



## Article Side

10 Tips to Maintain Appealing Figure before Your Wedding Photography Session by [Connor Jude](#)

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Wedding is one of the most beautiful and outstanding day of one's life and everyone wants to look gorgeous on this day. Everyone wants to look gorgeous on his or her marriage since it is the most exceptional and beautiful day in one's life. To make this day unforgettable, wedding photography session is common. Wedding photography session is very common way to make this event memorable. The photographs of bride and bridegroom are taken from different angles to catch each and every moment of this superb event. Every moment of this event is captured from different angles and the photographs of bride and bridegroom are taken. The important thing to make this event beautiful is to maintain an appealing figure for this auspicious occasion so that your photographs captured on this occasion look gorgeous whenever you look at them in the future. You should maintain an attractive figure if you want to make this event beautiful so that you look attractive whenever you look at these pictures in the future. If you are going to marry soon and want to maintain the appealing figure read on. Read on if you want to know how to maintain an appealing figure and if you are going to get married soon. In this article you will find 10 simple and practicable tips to maintain your figure. You will find ten simple and feasible tips to maintain your figure in this article.

1. Make a workable plan regarding your diet and exercise to start with. As a first step you should make a practical plan about your diet and exercise.
2. Prepare yourself both mentally and physically to adhere and stick to this plan as much as possible. You should stick to this plan as much as possible and you should make physical and mental preparations for this purpose.
3. Start drinking more and more water as your marriage day come closer; it will help you to lose weight by keeping your digestive system efficient. You can keep your digestive system efficient by drinking a lot of water as your marriage comes closer.
4. Add more fiber to your diet by turning towards fresh fruits and veggies instead of proteins and fats. Discard the fats and proteins and add fiber to your diet by using more and more fresh fruits and vegetables.
5. Avoid fresh juices because they lack fiber and provide instant energy to the body. Due to the lack of fiber and early digestibility you should not take fresh juices. They increase the appetite because they are digested instantly and the stomach is emptied. The fresh juices are rapidly digested and are a source of instant energy because they are digested easily.
6. If you are taking two or three portions a day, try to divide your portions into five or six smaller chunks. Divide your portions into five or six smaller chunks instead of two or three. It will help you to maintain your figure by keeping your digestive system active for most of the time. It will keep your digestive system working for most of the time in the day and will help you to maintain your figure in the long run.
7. Use carrot and cucumber as a compliment to your diet and take salad after every meal especially after the lunch. As a compliment to your diet, you should use carrot and cucumber and never forget to take salad especially after lunch.
8. You should make a comprehensive exercise plan that should include workouts for all the body

parts. Include workouts for each and every body part so that you can make a comprehensive exercise plan.

9. Give special attention to your tummy since this is the part where most of the fats are collected. Most of the fats are collected on and near the abdomen so give this part special attention. The fat collection spoils the whole figure but you can prevent the fat to spoil your body by taking regular exercise. You can use exercise to prevent the fat collection near your abdomen and avert the fat to spoil your figure.

10. Morning walk or jogging with empty stomach early in the morning is also an effective way to maintain your figure before your wedding photography session. You can also maintain your figure before your wedding photography session by taking morning walk or jogging early in the morning with empty stomach.

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