

Beware of the age trap

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It is a law of nature that we gain weight as we age. With the passing of time, our bodies need fewer calories on a daily basis. If we do not change our eating habits and eat the same amount of calories at 40 as we did when we were 30, we will inevitably put on weight, mainly FAT. It is also much more difficult to lose weight when we get older. This is an important reason for us to monitor our diets and pay attention to how much we are eating. It is also a reminder to keep exercising regularly.