

Trisha the fitness freak

Trisha, the leading actress in Tamil and Telugu industries, is very particular in maintaining her figure. She knows she has an attractive figure and she also knows that it is one of her strong points as an actor.

The secret behind her beauty is the balanced diet and regular work out. Trisha is not the one, who curbs her natural desire to eat what she likes, to maintain her figure. She eats whatever she likes but in limited quantity. Her favorite is sea food.

Besides maintaining a limit over the quantity she takes, she also makes it a point to work out for one and half hours daily. She has set up a mini gym in her house.

Though Trisha has a strong base in Tamil industry, it seems that she puts Telugu industry slightly above the Tamil in her heart.

Reason? Though the Telugu films show her as sexy lass, they also give her ample scope to showcase her acting skills. Moreover, the payment in Telugu is higher than Tamil.

Many sports lovers with special attention to nutrition, experts advise, Fitness in the diet must guard against errors.

Mistakes 1: pre-exercise and sports can not eat. The vast majority of people think that it is not appropriate to eat before exercise, the experts do not think we can generalize, if feeling the body needs, appropriate eat things we can. In addition, the movement of the body and blood circulation of the water consumption too much, people will be thirsty and hot water can be properly added, but not Boyin.

Mistakes 2: regular exercise are more protein intake. The demand of proteins, and is not directly proportional to the number of activities. In fact protein is the most critical role to provide the necessary human chemicals. Athletes ski dozens of kilometers of protein is not required than in the rest of the state more and more people. People usually required for the majority of proteins from cattle, sheep and other meat and dairy products, there is no need to eat.

Misunderstanding 3: eat nutritional supplements to improve fitness. In fact, for most healthy adults, the tonic is simply unnecessary. Life body needed to maintain a healthy state of the dozens nutrient can only eat every day from the various food sources. Eat nutritional supplements, will create a new nutritional imbalances, damage to health.

About the Author

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