

35 WAYS TO STAY FAT

1. Start tomorrow.
2. Read lots of fitness books and then do nothing with the information.
3. Take advice from unhealthy people on how to be healthy.
4. Pick a spouse who will make you feel guilty for exercising &/or eating healthy.
5. Fail once, quit forever.
6. Think that the world is fair.
7. Blame your circumstances.
8. Complain about things you cannot control.
9. Expect other people to do the work for you.
10. Avoid discomfort.
11. Tolerate mediocrity from yourself.
12. Make promises & break promises to yourself & to others.
13. Wait for perfect conditions before you start.
14. Purchase health products on social media.
15. Avoid working on what matters most.
16. Say you're going to do something and then don't do it.
17. Do what 'Karen' from the office recommends for your diet and exercise plan.
18. Talk more, do less.
19. Start something new today, start something new tomorrow, & never complete anything.
20. Make a mistake, then repeat the mistake.
21. Find something that works and stop doing it.
22. Hire dumb people.
23. Assume you are always right.
24. Eat more calories than you burn.
25. Try and do it all on your own.
26. Order food on Uber Eats.
27. Go back for 2nds and 3rds at the dinner table.
28. Go to an event hungry.
29. Add oils, sauces or mayo to every meal.
30. Don't set goals or targets.
31. Don't plan and prepare your food in advance.
32. Be polite and eat everything that is offered to you.
33. Say 'I didn't want to hurt their feelings' as reason why #32.
34. Eat your kids leftovers.
35. Each week spend more time on Social Media than you do exercising.