

Daily Sport



Belly Building – sport for real men

He was a little guy in a little town, with huge ambitions. This story is just story of his life. Of changing life. The story about achieving goals and dreaming. Nowadays, it is not easy to win. Motivation is the key of the success. Hardworking is the way.

Marton lives in Paralimni, a beautiful place in Cyprus. He has a pure life, without any problems. He always says “I LOVE MY LIFE”, but inside, he has been feeling a hole. He had no idea what is the problem. He was looking for new challenges to improve his life.



A year ago, Marton went to the beach with his wife, as every Sunday. He discovered the problem. His body was not satisfactory. He's dreams were about being in shape, what means bigger. He decided to go out of the box – getting big as soon as it is possible. He just wanted to make dreams come true.

This picture shows us results of the transformation.

It has emerged amazing idea. Then he got his dream belly from the beginning to really big size. He became a role model for the others. Marton is an inventor of new sport – Belly Building. The main point of the game is getting your belly as big as possible in the shortest time. He is a champion in this game.

You can!

Nowadays people are busy with work almost 24 hours per day. Being fit and healthy it's not so easy. You would say it's no chance to find some time to practice sport. But for us, there is no such a thing like "impossible". We care about you and your health. We would like to show you some tips you can use every day. In this article we will present stories of four young people. They are experts in those activities. We are presenting you how you can start easy daily sports.

Andy: I can say that I'm the stairs master. I'm a freelancer right now. I leave my flat few times a day. I live on the 4th floor, and there is no lift inside the building. Every week I run more less hundreds of stairs. It lets me stay in shape even I eat a lot. I completely recommend it to everyone but it's important to pay attention to keep your knees straight. It's important for your joints.



Marci: Since I have problem with my spine, I need to care of my health more. I visited my doctor who said that swimming with be the best solution to keep in shape. I can't afford to go to swimming pool, so I decided to use my bath for that. It supposes not to have too much space, but that's not true.



I work on my muscles regularly. It helps my lungs as well. I recommend this kind of exercises for everyone who has similar problem.



Big B: My Grandmother always said, that I have to be stronger and she complain a lot because I don't help her with the bags when she goes to the shop. She complaining about the weather all the time, but it doesn't matter. So i decide, that i will be a STRONGMAN.

Gaby: I am a busy person. Multitasking is my second name. I have no time to do sport every day. What is my superpower? Being late for a bus. Running late is my cardio. How to achieve it? Just be late. Everywhere and every day. Only this way you are able to stay in shape.



Popular in Poland and Hungary

In Hungary the most famous sport is the "Pálinka making". It's like a traditional BellyBuilding, because it develop your body and your mind also.

For example: Monday is the shoulder day when you have to collect the fruits from the trees.

Thursday is the arm day, when you have to carry the "cefre" to the basement. Wednesday is the leg day, when you have to go down the basement and check, that is the cefre done already. Thursday is the chest day. When you make Pálinka from the cefre and you fell over because of the outcoming alcohol gases (the Hungarians always do some pushups before they get up from the floor). The Friday is the real mind game, because you have to taste the final product and decide that you will keep it or you have to drink all of them with your friends and make some new.

Exactly like all of the bodybuilders need some rest during their workout program, the Hungarians also have their rest time during the weekend and enjoying the final product, Pálinka.

The most traditional Polish food is "Pierogi". If you try it once, you will never stop eating it. You can buy it everywhere for the cheap price, but it's not the same like homemade product.

Making Pierogi is difficult and tiring process. Firstly, you need to prepare pierogi dough. After that, you have to fill it with potatoes and cheese or meat and cabbage. You can use whatever you want to put inside. This activity needs a lot of energy. Polish treat making pierogi as a sport because it's as hard as other sports. They organize competitions in this. Polish women are the best in making pierogi.

