

12 WAYS YOU CAN BECOME SLIM & CHIC LIKE A FRENCH WOMAN WITHOUT EVEN BREAKING A SWEAT.

1) Develop a positive body image and stop following the trends.

2) Slow down and enjoy every moment.

3) Incorporate exercise into every aspect of your daily routine.

4) Park further away.

5) Walk the stairs.

6) Make shopping part of your exercise.

7) Explore your neighborhood.

8) Create an active challenge for yourself every day.

9) Make your household chores into an exercise.

10) Make your leisure time more active.

11) Dance!

12) Do leg-lifts or some other exercise while watching TV.