



# Grow Up 099

Matiyar Uddin Ahamed

Rafsan Jani Rouf

<https://growup099.site>

## What Are Hollow Cheeks?

Hollow cheeks are the sunken or sculpted area beneath your cheekbones. Models and actors often have them because:

- They have low body fat (especially on the face)
- Their cheek muscles are toned
- They don't retain much facial water (bloating)

To achieve hollow cheeks in 2 weeks, you need to:

- ✓ Burn face fat (via full-body fat loss)
- ✓ Tone the cheek muscles
- ✓ Remove puffiness from bloating

Let's go step-by-step.

## WEEKLY STRATEGY (2 Weeks Plan)

We divide the routine into 5 categories:

1. Facial Exercises (tighten and tone the cheek/jaw muscles)
2. Debloat & Detox (eliminate water retention and puffiness)
3. Cardio (reduce overall body and facial fat)
4. Diet (what you eat = what your face shows)
5. Sleep & Stress (controls hormone & face swelling)



## DAILY ROUTINE (Morning & Night)

### ✓ 1. FACIAL EXERCISES (10-15 mins, 2× daily)

Do these after brushing and before sleep. Stand in front of a mirror for better engagement.

#### 1. Fish Face

- Suck in your cheeks like a fish
- Hold 20 seconds
- Repeat 10 times

 Why: Tones the cheek and jaw area.

## 2. Cheek Puff Transfer

- Fill air in your mouth
- Shift the air left → right → center
- 10 slow reps

🎯 Why: Improves facial symmetry and cheek flexibility.

## 3. Tongue-to-Palate Press

- Close your mouth, press your tongue to the top palate
- Tighten your chin/jaw, hold 10 seconds
- Repeat 10 times

🎯 Why: Helps define jawline and reduce double chin.

## 4. Cheek Lift

- Smile wide
- Place fingers on upper cheeks and lift upward
- Hold 10 seconds
- Repeat 10 times

🎯 Why: Builds upper cheek definition.

## 5. Jaw Release Stretch

- Pretend to chew with mouth closed
- Then open wide and say “Aaaah”
- Repeat 10 times

🎯 Why: Relaxes and tones face muscles.



## 2. DEBLOAT & DETOX (Daily)

What causes face puffiness?

- Too much salt/sugar → holds water
- Dairy (in some people)
- Lack of hydration

🚫 Avoid These:

- Chips, fries, sauces (excess salt)
- Bread, sweets, cakes (sugar & gluten)
- Milk, cheese (try lactose-free or reduce)

✅ Add These:

🌿 Detox Water (Empty Stomach)

- ½ cucumber (sliced)
- ½ lemon (sliced)
- 5 mint leaves
- Soak overnight in 500 ml water
- Drink this daily on empty stomach

🎯 Result: Flushes toxins and extra sodium → less facial bloat



## 3. CARDIO + SWEAT (20-30 mins)

**You cannot spot-reduce fat from just your cheeks – but when your overall body fat drops, facial fat drops too.**

**Choose one daily:**

- **Skipping - 500 skips**
- **Jogging - 20 mins**
- **Brisk Walking - 30 mins**
- **Zumba/Dance - 25 mins**

 **Benefits:**

- **Burns calories and fat**
- **Reduces cheek fat gradually**

## **4. DIET FOR FACIAL FAT LOSS**

**What you eat = what your face reflects**

 **Eat More:**

- **Protein (egg, dal, tofu, paneer, sprouts): Builds muscle**
- **Fiber (apple, papaya, spinach): Improves digestion**
- **Water-rich food (cucumber, watermelon): Flushes water**

 **Avoid:**

- **Fried & oily food: Triggers fat storage**
- **Sugary items: Leads to bloating & insulin spikes**
- **Heavy dinner after 7 PM: Body stores unused energy as fat**

 **Pro Tip: Eat 5 small meals rather than 3 large ones**

## **5. SLEEP + STRESS MANAGEMENT**

**When you don't sleep properly:**

- **Cortisol (stress hormone) increases**
- **Cortisol holds fat and bloats your face**

 **What to Do:**

- **Sleep 7-8 hours daily (ideal between 10 PM-6 AM)**
- **Use a pillow that slightly elevates your head (avoids facial water pooling)**
- **Practice 5 minutes of deep breathing before bed**

 **BONUS DAILY CHECKLIST:**

Activity	Status
Facial exercises (AM & PM)	✓
Detox water (morning)	✓
Cardio workout (any 1)	✓
Healthy diet followed	✓
No junk/sugar/dairy	✓
7+ hrs of sleep	✓

## **PROGRESS EXPECTATION:**

**After 2 weeks:**

- Face looks tighter
- Less puffiness around cheeks & eyes
- Jawline begins to emerge
- Cheeks start showing definition

**For hollow cheeks that are visible like actors/models, continue this plan for 4-6 weeks with discipline.**