

# Avoid frustration meals

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Much of the extra weight we carry around with us is the result of excessive amounts and the wrong foods that we eat when we are stressed and frustrated. Sport activity helps us to feel happier and reach an emotional balance by being more relaxed in stressful situations. During training, our body releases endorphins or happiness hormones. When we feel good, we are not tempted to eat chocolate and other fattening foods. So enjoy the benefits of regular training and the improvements on your body and overall fitness. Through exercise we are more relaxed and less stressed.