



Did You Puff Up During the Lockdown?

5- Point Guide to Losing Weight FAST



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5-Point Guide to FAST Weight Loss

This year began with a lot of promise. We made wonderful plans for spring break, vacations and holiday getaways. We were giggling with delight as we planned our road trips, global travel, checking in at that great hotel and sampling their world renown dishes by Chef Whatchacallit. Then, there was that hiking trip where we planned to show off our nimble feet and talented balancing skills. Oh, and even better, we were dizzy with excitement at the idea of spending a few days at that cute little AirBnB™!

Then it happened. The thing none of us could ever have planned for. It descended like a heavy wet blanket soaked in confusion. The Pandemic!



It was followed by mild to moderate panic, more confusion, and that rancid fear of “what’s gonna happen next?” floated through the air. Then another blow.

The lockdown. The isolation. The social distancing.

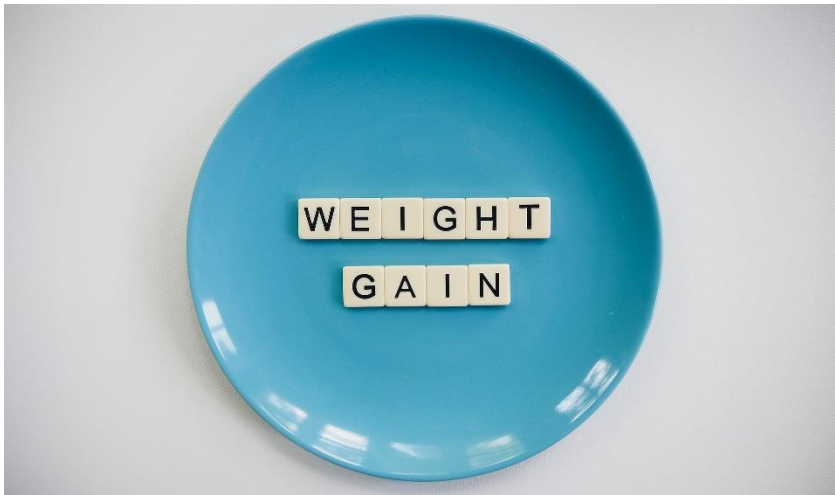
Soon, we were more acquainted with our couches than our cars. We watched our laptops...but did no laps. We visited the refrigerator because we could not really visit our friends. We ate while we binged watched endless TV and movies. We spent more time rolling dough in the kitchen than we spent rolling around in the duvet in the bedroom. We know how to bake and consume more types of bread than ever—not a good thing. Our sleep schedule was wrecked along with our nerves. So, we calmed

ourselves with food. We ordered wine by the case—delivered weekly. We took emotional eating to a dangerously decadent level.

Then it arrived. Slowly at first, then it was unmistakably present:

The Lockedown Puff!

Yes, we are now puffy. It settled around our belly and hips. We dare not call it fat, because we could not help the situation. Somehow, we were lulled into this condition by the pandemic itself. It was not all our fault.



Gyms were closed. Even some parks were off limits. For a time, taking a walk down our street was considered unsafe—you might literally run into the postman...social distancing shot to hell!

We began to question whether leaving home for anything was really necessary. The answer we came up with very often was no...not really. Delivery services grew like wildfire. We'll find other ways to exercise our bodies and minds, we thought. I don't know about you, but I decided making more trips to the fridge was the answer. It offered me the delicious treat I desired and added about 200 steps to my exercise routine. I know, I know, that is not enough, but I promised myself, I would add other exercises to my program.

I didn't. I actually became less and less active. (Remind me to tell you how comfortable my couch is.)

Sadly, if you can identify with this scenario, we should prepare ourselves for even more puffiness. And this brings on the potential for health concerns.

And that my friends, brings us to the main point.