

Alexander Nevzorov

Will I be able to lose weight

Russian test



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Аннотация

Answer honestly the questions put in the test and get honest answers. The answers are not only about your current place in this big world, but also about how to specifically «improve» your position in the area that interests you. Books of tests are well read at leisure, in company, on the road. They are a great gift.

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Introduction

Today in our country, and in the whole civilized world, there is an acute problem of excess weight in people, more simply, obesity. In addition to large bellies, second and third chins, thick legs and buttocks, excess weight causes numerous illnesses in a person. I will not list them here, everyone knows about it. Everyone decides to reduce their own weight in different ways. Someone periodically starves, someone loads himself with physical exertion, someone tries on various fashion or exotic diets. Of course, any method of losing weight requires some expenditure. Physical, strong-willed, mental. But, knowing the right way to weight loss, or rather, believing in it, you can go through the entire procedure with the least cost and restrictions. In this book (Test), the most simple and harmonious way with the nature (person) for reducing excess weight is suggested. Passing the whole test, answering his questions and determining which group you belong to, you will also receive specific recommendations for a real and rapid reduction of excess fat (weight, fat).

Below are 19 questions and 5 different answers to them. Answer all Test questions and calculate the score. If there is not one of the answers that you would like to answer, choose the one closest to it in meaning. The test is intended for people who are overweight, both sexes. There are also no restrictions on age,

social status, education, and similar differences of participants in our Test.

Test questions

1. A piece of butter or fat in the morning will allow to remain vessels (blood) more elastic.
 - Yes, I agree – 1 point
 - A certain proportion of fats, including animal origin, the body is simply necessary – 2 points
 - Every day there is in the morning lard or butter, I think, it is not necessary – 3 points
 - Lard and butter are cholesterol. And cholesterol to vessels is not at all different – 4 points
 - No, it's not. This is a misconception – 5 points
2. Milk (cow) is useful for all people, especially children.
 - Yes, I agree – 1 point
 - Milk is useful only to those who suffer it – 2 points
 - I do not know, there is no answer – 3 points
 - Milk is more harmful than beneficial – 4 points
 - Milk is good to drink only the mother – 5 points
3. You can regulate your weight with some physical activities (eating anything).
 - Yes, I agree – 1 point
 - Loads (sports) are more effective in maintaining the desired weight than food – 2 points

- We need a balanced approach – and loads and diet – 3 points
- Nutrition is more important, although physical exertion also affects weight – 4 points
- No, without proper nutrition (diet), weight can not be reset – 5 points

4. Eating only vegetables and fruits, you can starve to death.

- Yes, I'm sure of it – 1 point
- Yes, it's probably so – 2 points
- So you can lose not only weight, but also many useful substances coming into the body from other products – 3 points
- You can lean on vegetables and fruits, but it's good to add at least a little something else – 4 points

Конец ознакомительного фрагмента.

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