# Work from Home tips to gain the sexy figure back and rock in a sexy night dress for women!

The pandemic brought the new normal and work from home becomes the normal as opposed to the exceptional working style that it was before. Let's not get into the advantages and disadvantages of this style of work, we will keep it for another day. But a prime disadvantage of working remotely, and most of the readers will agree to it, is hours of uninterrupted sitting and unrestricted unhealthy food indulgences. A good number of men and women are not fitting in their clothes anymore. However, I know the pain of not being able to wear your **sexy night dress for women** that you love, and this blog is here to help.
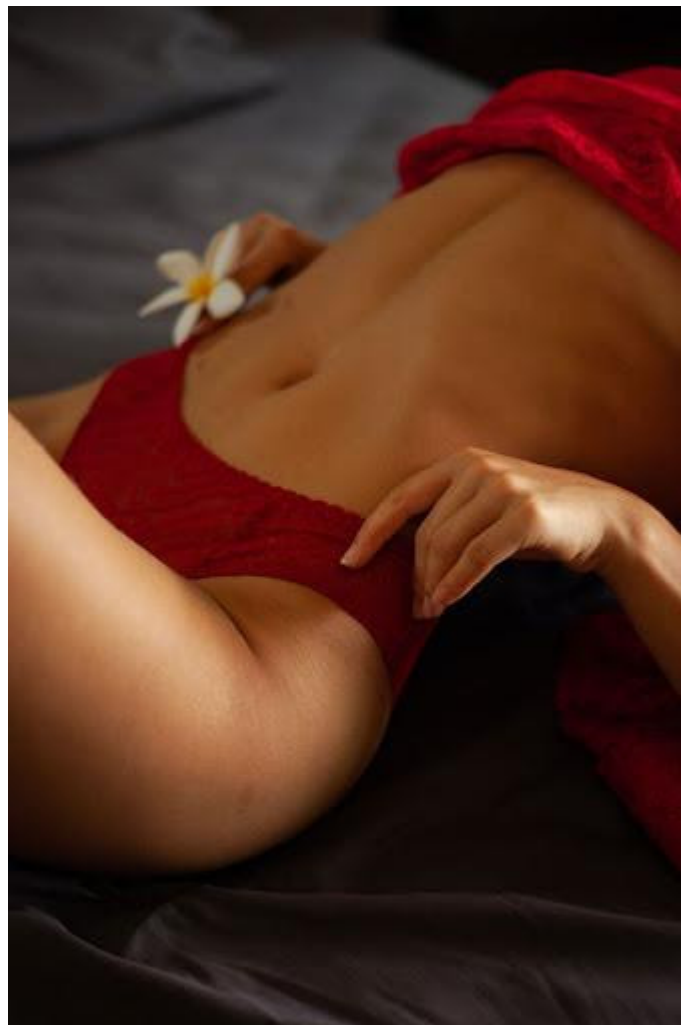
The tips are for both the genders, so both of you can start working to get your hot bodies back.
Water – The Savior
70% of your body is made up of water, so you need to understand how important it is to be hydrated. Moreover, dehydration has both physical and mental impacts. Drinking more water each day not only makes your skin youthful and radiant but flushes out more and more toxins

from your body. Also, it is better to drink a glass of water to submerge your unnecessary hunger pang than give away to the unhealthy cravings.

A Break for Health

Constantly working on your laptop without a break, stresses your eyes, mind and body. Thus, take a 10-minute break after every hour of work, and walk around on your balcony or in your house. Your eyes get to rest, your mind relaxes, and you burn some calories too. Imagine, if you work 6-hours a day, and walk for 10-minutes after every hour, you unknowingly walk for an hour already.

Try these tips with a balanced diet and start your journey towards fitting back in your **sexy night clothes for women** again.