body for inverted positions. HOW TO DO THEM: Lie on the floor with your knees bent, feet hip-distance apart and arms, hands and fingertips flat on the floor. Pressing through your heels, lift your pelvis and glutes to bring your torso into a straight line (as in bridge pose). Hold your abs tight as you continue to press through the heels, squeeze the glutes and inner thighs and slightly pulse the pelvis up and down (just a couple of inches, not the full range of motion). Do 20 to 25 pulses, then slowly lower the spine, vertebra by vertebra, until you feel your tailbone touch the floor. Repeat, working up to three to five sets.

## 17 Exercises to Shape and Tone Your Booty



## 4. Kegels

The pelvic floor muscles play an integral part in orgasm, and Kegels are an easy way to improve the strength of those muscles. Additionally, they provide great sexual satisfaction and stronger orgasms (especially when Kegels are done during sex) by targeting the muscles that tighten and release during sex, making the entire experience more pleasurable for both you and your partner. HOW TO DO THEM: You can do Kegels anywhere – sitting, standing or lying down. Focus on tightening those pelvic floor muscles (as though you're attempting to stop the flow of urine). Hold for three to five seconds and repeat. Do that for five minutes a day or throughout the day.

Sign Up to Receive the FREE [Livestrong.com](https://www.livestrong.com) Weekly Newsletter



## 5. Stability-Ball Pull-Ins

A strong core is essential in preventing injuries to your back when having sex. One of the best exercises to strengthen your abdominal muscles and protect your back is the stability-ball pull-in. This exercise works your core (which provides a support system for your back) as well as your upper body, boosting your endurance for on-top positions. HOW TO DO THEM: Start in a plank position with your shins supported on a stability ball. Keep your arms straight and strong. Slowly roll the ball in, using your abs to bend your knees toward the floor as you drag the ball toward your chest. Slowly roll the ball back out as you straighten your legs. Keep your upper body and hips strong throughout the range of motion to prevent injuring your lower back. Don't hunch your shoulders and lengthen through the crown of the head to be sure there is space between your head and shoulders. For an added challenge, lift one leg off the ball as you roll the ball forward with the other leg. Then switch legs. Do two to three sets of 10 reps.

The 15 Toughest Do-Anywhere Workout Moves



## 6. Plank Pose

Plank pose is one of the most effective ways to strengthen your entire body while focusing on your core. It not only increases your endurance and stamina at the gym but in the bedroom, too. HOW TO DO IT: Press your body straight, extending your legs back and keeping your arms strong. Think of keeping your body in a straight line from your feet to your head. Your pelvis is neither sagging too low nor elevated too high. Engage the abs, squeeze your inner thighs and butt cheeks together, tighten your quads and press your heels back so your feet are flexed. If you need to modify the pose, do your plank on your knees. Be sure your forearms are on the floor and your elbows are directly under your shoulders throughout the hold. For a more advanced version, raise one foot a few inches off the ground and hold for 10 seconds, then switch legs without compromising your form. Hold for at least 20 seconds and work up to two minutes at a time. Do one to 10 reps a day, depending on the length of your plank holds.

30-Day Ab Challenge



## 7. Open-Leg Rocker

“Open-leg rocker is essential for improving balance through core control and strength,” says Risa Sheppard, master Pilates certification trainer and founder of The Sheppard Method in Los Angeles. „As we strengthen our core, which includes the pelvic girdle, lower back and abdominals, it awakens not only the muscles, but all the pathways that help to enhance our sexual pleasure... [And] the open-leg portion of the exercise creates flexibility in the inner thighs, making various positions more accessible.” HOW TO DO IT: Sit upright with your knees bent into your chest, legs about shoulder-width apart. Lengthen through the crown of your head, roll your shoulders back and down and lift your chest so your back is strong. Grasp your ankles on the outside of the legs. Pull your naval deep into your spine and lean back until you are balanced on your tailbone with your feet off the floor. Straighten both legs toward the ceiling in an open V position and balance. To initiate the rocking, inhale, draw your naval to the spine and bring your chin to your chest. Keeping your head tucked, roll backward, stopping the action and reversing it before you get to your neck. Upon return, stop and balance

on the tailbone, legs open and up toward the ceiling. If you need to modify the exercise, keep your legs bent.

## Top 10 Pilates Exercises



### 8. Seated Leg Extensions

For many women, when the legs are fatigued during a workout, they may shake or quiver. This is a good thing while working out, but in the bedroom, not so much. You want to know you can count on your legs to go the distance. And seated leg extensions are a simple way to strengthen your legs and increase stamina. HOW TO DO THEM: Sit in a chair, roll your shoulders back and down and lift your chest. Bend your knees at a 90-degree angle with your feet flat on the ground. Make sure your ankles are directly under your knees. Grip the sides of the chair without hunching your shoulders or tightening your neck, upper back or shoulders. Keep the hips firmly planted on the chair as you lift and unbend one leg and lift the leg straight up slowly, until it reaches hip height. Slowly bring the foot back down. To modify the exercise, shorten your range of motion in the leg you are lifting, taking the leg half the distance. For an added challenge, lift

both legs at once. Do at least two to three sets of 10 reps on each leg.

## 10 Machine-to-Free-Weight Swaps



## 9. Triceps Dips

Solid arm strength is crucial for many everyday tasks, but especially during sex. Working the triceps will strengthen and enable you to prop yourself up without tiring in underneath positions. HOW TO DO THEM: Sit with the heels of your hands on the edge of a sturdy chair, knuckles rolled down toward the ground to alleviate wrist strain. Place your feet hip-width apart and bend your legs at a 90-degree angle, making sure your ankles are directly below the knees (they can also be further out in front of the knees or completely straightened, if you'd like a challenge). Slowly slide your butt off the seat, supporting your weight with your hands and arms. Keeping the elbows facing directly behind you, bend the elbows and slowly lower your butt toward the floor. Keep the elbows pointing straight back behind you, and bend them to about a 90-degree angle (don't overstretch the front of your shoulders by going too low to begin with). Slowly push back up until

your arms are straight. Need more of a challenge? Hold your feet and legs in a figure-four position (one ankle sits on the other leg's thigh, with the top foot flexed). Do five to 10 of these before switching legs.

## Upper Body Workout Routines for the Gym



## 10. Push-Ups

Just like planks, push-ups strengthen your core, shoulders, glutes and legs with the added bonus of improved strength in your arms and chest. Also, the intensity that comes from doing push-ups will increase your stamina and endurance. HOW TO DO THEM: Start a plank position. Be sure your pelvis does not sag too low or lift too high (think about keeping your body as straight as a board). Inhale as you lower your chest until it almost touches the floor. Exhale as you press back up to the starting position. Avoid hunching your shoulders into your neck by lengthening out of the crown of the head to create space between you head and shoulders. To make push-ups easier, separate your feet to hip-distance apart or do push-ups on your knees. Or if you want to make them harder, place your feet on a step or bench.

## 30-Day Abs Challenge



### **11. Bridge Bench Press**

Women who shy away from on-top positions during sex often do so because of the exertion involved. The bench press will definitely increase your arm and chest strength, but this variation takes it a step further by doing it while in bridge pose. Bridge wakes up those pelvic floor muscles (the ones that help control your orgasms), improving blood flow to the entire area and waking up the receptors that allow for more pleasure during sex. HOW TO DO IT: Lie on your back with three- to five-pound dumbbells easily accessible. Bend your knees and keep your feet about hip-distance apart. Slowly lift your glutes up into bridge pose. Holding the dumbbells, bring your elbows out to the sides of your shoulders with your dumbbells up toward the ceiling, making a goal-post shape with your arms. Slowly press the dumbbells straight toward the ceiling, then slowly return back to the goal-post position. As a modification, try this on an incline bench and start with lower weights. Or for an added challenge, cross one leg over the other, ankle placed on the grounded leg's thigh. Do half of your reps and carefully switch legs. Do 10 to 20 reps and

release your bridge in between sets. When you are finished, lower one vertebra at a time, all the way down to the tailbone. Do three to five sets.



## 12. Upward-Facing Dog

Upward dog strengthens many of the muscle groups required by a wide variety of sex positions – the lower back, the glutes and the arms – while stretching the core, psoas and hip flexors. And yogis have long believed it to increase energy and blood flow to the pelvic region. HOW TO DO IT: Lie on your belly with your legs hip-distance apart and the tops of your feet on the floor. Bring your hands to the sides of your chest and raise your torso by pressing through the hands. Lifting all the way up, roll your shoulders back and down, lengthening through the crown of the head so you don't hunch your shoulders into your neck. Breathe regularly for about 15 to 30 seconds. If you're advanced, your thighs should lift off the ground.

5 Yoga Poses to Firm the Butt



## 13. Happy Baby Pose

Happy baby is an excellent stretch for the lower back, glutes, hamstrings and hips. It's also a great counter-stretch to upward dog, because it relaxes and opens tight lower-body muscles. HOW TO DO IT: Lie on your back with knees bent in toward the chest, the soles of your feet flexed and parallel to the ceiling. Line your ankles up with your knees so your shins are vertical. Keep your tailbone down as you grab the outsides of your feet with your hands and pull them down so the knees move toward the floor on the outsides of your rib cage. Relax your neck and breathe deeply, lengthening the breath as you go. With each exhale, and without compromising form, pull the knees toward the floor. Hold this pose for three to five minutes.

The Best Yoga Poses for Runners



## 14. Seated Straddle Stretch

The average person sits at a desk most of the day, which constricts and stagnates the muscles in the pelvis and groin. Straddle increases blood flow to that area, which means increased sensation and easier orgasms. It also stretches the inner thighs, making you more flexible and ready to play with some more adventurous positions. HOW TO DO IT: Sit on the floor with your legs wide apart. Flex your feet and make sure your knees are pointing toward the ceiling. Roll your shoulders back, lengthen through the crown of the head and, while lifting the chest, slowly press your torso as far forward as you can comfortably go without rounding your back. Reach your hands to your calves, ankles or toes and breathe deeply. With each exhale, take your stretch a little deeper. Hold the position for five to 10 long breaths.

Yoga Poses for Flexibility



## 15. Reclined Butterfly Pose

This version of the yogic butterfly pose will open up your hips and stretch your inner thighs. It targets the muscles that are constantly stretched and challenged in a multitude of sexual positions, enabling you to be strengthened, loosened up and ready for your partner. HOW TO DO IT: Lie on your back and, keeping the tailbone down, bend your legs toward your chest, soles of the feet together. Grab your feet and pull them toward your chest as you use your elbows to press the knees outward. Be careful not to let your head arch back too far. Keep the neck and spine relaxed. Hold this posture as you continue to press the knees outward for 15 to 20 seconds.

Yoga Poses to Help Bad Knees



## What Do YOU Think?

Have you ever done any of these exercises? Have they had an impact on your sex life? Are there any others that you swear by to give you an extra boost in the bedroom? Share your experiences and suggestions in the comments below!

13 Exercises Every Man Should Do to Improve His Sex Life

Sursa: [livestrong.com](https://www.livestrong.com)

---

**EFFECTUEAZA ACEST EXERCITIU  
TIMP DE 4 MINUTE PE ZI PENTRU  
O LUNA CA SA SCAPI DEFINITIV**

# DE GRASIMEA DE PE ABDOMEN SI DE PE SPATE

Un articol de Maya

Rareori se intampla ca un singur tip de exercitii fizice sa poata modela intreg corpul si intr-un timp relativ scurt! Dar iata ca exista totusi unul cu adevarat eficient!

Nici eu n-am crezut ca poate fi atat de eficient, asta pana acum!

Imi place faptul ca acest exercitiu iti permite sa te adaptezi treptat la dificultatea maxima, precum si ca nu promite rezultate peste noapte, asa cum se-ntampla cu o multime de programe de antrenament care, de fapt, nu ajuta la nimic.

Azi am bifat CITESTE IN CONTINUARE

Sursa: [secretele.com](http://secretele.com)

---

## Iata cum trebuie utilizat uleiul de cocos si bicarbonatul de sodiu pentru a arata cu 10 ani mai tanar

Spune-i „Bine ai venit!” acestui gel de curatare pentru fata, pe baza de ulei de cocos si bicarbonat de sodiu. Cu ajutorul lui iti poti lua adio de la riduri si imperfectiuni ale fetei.

In acest articol va vom prezenta o reteta a unui incredibil gel de curatare a fetei. Acesta va curata porii in adancime si va indeparta punctele negre.



In plus, acest amestec natural indeparteaza celulele moarte, elimina mizeria in exces si indeparteaza acneea, petele si roseata.

Aceasta solutie este realizata din doua ingrediente extrem de eficiente- ulei de cocos si bicarbonat de sodiu.

Bicarbonatul de sodiu confera rezultate extraordinare in tratarea acneei deoarece bicarbonatul de sodiu este un compus amfoteric, ceea ce inseamna ca are capacitatea de a mentine un nivel normal al pH-ului pielii, prevenind aparitia acneei.

Uleiul de cocos este extrem de folositor deoarece are proprietati cicatrizante si antibiotice.

**Timp de preparare:** 3 minute

**Ingrediente:**

- Doua lingurite de ulei de cocos extravirgin
- 0 lingurita de bicarbonat de sodiu (fara aluminiu)

**Instructiuni:**

1. Luati un bol mic, puneti ingredientele inauntru si amestecati bine. In momentul in care ati obtinut o pasta consistenta, folositi-o pentru a masa zona fetei. Lasati-o sa actioneze timp de cinci minute.

2. Dupa aceea, folositi apa calduta pentru a curata tenul. In timp ce clatiti, masati cu grija. Uleiul de cocos poate trata si hidrata pielea, asa ca nu veti avea nevoie sa aplicati o alta crema pentru hidratare.

Speram ca aceasta reteta sa va fie de folos!

Sursa: pentrusuflet.com

---

## **A CONSUMAT ACEASTA BAUTURA TIMP DE 6 ZILE PE STOMACUL GOL! IN A SAPTEA ZI A RAMAS FARA CUVINTE CAND A VAZUT CUM ARATA BURTA!**

Un articol de Petrut

Adevarul este ca toata lumea detesta grasimea incapatanata de pe abdomen.

Cu totii vrem sa scapam de ea si sa avem un abdomen cat mai plat. Insa un studiu recent a confirmat faptul ca grasimea de pe burta reprezinta mult mai mult decat o problema estetica.

Potrivit cercetatorilor, grasimea abdominala poate genera probleme grave de sanatate chiar si pentru persoanele cu o greutate normala!

Grasimea excesiva de pe abdomen creste riscul de imbolnavire si reduce longevitatea. CITESTE IN CONTINUARE

Sursa: secretele.com

---

# CREMA FACUTA IN CASA PENTRU ELIMINAREA VERGETURILOR FACE FURORI PE INTERNET...RETETA!

Un articol de Cristian Iacov

In acest articol iti vom prezenta o crema foarte eficienta pentru eliminarea intr-un timp foarte scurt a vergeturilor – 2-3 saptamani.

Asa ca spune adio produselor cosmetice scumpe si ticsite de chimicale care uneori fac mai mult rau decat bine. Aceasta crema de casa pentru eliminarea vergeturilor lucreaza cu adevarat si se prepara in 2 minute.

**Iata tot ce ai de facut:**

**Vei avea nevoie de urmatoarele ingrediente:**

- 3 lingurite de suc de lamaie
- 3 lingurite de miere
- 1 albus de ou CITESTE IN CONTINUARE

Sursa: [secretele.com](http://secretele.com)

---

# O CREMA DE INTINERIRE CARE ISI MERITA PE DEPLIN NUMELE! INCEARC-O SI TU SA TE CONVINGI DE EFICIENTA EI!

Un articol de Maya

Imbatranirea este un proces perfect natural, prin care trecem cu totii odata cu trecerea anilor. Isi pune amprenta asupra tuturor organelor si functiilor organismului, dar cele mai vizibile si mai neplacute efecte ale imbatranirii sunt

transformarile de la nivelul pielii.

Mai devreme sau mai tarziu, cu totii capatam riduri, cearcane, probleme de pigmentatie si de lasare a pielii, odata ce pielea isi pierde elasticitatea si fermitatea din tinerețe. CITESTE

IN CONTINUARE

Sursa: [secretele.com](http://secretele.com)