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# **Need To Lose Belly Fat Get A Macaw**

Weight management commercials on t.v. make me laugh every time I see one

Who desires to lock themselves into spending lots of dollars a month to lose weight. It really isn't necessary to do that. There is a better, more rewarding method to lose stomach fat. It's more enjoyable too. I call it "Buying and caring for a Macaw".

Trust me owning a macaw is way more rewarding and fun than any old diet and train program. Losing weight on my program just happens.

It happens without fancy diet packages or medication to amp up the metabolism too.

Owning and caring for a macaw is the best solution ever. Its funner (don't suppose that an actual word) however it is. My proudly owning and caring for a macaw weight management system is easy and rewarding. Its a cure for depression. It's inspirational and gives a person another function in life.

My system will with out thinking trigger you to lose undesirable belly fat with out a conscious effort to do so.

Here is how it works for me.

I go to bed every night, the very last thing I do is check to make certain my macaws (shadow) cage is latched. This is routine at round 2 a.m. each morning.

In the morning six thirtyish I wake up and remove shadow from my back or belly in response to how I've been sleeping. He wakes me up when he lands. It took the bird less than a day to study to open his latch.

Not sleeping more than 4-5 hours will help control that weight.

Then its a shower, twice every week for the hen , espresso and fixing breakfast. Whatever I eat shadow has a bit of.

In an hour give or take. Crawling round on the floor while I'm watching fox news. Constantly making growling noises, shadow copies them nicely. We play like he's a puppy. We roll the ball, shake the rag and play catch the finger.

I then beak him to my shoulder rise up off the ground deposit him on his perch so he could make a mess. All that getting up and down to and from the floor is an efficient workout.

Now its clean the cage time its huge cage 6x5x7, macaws want one. I spend extra time than mandatory because he is in there helping. A good half hour of hardlabor and sweat.

Then shadow and I do some laptop stuff. Shadow likes grabbing at my fingers while I type and flying backwards and forwards to his toys on the floor. Even together with his help typing is tough work and takes a couple hours. My blissful frustration and constant need to type over typically keeps my heart price up.

Then its lifting him into the air time. This is for stretching and flapping his wings. Thats four five minutes of lifting my hand into the air so he can use his wings for balance. He finds that exciting. So we do that several times each day. We prefer to yell weeee. Its good for the arms and shoulders.

Now its a walk across the yard, out to the mailbox. The neighbor woman 4 homes up the road watches for us daily, so shadow and I walk up to visit her most mornings. That is up and again and is nice exercise.

We eat once more at lunch time, identical deal as breakfast.

All this tough work calls for a siesta! Me on the couch, shadow on me, this has worked nicely for decades.

After the siesta another half hour or so crawling on the floor growling like dogs. Some more chook lifts generally.

Then its back to the pc and more finger chasing. You've seemingly no concept how strenuous typing with a macaw sitting in your hand can be?

Here is the clincher that keeps me trim and so filled with energy.

About four or 5 each afternoon we go to the gymn. We have an enclosed back porch, 16x28x8ft. If there is sun then there is sun someplace on the porch. The floor is concrete, good for a parrots toe nails. Half the porch is for me, the opposite half is stocked with everything a parrot could love.

He works out a little bit bit, I work out a little bit. I sweat and groan. He flys, he hops, jumps and climbs, he makes his parrot jungle noises. He chases a rubber ball and carrys it back similar to a dog, to be rolled again.

Trust me through the years we learned to have a very good team workout. We don't want no stinkin diet. When I found shadow I was 31 and 175lbs. Today I'm sixty two and 182. Shadow and I eat what and when we want. We know we'll work it off together.

Get a macaw and stay slim and trim accidentally.

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