

Japanese girl lost 18 kg in 6 months by cycling to work

Losing weight is always a hot topic that women are interested in. However, improper weight loss can put your health at risk. Therefore, Noa - the girl from the land of cherry blossoms - has taken the time to understand her body and set up a reasonable diet and exercise.

Only after half a year of perseverance, from a 63 kg girl, Noa is now confident in the sexy body showing off when she is only 45 kg.

Her methods target simple, easy-to-do exercises and control your calorie intake instead of strict abstinence. If you can arrange a job, you can try Noa's exercise.



Japanese girl lost 18 kg in just 6 months. Photo: @diet_nooa.

1. Walk 10,000 steps

Currently, many applications on your phone can help you easily control your steps. However, Noa said the most effective way to lose weight is also very important.

Instead of relaxing her body to walk, she said people need to keep their backs straight, their arms slightly bent, pushing hard to stretch. Moreover, the eyes need to look slightly to the ground. If you do not count 10,000 steps, you can do it in about an hour.

2. Cycling to work

On days when there is no urgent work, Noa always maintains the habit of walking or cycling to work. She thinks this is a "whole way" because it saves a lot of practice time.

"Bicycles are a tool we can practice when we're lazy and don't have much time. Moreover, going to work or school contributes to environmental protection," Noa wrote on the page. The individual keeps a record of his weight loss.



Noa has a habit of cycling or jogging to work. Photo: @diet_nooa.

3. Eat enough meals, on time

Noa said she had stomach problems when trying to diet and exercise excessively. She was advised to eat enough, to avoid abstinence so that she could "carry" the exercises.

Therefore, she currently has breakfast at 8am, lunch at 12am and dinner at 7pm. Sweets and juices are not mentioned in the menu of Noa.

In addition, she tries to get enough sleep to have the most refreshing spirit. Noa usually wakes up at 7:30 and goes to bed at 23h.

4. Balance the fat percentage

Knowing she could no longer lose fat in her biceps, Noa focused on her waistline. She said she ran 20 minutes a day to sweat and drain the body. She usually maintained this habit for 4 days when she missed exercising a week earlier.

5. Take care of cooking things to bring to work

Noa's morning menu doesn't contain sugar and salt. A slice of toast with boiled eggs is an ideal choice for her because it is easy to make and does not take much time. Bananas, soymilk may be an alternative.

The girl from Japan revealed that she often makes her own low-calorie lunch for her workplace. Noa or make rice balls made from whole grains to eat with chicken breast salad. This meal helps her feel full. Therefore, she was less inclined to want to eat more in the late afternoon.

In the evening, Noa ate less. She only focused on providing protein and fiber at this meal.



Simple breakfast of Noa. Photo: @diet_nooa.

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