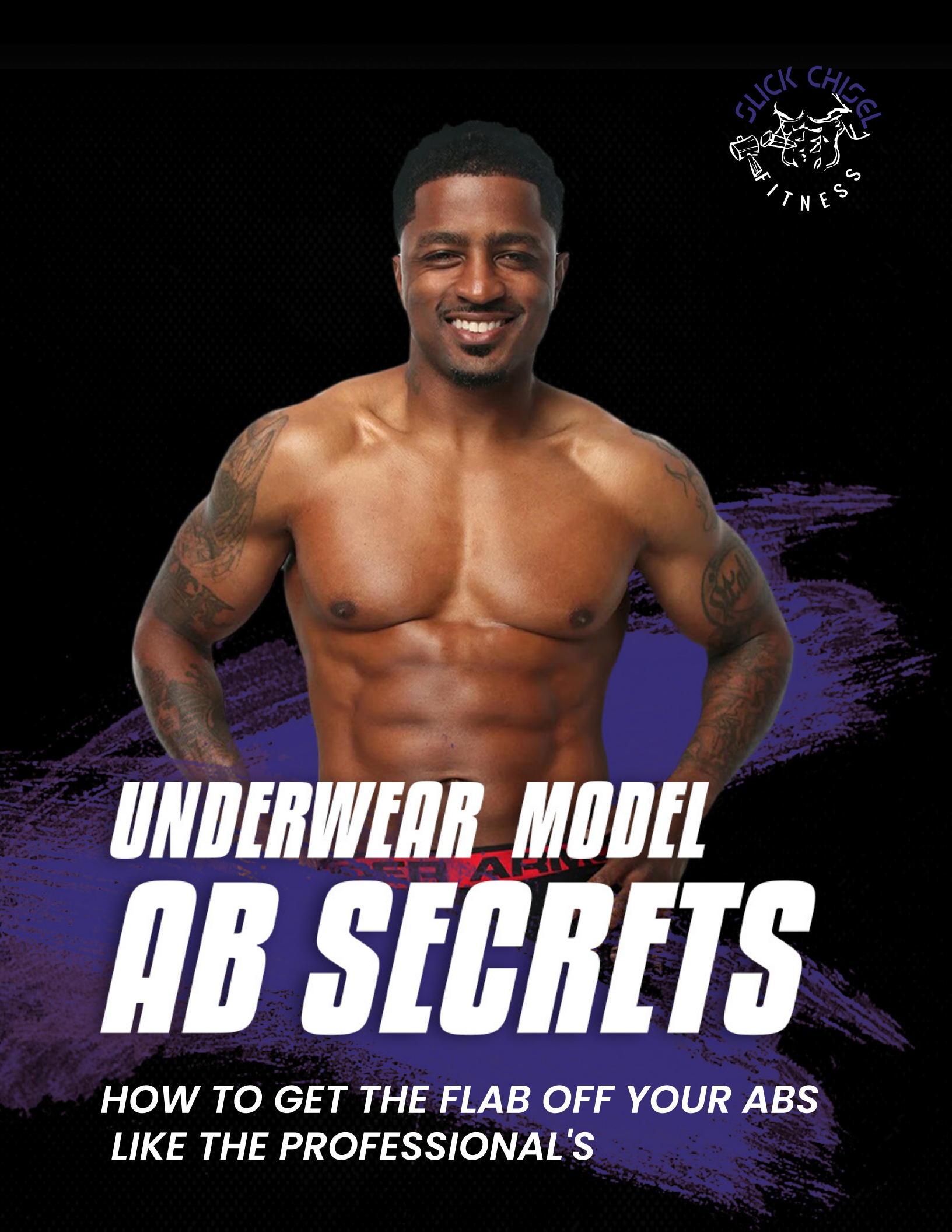

SLICK CHISEL
FITNESS
UNDERWEAR MODEL
AB SECRETS
HOW TO GET THE FLAB OFF YOUR ABS
LIKE THE PROFESSIONAL'S

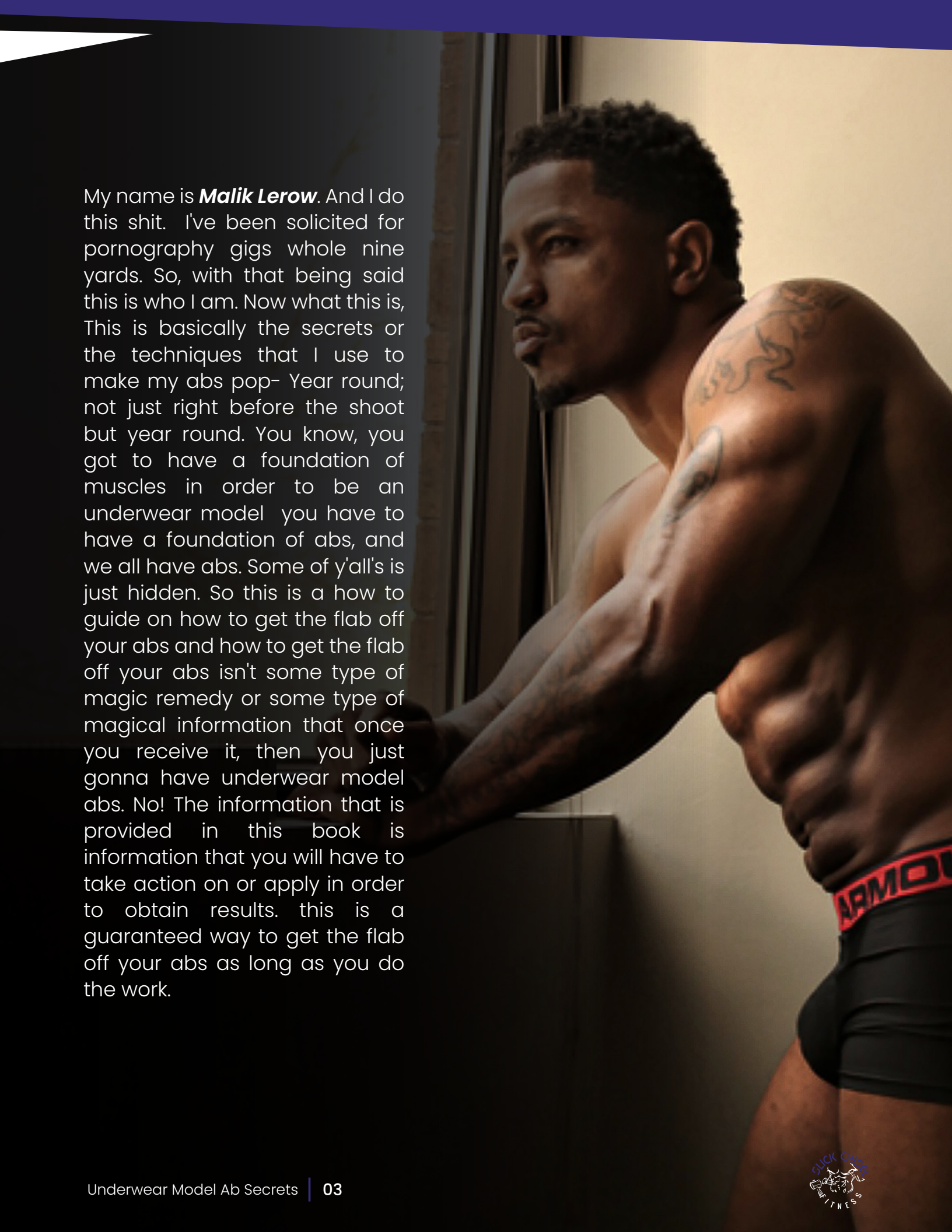
CHP:1
INTRODUCTION

So who am I? Well me? I'm Malik Lerow. The founder of Slick Chisel Fitness. I'm a lifelong athlete, personal trainer, and nutrition coach who is certified by both NASM and Precision Nutrition. Prior to all of this, I've always been that guy; not to sound you know, arrogant or anything like that but it's just something about having underwear model abs that make the girls go wow.

Back to who I am, I'm the founder of Chisel'd supplements. The only supplements on the market that give you a workout program with your purchase of any supplement. I'm also a fitness and underwear model.

I've done editorial spreads; I've been featured in magazines; I've done live modeling; and you want to know what one of the coolest things, like one of the best times I had as an underwear model was? It was with my co-model. You know she was so turned on by my physique; by me being so up close and personal. By me being able to get up so close and personal during the shoot, she was able to feel my chiseled hard body, and she just couldn't leave the shoot without having sex or without inviting me to have sex with her on the set. So you know being an underwear model, you just might get the chance to have sex on set with a hot model chick, and I don't want to keep it all to myself; I don't want to be the only one boning the female models. I want to help. I'm the guy that wants to help you either to become an underwear model, if that's your dream, or get the perks of being an underwear model because you have the body of one.

My name is ***Malik Lerow***. And I do this shit. I've been solicited for pornography gigs whole nine yards. So, with that being said this is who I am. Now what this is, This is basically the secrets or the techniques that I use to make my abs pop- Year round; not just right before the shoot but year round. You know, you got to have a foundation of muscles in order to be an underwear model you have to have a foundation of abs, and we all have abs. Some of y'all's is just hidden. So this is a how to guide on how to get the flab off your abs and how to get the flab off your abs isn't some type of magic remedy or some type of magical information that once you receive it, then you just gonna have underwear model abs. No! The information that is provided in this book is information that you will have to take action on or apply in order to obtain results. this is a guaranteed way to get the flab off your abs as long as you do the work.

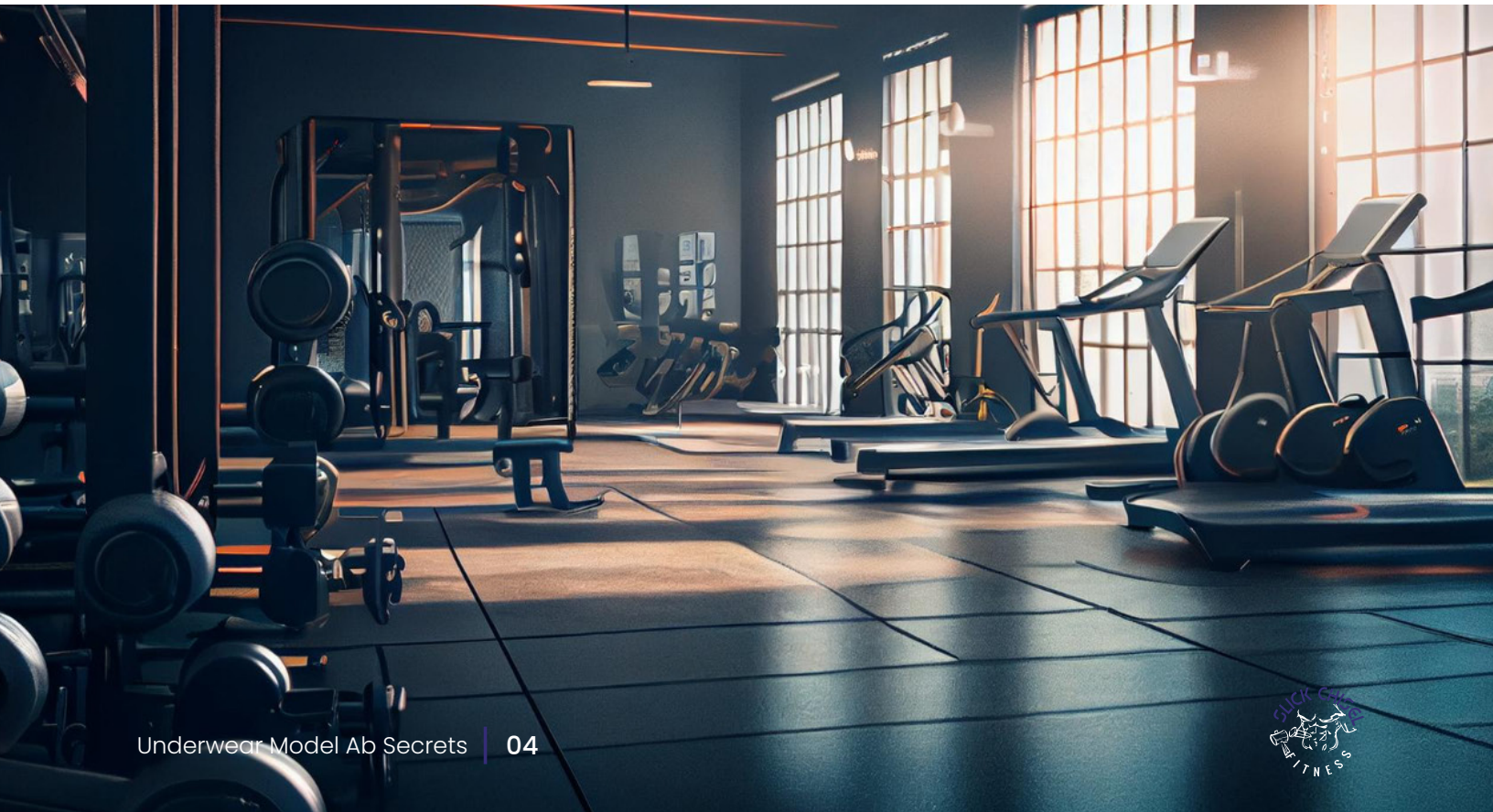


CHP:2
OVERVIEW

If you ever wanted to know what it was like to be an underwear model. This is your chance to go through the routines, the rigors, and the process of what it takes to have the body of an underwear model. Now me, I enjoy the fruits and the labors of being an underwear model. And what I mean by the fruits and the labors is- this is hard work.

You know, six pack abs , excuse me, "sex pack abs" that make the ladies go wild this ain't nothing that just comes, you know without any work. So if you don't want to put in no work then you know, you're really wasting your time; maybe this will be like an entertainment manual for you because you're not going to see any results if you don't want to put in no work. Work. This is what this is understand this is consistent work. This is not one day work this is CONSISTENT work but I will say this, if you're consistent you can see results in as little as 14 days you can begin to see flab disappear from your Abs.

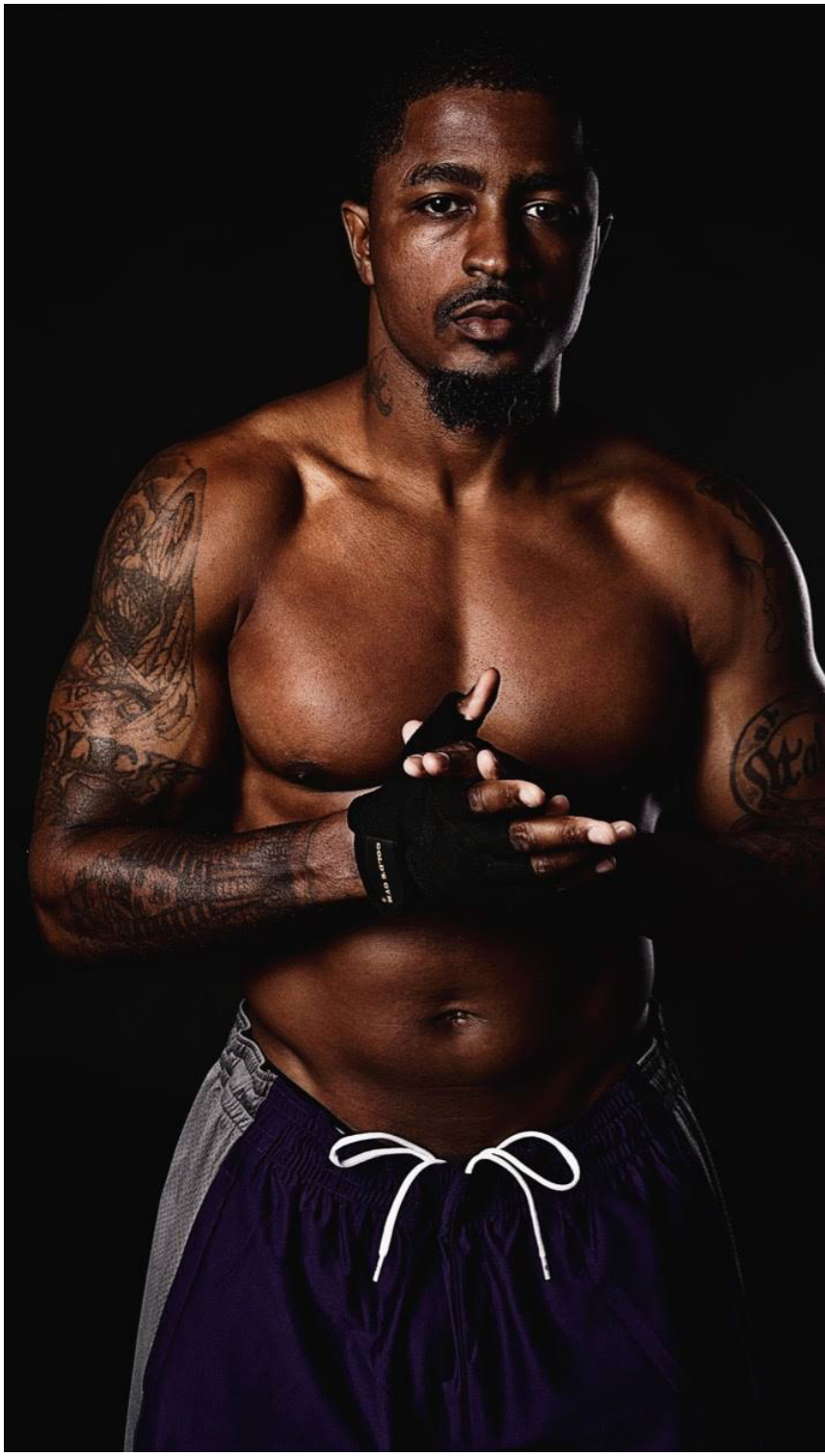
Now further about me you know I'm really a tough guy. I'm as tough as they come. I'm like hardened criminal tough. So this is child's play for me. Well for you. It might be a little hard but it's okay. Because challenges are to be met. You know, you can't be the type that can't meet the challenge when you come to this program. Or once I reveal the secrets. The secrets that I'm going to reveal to you are going to challenge you. These secrets aren't going to be like a magic wand where you just got to know the secrets and viola magic you got underwear model abs.



Nah, it don't work like that. You're going to get these secrets. You're going to get the know how and then you're going to have to apply the know how. Now if you're fickle minded or the fickle type. I don't know how or why you'd even found my book in the first place? But it's not going to work out for you. So, you know, I've coached and trained quite a number of people. And I will tell you, man, the underwear model thing.

Man, I had to stop training females because all of my female clients wanted to have sex with me. It wouldn't go 30 days. I can't train female clients for more than 30 days without her trying to have sex. That is bad for business. So now you know my marketing is more so towards the guys, because just it's just you know, the demand is high.

You know the sexual market value for underwear models is high. So you know when you want to have that high sexual market value, you want to be sought after by salivating women who just want to you know suck you like a neck bone. You know drip all on you then this, this is the program for you. This is the program whose secrets will change your life. The secrets will have you in a place that you may have never been before. So just know fasten your seat belts. Get ready. You know, get ready to be be initiated to the world of underwear model.



CHP:3

WHY YOU HAVE FLAB ON YOUR ABS

INSULIN RESISTANCE

The pancreas makes certain formats one hormone it makes is called insulin. When you eat a carbohydrate rich meal, those carbohydrates turn into sugar, and certain things will turn to sugar fast.

Other things are slow, like celery would turn into sugar very slowly. Candy would be very fast. These variations are shown on what's called a glycemic index. As soon as the sugar spikes in the blood and it goes above a certain level, it triggers the pancreas to make insulin. So now we have this insulin that connects into the cell. And what it does is it feeds the cell its fuel by allowing a cell to absorb glucose.

Now there's a signal that then will go from the cell back up to the pancreas and tell the pancreas to turn off insulin. So we have this on off mechanism that's called a feedback loop. And all the hormones have this feedback loop where the hormone is sent across the distance. It does its function. And then once it's done, it sends a signal back letting the body know that it's done so that it can turn off the correlating function. If this signal is off in any way the pancreas will continue to communicate and send more hormone when you really might not need it. Okay, so now we know that insulin feeds itself fuel and that it helps you store sugar. So insulin, comes in, takes the sugar out, feeds the cell.

Number two, it actually stores sugar in the mainly in the liver, but some of the muscle as well. And some of the kidney, some of the brain and some of the white blood cell, but mainly the liver and kidney. That's where the storage happens. And the body stores sugar as something called glycogen.

A series of glucose molecules strung together in a chain is called glycogenolysis. So there's two main types of fuel storage in the body. We have the glycogen reserve, and then we have the fat reserve, okay, the glycogen reserve which is the sugar reserve is roughly only 1700 calories. It's very, very low versus 70,000 calories on a non obese average person. So we have 70,000 calories for fat versus only 1700. That's 1700 for sugar reserves, okay. So Insulin helps in the absorption of fuel in the cell and helps in the sugar storage which is called glycogen reserve. And number three, it converts excess sugar and carbohydrates into fat.

Okay, so fat comes from the excess carbohydrates. So as soon as the blood sugars go too high, insulin converts into fat in the liver. So it's dumping fat into the liver and dumping fat into the body specifically in the belly area causing belly fat. That's where it's coming from.

So what is the excess sugar in the blood? Normal blood sugar is between 80 and 100. Okay, milliliters per deciliter. This basically means you have one teaspoon of sugar per all of your blood on average. It's roughly one and 1/3 gallons of blood. That's normal. An average American consumes 31 teaspoons of sugar. So you can imagine how much sugar that is in your body that Your insulin needs to do something with. So it has to get this toxic sugar out, protect the cells and dump it into the reserve which is your belly. So it's converting the excess sugar to belly fat and that's how it works. The next thing that happens when you have too much sugar over a long period of time, and too much sustained insulin we develop something called insulin resistance where the receptor that's supposed to receive insulin becomes blocked.

Now what happens is now the glucose from the sugar can't get into the cell because the code is not working to allow the cell to be fed the fuel that it needs. So because there's no signals inside the cell that the glucose is getting in there, there's no feedback loop to the pancreas to turn it off. So we have an incomplete communication. We have a situation where there is no off switch, and the body compensates to drive more insulin to try to connect with this code to try to input the code in there. So a person with insulin resistance has five to seven times more insulin than a normal person. So when that happens all this excess insulin goes throughout the body, but it doesn't bring the sugars down. It's not feeding the cells. What it's doing is going into storage and turning into belly fat.

ESTROGEN

Let's talk about estrogen. Estrogen is not a bad thing. When it's in check, it actually helps you burn fat actually helps you regulate insulin in the right way. You see, when we have a lot of estrogen, it throws off all kinds of things. And we live in this extremely estrogenic world where we're constantly exposed to excess estrogens. Now, we have this issue called estrogen dominance. Now it sounds like that's just excess estrogen but estrogen dominance is actually a number of things. It can be too much estrogen, it can be too little estrogen, but for women, it can be too little progesterone, that's throwing off the ratio of estrogen and progesterone. There's a few different things that come into play there. Now when we look at the external estrogens that are affecting us, they're called Xeno estrogens and they affect us in a lot of different ways.

But more than anything, they just increase our overall levels of estrogen in the body. These are Xeno estrogens that are coming from things like plastics and soy to name a couple.

They're coming from a lot of external factors and toxins that believe it or not, do affect us even though we don't necessarily want to believe it. But let's talk about how estrogen actually affects our fat accumulation in the body. So if you've ever wondered, what makes a woman thick, or what makes a man soft bodied, well, it ends up being estrogen, simply because it's much more of a tissue that accumulates fat.

And once you start having a high level of estrogen, you get these things that are called estrogen sensitive tissues. These estrogen sensitive tissues are much more apt to store body fat and then create more estrogen. So it's this vicious cycle. The more fat you simulate, the more estrogen binds to that area, the more estrogen that you have, the more fat that stores to that area, so you can see how it steamrolls and just exponentially gets worse and worse and worse.

Now we have areas of the body that are more predisposed to estrogen. These again, are the estrogen sensitive tissues in men, it's usually the waist area and the chest. If you've ever heard of gynecomastia before, or when a male develops breast tissue. It's usually because their estrogen levels are high. Now in women, they start to develop more tissues and more fat in the buttocks, in the upper thighs and also in the breast and in the waist. Now that ties right in hand with what makes a woman a woman even. See estrogen is a female hormone. Now the problem when It comes to estrogen, isn't that it makes you add more fat. It's the fact that it's very, very stubborn fat. You see you can't just burn it off like you can regular fat because it's estrogen sensitive, it's responding to a hormone. That means there are certain tweaks you have to make to your diet to control the estrogen from a hormonal and endocrine standpoint.

So what's the solution when it comes to estrogen? Well, we have to remember we live in an estrogenic world period. Everything around us is generally causing an increase in estrogen. But we also have a lot of things that can decrease estrogen. So It really comes down to making a conscious decision and making some changes to your diet to live in the estrogen inhibiting world meaning you're starting to make choices where you don't expose yourself to estrogen..

CORTISOL

Okay, now we got to talk about cortisol. Cortisol is the stress hormone. But a lot of us give it such a bad rap because of that. We think okay, cortisol equals stress. That's bad. No, don't think of it like that. Cortisol is your body's response to stress. It's trying to help you calm down when faced with stress. The thing is, if cortisol is elevated for a really long period of time that means the cortisol starts to burn out and then starts wreaking havoc on your body.

So let's talk about what happens when you have high levels of cortisol in your body all the time. It basically ends up making you gain fat in three separate pathways. The first way is absolutely mind blowing. It ends up causing you to redistribute fat without even consuming excess calories. Yes, you can take fat that is not even mobilized. It is dormant in another area of your body and mobilize it to end up going to your waist just by having high levels of cortisol. That means a 200 pound man can actually stay a 200 pound man and redistribute more fat to his belly, particularly the visceral fat area. This little area is the layer underneath your muscle, not on top of the muscle underneath the skin. Think pot belly.

Now the issue with that visceral fat is it ends up being very, very high cortisol receptors so that means that it's a vicious circle again, that means the more that you have that visceral body fat, the more cortisol your body's going to create, the more cortisol your body's going to send there, making it exponentially grow. It sucks. We don't want that. The next reason that cortisol affects you is simply because it makes your blood sugar remain highly elevated for a long period of time. When that happens, you start becoming insulin suppressed, meaning your body isn't producing as much insulin so that blood sugar just stays elevated. Well, that triggers a response in your brain that tells you to eat more. So your hunger goes up, you end up eating a lot more. And in that same vein, there's number three, the reason that cortisol ends up making us eat more, it's simply because we have receptors in our brain in our hypothalamus that directly communicate with cortisol. So cortisol tells the brain, get hungry, get hungry, eat more, and it causes us to well eat more and get more flabby.

NOT GETTING ENOUGH SLEEP

And the third mistake, which quite frankly, is probably one of the most profound is sleep deprivation. And I just wanted to list this here because it doesn't take much in the way of sleep deprivation to cause a big problem. Of course, when you're sleep deprived, you have elevated levels of cortisol, that can be bad in and of itself. But let's expound a little bit more. If you get less than five hours of sleep, you tend to have 16% Less leptin and 50% more ghrelin. What does that mean? Leptin is something that signals to your brain to rev up the metabolism. So when leptin is lowered, you have less signaling processes to tell the body to rev up the metabolism. So essentially, the metabolism slows down significantly. Ghrelin is what makes you hungry, it's what makes you want to eat. So a 50% increase in gralen. So slowing the metabolism down by communication to the brain, but then, also at the same time, increasing your hunger levels.

Also, when you have less sleep you have a significant increase in specific endocannabinoid signaling. What that means is endocannabinoid receptors were elevated, therefore triggering what's called a CB one receptor. CB one receptors are cannabinoid receptors. Okay, so it's the same kind of receptor that would trigger the munchies from some kinds of recreational drugs, right? So we're getting the same effect being sleep deprived in our CD one endocannabinoid receptors that we are from a recreational drug leading to lots of snacking, lots of munchies and significantly more calories so when you're sleep deprived you not only have the increase in the CB one activity, but you actually are snacking significantly more between meals and ended up gaining weight. So part of it is hormonal with the cortisol but part of it is also psychological..

CHP:4

WHAT IT TAKES TO GET THE FLAB OFF YOUR ABS

GET IN CALORIC DEFICIT

A calorie deficit is the single most important variable for fat loss. First of all, it is important to understand that calories are a unit of measurement for energy. If you consume a 400 calorie meal, this provides your body 400 calories worth of energy. This is relevant because your body fat is basically an energy reserve. If you do not provide your body enough energy from food to fuel your daily activities, your body has to burn off its internal energy reserves in the form of fat.

On the flip side, if you consume too many calories in a date, your body has more energy than it needs and it will store energy in the form of fat. So your calorie intake has a direct relationship with how much body fat you lose or gain. Now that we know the relationship between calories and fat loss, it is clear that we need to look at both your calorie intake and activity level to lose body fat. To achieve a calorie deficit, you can consume fewer calories, exercise more or combination of both. Usually a combination of more activity and consuming fewer calories works best.

But the main variable to look into for most people is calorie intake. Take one hour of intense running to burn roughly 500 calories, but you can consume those 500 calories back in a matter of 10 minutes. And assume you already trained multiple times per week. There's only so much more exercise you can do without running into recovery issues.

So having tight control over your calorie intake is where most of the gain is when it comes to creating a calorie deficit for fat loss. If controlling your calorie intake is important, how do you know how many calories you should consume? There are multiple ways you can go about this but I will show you one simple method that you can start with. You may have seen calorie calculators online with complex formulas but this ain't that. If you take your body weight in pounds and multiply it by 10 to 12.

Most people will be in a moderate calorie deficit. So if we take a 185 pound person as an example, this person can consume between 1850 to 2200 calories per day. You can be logical with this guideline if 10 calories per pound sounds very low in 412 calories per pound and soft calories per pound sounds high. You can lean for the lower end of the range. Give the 10 to 12 calories per pound target a try for at least three weeks. If you do this and you lose roughly 1% of your body weight per week. That is great. You're in a calorie deficit and well on your way to achieve your fat loss goals. If for three weeks in a row, your body weight stays stagnant and you notice your clothes don't fit any difference. You may need to change your calorie intake. decreasing your calorie intake by roughly 10% is a good idea if you notice that you are not progressing after three weeks. It is also possible that in the first few months of your fat loss phase, you are making good progress but then it eventually slows down or even stops. This is normal if we consider that the human body is adapted the human body cares about survival. So if you maintain a calorie deficit for a long time, your body starts expending less energy.

For instance, your spontaneous activity tends to decrease as you lose more fat, causing you to burn fewer calories in the day. I mentioned this to point out that the calorie intake you need to make progress now may be different from the calorie intake you need in three months to continue making fat loss progress.

The single variable that is responsible for the majority of the progress you make in a fat loss phase is caloric deficit. You can eat very clean foods but if your calorie intake does not put you in a calorie deficit, your body won't burn off fat. You have to make sure your calorie intake is controlled if you want underwear model abs. Now that we have covered calorie intake, let's look into exercise. For some reason cardio is seen as a key factor for fat loss. Even though cardio can help. I think it's important to emphasize that cardio is useful when combined with a diet that already puts you in a calorie deficit.

Research shows that doing more cardio without changing your diet does very little for fat loss. This is because doing a few cardio sessions in a week by itself is not enough to create a significant calorie deficit. If two or three cardio sessions in a week are done on top of an effective nutrition approach, that's when cardio is beneficial. But for those trying to look leaner and have more muscle definition perhaps more important than cardio is lifting weights.

GET PROPER HYDRATION

Why dehydration honestly slows down your fat loss and why it's so important to remain hydrated, I don't just mean drinking water, I mean taking extra measures to truly be hydrated with the right mineral balance too.So let's talk about what happens when you burn fat. Your liver has a level of metabolism that occurs right? You actually start breaking down fatty acids and your liver processes them into usable forms of energy or excretes. Well, here's the thing. If you're dehydrated, then the kidneys don't function well. Right. The kidneys are unable to really process because they're not getting the fluid that they need. What does this mean? Well, it means they slow down and it means that the liver comes to save the day and helps out the kidneys which means that now the liver is doing part of the kidneys work. Since the kidneys are fatigued you can't do it. The liver takes the brunt of the load.

So basically the livers babysitting two kids instead of one. Well, that means that it ends up diversifying the energy of the liver taking away from the potential ability to burn fat from the liver so that the liver can help the kidneys. You see, so Basically you're depriving the liver of its ability to help you burn fat by being dehydrated. But then there's a reason from an endocrinology standpoint as to why we want to stay hydrated. That has to do with our friend HGH, human growth hormone. Most of you guys are probably just thinking about body builders taking exogenous forms of human growth hormone, but the reality is, we need it and we need the natural kind that our body is producing. And when we're dehydrated our brain, our pituitary, our hypothalamus, it's not secreting or signaling enough of the human growth hormone. Well, here's what happens. Human growth hormone binds to receptor cells on the fat cell. And when that happens, it causes triglycerides to become mobilized and utilized, meaning it shrinks the fat cell. So yeah, Human Growth Hormone literally helps you burn some more fat and dehydration literally takes away from your body's ability to produce it.

So there's another reason from a hormone standpoint why dehydration dramatically affects now let's break down the cognitive side of things. And you might be thinking, how does this connect with fat loss but I'll bridge the gap for just read along.

Did you know that all you have to do is be dehydrated by 2%. That's the number two to 2% to actually cause a 30% decrease in cognitive function 2% dehydration equals 30% cognitive decline. Do the math. Imagine if you're 4% dehydrated? Well, it's pretty crazy and what's even more crazy is you have a 1.59 times increased risk of being obese. If you're dehydrated. And that's just talking about obese people, not even talking about overweight..

So what can you do to drink more water? Okay, really what you want to do is you want to start implementing some very strategic things. First thing in the morning, drink one or two glasses of water hands down. No exceptions before you touch tea before you touch coffee. The worst way to start your day is by consistently dehydrating yourself with coffee or tea. Start with water. But next up, add salt to your water. It actually helps you hydrate more. If you don't have enough salt. Then what ends up happening is your body will actually eventually retain it because your body's trying to hold on to what little bits of sodium and water it has. So hold on to it. So add more salt, your body will excrete the excess water and store what it needs. But by adding salt you also create what's called an isotonic state allowing water to absorb from the small intestine into the cell. You see sodium is a very positively charged to positively charged ion and reacts with highly polarized water that highly polarized water and the positively charged sodium creates almost a vacuum from the intestine into the cell causing you to be really truly thoroughly hydrated at a cellular level. Not just where you feel puffy. So there's this simple trick don't be afraid of salt.. Make sure your minerals are in check to truly be hydrated.

GET OFF THE BOOZE

Now, this last one is one that you're probably not going to be too happy to hear about. And it's all about having had too much in the way of alcohol. Okay, now, I'm not talking about beer specifically, I'm talking about just alcohol in general, doesn't matter what kind of alcohol you drink. It ends up elevating estrogenic activity within your body. When ethanol is in the system, which is alcohol, there is a significant increase in free flowing 17 hydroxy. Estrogen so we end up having way more estrogen flowed into the body, which binds with fat and leads to fatty acid accumulation. But there was also a subsequent decrease in testosterone and a decrease in androgen receptor activity at the hepatic level. So less androgen receptors deliver level which means less ability for men to utilize testosterone or have actual male pattern characteristics,. So estrogen is playing a big role and estrogen definitely adds a significant amount of belly fat. So that's a big problem there. Now, one thing you do need to keep in mind is that when you are consuming alcohol, your liver has to process that alcohol and that means that everything else takes a backseat. So it's processing alcohol which is a poison essentially, which means if you are eating along with your drinking, your body is going to preferentially deal with the alcohol first and the food that you ate is going to have no choice but to ultimately go to storage, and it's going to get processed in the liver and it's gonna deposit next to the liver.

LEARN THE METHOD

Now that you know why you have flab on your abs and what it takes to get it off, the next thing you need to know is how. The following chapters consist of the information you need to know in order to know how to do what it takes to get the flab off your abs.

CHP:5
CLEAN EATING

WHAT IT MEANS TO EAT CLEAN

Focus more on nourishment. I use clean eating as my guideline . Eating real, whole, unprocessed foods as close to their natural state as possible. Most of the time. So eating foods like vegetables, fruits, high quality carbohydrates, like sweet potatoes and grains, good quality sources of proteins and healthy fats, like nuts and auto carbs. One of the most important parts of this process is realizing this isn't going to be another fad diet this is going to be a lifestyle shift.

So step by step, improving the quality of the foods that you're eating. So you can be in charge of your health and your energy and not fall victim to cravings and mood swings that often come with highly processed nutrient void foods that also leave us feeling hungry and out of control. And this does not have to look the same for everybody. You can eat clean and be a vegan, you could be a vegetarian. You could be a weightlifter, you could be a meat eater or yogi. You can eat six meals a day. You can eat two meals a day. There's really no hard fast rules other than that your eating real, whole unprocessed foods as close to their natural state as possible most of the time, and that you truly enjoy eating. To help transition into eating clean cook as often as you can.

Cooking is one of the easiest ways to start eating better because you are in charge of all your ingredients and you know exactly what you're working with. And here's the deal. That doesn't mean you have to cook every single meal that you make. You just want to try to cook more often then you don't. Number two, learn to read your labels. Learning to read the labels on your food is a great way to get a sense of what's going into your body. Good general rule of thumb stick to foods that have five ingredients or less and that you can read recognize and pronounce each one of those ingredients. Number three, we want to avoid highly processed foods. Now let's just be clear for a second. A lot of different healthy foods are slightly processed right? So if it's not coming right from the field or right from the farms, it's gonna start to begin to be processed so oatmeal is slightly processed to tea was like processed.

Frozen vegetables are slightly processed. These aren't the foods that I'm concerned about. We want to be looking out for those super highly highly processed foods so foods that go through lots of lots of processing before they actually make it to your plate. These are the foods that are pretty much made in factories. An easy way to think about it is you want your body to do most of the processing right? So the more food is processed outside of your body, the less nutritious it's going to be for your body. A great indicator of highly processed foods are those ingredient lists. If they have long, long, long ingredient lists, chances are they are highly processed foods. And here's the real problem with highly processed foods other than the fact that they are nutrient void is that they are bombarded with sugars and fats and salts. And so that comes in and totally destroys your tastebuds. It's like overload fat sugar, salt, wipes out your taste buds. And now we no longer appreciate the subtleties and the deliciousness of real natural whole foods which is why it's important to baby step your way out of it and learn how to infuse lots of flavor back in your kitchen. Number four, avoid artificial flavors and sweeteners. Simply put artificial flavors and sweeteners are not real food. These are food like products that are made in factories and they are designed to bypass the logical part of your brain and trigger all the pleasure points. So we find ourselves wanting more and more kind of leisure feeling like you're out of out of control, right like you're just wanting it you don't even know why. And because it's not real foods, your body doesn't even know what to do with it number one. Number two, there's a little psychological game that goes on. Like we think we can have more of it because it doesn't count. In fact, studies have shown that artificial sweeteners actually trigger the body to desire more sweet. Number five, your macronutrient balance.

Now macronutrients are your protein carbs and fats. You need to pay attention to the carbs, proteins and fats that we're eating in the course of a day. Because what I have found for myself and for a lot of clients that I work with, highly processed carbs tend to add up way too fast. And we tend to not get enough of the healthy fats, right? And just making these little shifts with our macronutrients, making sure you're getting enough protein, making sure you're getting enough of those good heart healthy fats, making sure you're getting quality carbohydrates. These little adjustments can give you more energy and keep you full for a longer period of time. So it's definitely worth looking at. And finally, enjoy the process of trying to be better, how important it is to enjoy the foods that you're eating, how you're making them or where you're getting them from, because at the end of the day, if you want something to be a lifestyle change, it has got to be sustainable. And In order for anything to be sustainable. We have to enjoy the process. If you're treating the present moment, like it's an obstacle to getting to your goal. This creates a ton of stress, a ton of pressure. And when we get to the goal if you can even get to it under that state. It's not enjoyable, it's not sustainable.

PLANT BASED DIET

Studies show that vegans and vegetarians generally have lower BMI than meat eaters. For those who don't know BMI stands for body mass index, and it's a measure of weight for height. It's not the best tool for measuring body composition which takes into account fat and muscle, but it is a helpful measurement of general health in large populations. One observational study of 38,000 healthy adults found that vegans have BMI that are about two points lower than meat eaters they also identified another trend in the data. Fiber intake was inversely associated with BMI. So the more fiber people ate, the lower their BMI. The mediators in this study had much lower fiber intakes in the vegans and this is to be expected as fiber which is founded whole grains fruits and vegetables is rich in plant based diets. Studies consistently show that individuals with higher fiber intakes have lower body weight and gain less weight over time. This is likely due to fibers ability to provide satiety after meals, aka fullness.

Emerging research also suggests that the products of fiber fermentation in the gut provides additional benefits. When the bacteria in your gut breaks down fiber it produces short chain fatty acids, which have been shown to decrease liver synthesis of triglycerides and additionally increased satiety by influencing hormones that affect hunger and fullness. An 18 week study of overweight employees with type two diabetes and a corporate wellness program showed that a low fat vegan diet was able to improve body weight cholesterol and glucose control without caloric restriction. The participants lost about six pounds on average while eating as much food as they wanted and lower their LDL cholesterol and HBA one C level which is a marker of diabetes management. Finally, a recent meta analysis aka the mother of all studies combine the results of 12 different experimental trials and found that vegetarian dieters lost significantly more weight than non vegetarian dieters. In the longer term studies. They also showed that the plant based dieters were able to keep the weight loss off for over a year.

Eating a plant based diet shouldn't mean skimping on protein. A well planned plant based diet should include a good source of protein and a high fiber carbohydrate at every meal. Low carb diets may help people take in less calories initially then plant based diets due to the behaviors surrounding the consumption of the types of foods in these diets. You can prevent falling into bad eating behaviors however, by practicing a mindful plant based diet, or predominantly plant based, ditching the notion that carbs make you fat and giving yourself permission to eat them regularly is the first step to forming a healthy relationship with this important food group. That will ultimately prevent you from overeating and jeopardizing your health goals.

MANAGE FRUCTOSE

Don't make the mistake of consuming too much fruit in an effort to be healthy. Okay, I see a lot of people that end up switching over to smoothies, they try to consume fruit, they try to consume these healthy beverages, and they end up having a lot of fruit. Fructose is fine in moderation, but our bodies are designed to break it down a lot you see with fructose is metabolized. Excess fructose ends up leading to activated glycerol. To make this very simple activity. Glycerol is the backbone of a solid fat fat is glycerol and three fatty acid molecules it triglyceride. So all that means is that when we have too much fructose, we are giving ourselves a step up for fat to ultimately build carbs from fruit turn to fat much faster than carbs and anything else. So we're trying to be more effective and we're trying to be just healthy, we're having fruit, it's actually doing us a disservice. Okay. So if you're getting a lot of carbohydrates from fruit, it does not take much to turn that into fatty acid accumulation. Be very, very careful. And then of course, you combine that with sleep deprivation, it's just it's just a wicked disaster that ultimately leads to belly fat accumulation.

MANAGE SODIUM

You can actually not be getting enough salt. Yes, believe it or not. One of the main mistakes when it comes down to having belly fat is because you're messing around with your sodium levels too much. You see, sodium plays a very big role in our overall fluid balance and ultimately our cortisol levels. See what happens is we have something known as aldosterone. Aldosterone is a hormone that regulates fluid balance. So what happens is when we don't have enough sodium at any given time within our body Adastra levels increase to help us retain water. So not only does cutting sodium out cause you to be puffy and retain water, but also causes a subsequent increase in cortisol because aldosterone and cortisol tend to increase together. Now when we have a lot of cortisol flowing around, it's not always bad. But if we have cortisol flowing around in conjunction with insulin, like when we're eating, or we're just chronically stressed out, we have high levels of cortisol, well, that is going to accumulate in the way of belly fat simply because we have four times as many cortisol receptors in our abdominal fat tissue than anywhere else in our body. And all comes down to a simple enzymatic process with an enzyme known as 11 hydroxy. Steroid dehydrogenase, this particular enzyme turns cortisone into cortisol directly at the site of our fat. And all it takes is having your sodium levels a little bit out of Whack. And then being a little bit stressed out and eating just a tad too much to how to communicate right to your belly. So good high quality salt, Jen, like reading and Real Salt, or Himalayan salt, or just some kind of good poly salt, not typical iodized salt that you'd get in restaurant food.

MANAGE YOUR MACROS

Macros is short for macronutrients and macronutrients are nutrients that provide calories and energy. Macro means large. So macronutrients are nutrients that are needed in large amounts. The three macronutrients are carbohydrates, protein, and fat. Each macronutrient provides calories, but they provide different amounts. Carbs provide four calories per gram. Protein provides four calories per gram, and fat provides nine calories per gram. If you look at a nutrition label and a product has 10 grams of carbs, you know that about 40 of those calories are from carbs because 10 times four is 40.

Carbohydrates or carbs are used as fuel and energy. They're mainly found in fruits, vegetables, starchy foods, like grains and potatoes, beans, and those are healthy examples of carbs. Not all carbs are created equal. It is important to understand that there are simple and complex carbs. And even within those categories, they aren't all the same. Simple carbs are made up of just one or two sugar molecules. They're the quickest source of energy and they are easy to digest.

So table sugar, honey, syrup, candy, and fruit. Most simple carbs aren't things we want to make apart of our diet but fruit is. Complex carbs are made of a string of sugar molecules. And those take more time to digest because of the fiber. And they also offer vitamins and minerals. You know greens, whole grains, starchy vegetables, like potatoes, corn, various beans, lentils. We want to make sure we're getting the most food for fuel types of carbs. And within carbs. There are sugar and fiber, which is why you see them indented beneath the carbs on a nutrition label. A lot of people don't realize that sugar and fiber are carbohydrates. Now also you do need large amounts of fiber to function properly.

Now Protein is a part of a balanced diet. It helps with gross immune functions preserving lean muscle mass is found in meats, poultry, fish, cheese, milk, less amounts in fruits and vegetables. When we eat these foods, our body breaks down the protein that they contain into amino acids, which are essentially the building blocks of proteins. Some of these amino acids are essential, which means we need them from our diet and some are non essential meaning our body can make them on its own protein from animal sources has all essential amino acids and most plant based sources of protein do not.

Although the macronutrient fat gets a bad rap we need fat for growth, development, and energy. It's actually the most concentrated source of energy, vitamins and minerals. So this is where we get many of our micronutrients as well. It's also good for cushioning organs and maintaining cell membranes.

Fat is found in meat, poultry, nuts, milk, oils, fish grains. Again, there are a few different breakdowns here we have saturated, unsaturated and trans fats. Now trans fats are the ones we want to pretty much avoid completely some animal products contain naturally occurring trans fat but most trans fat is formed through hydrogenated oils, so baked goods, snacks, fried foods, doze margarines these all often include trans fats and if it says trans out on the label, then you really want to have it not be a part of your regular diet.

Saturated fats are also found in animal products and we want to limit our intake but they are not nearly as bad as trans fats. Both trans and saturated are the fats that can lead to heart disease and raise cholesterol if we consume too much. Unsaturated fats are what we always hear as healthy fats. They're found in olive oil, avocado, nuts, seeds these are shown to decrease the risk of heart disease, but we still need to be aware of our overall consumption. Which leads me to answer your question of, how much of each macro do I need? I cannot tell you that. And different lifestyles and different diets promote different ratios. However, we'll dig more into the underwear model macros later just keep reading.

CHP:6
INTERMITTENT FASTING

What does intermittent fasting do? Well, number one, it actually increases your white blood cells. It strengthens your immune system. It increases stem cells with your immune system so it can revive and give you a new immune system. If it's been damaged. It powerfully suppresses inflammation. So if you have arthritis, bursitis tendinitis, any of the it is is those are going to go by by it is a powerful stimulator of something called a tapa G which is the recycling. Love old damaged proteins, your skin, your hair, your nails your organs, is one of the most powerful stimulators of growth hormone. Growth hormone is all about fat burning. It's all about anti aging and exercise. Fasting will increase growth hormone by like 750%. Fasting can increase performance by 2,000%. The biggest coolest thing that fasting can do for someone is fix a broken metabolism. So if you have a slow metabolism it can give you a fast metabolism. If you have a situation where you can only lose a certain amount because you hit the setpoint it can help burst through that. It helps you lose more and more because it fixes insulin resistance, not to mention diabetes. And the reason why intermittent fasting becomes easier as you do it, because your hunger completely goes away. All you need to know is exactly how to do fasting in a very simple way. I'm going to give you the underwear model styled fast. But there are other ways easier ways to get started. Now intermittent fasting is a pattern of eating and not eating. It's not a diet.

So let's say for example, you eat at noon, and then at eight that gives you a fasting pattern. Of 16 hours, okay and fasting with an eight hour eating window which is the minimum for an underwear model. We're only going to count from the point of tbe last meal all the way to the next day to the first meal. Depending on what your schedule is. You can adjust what time that is. Alright, so now you're at 16 and Eight you're gonna start to see some amazing results. Okay, that that's when you know it's working is 'our appetite goes away, okay? That's the most important indicator, not weight loss, not even energy. Okay, so this is where I am at now. Okay, so I'll do two meals, and they're within a four hour eating window. So that gives me 20 hours of fasting. That's huge. If you can do 20 hours of fasting, you're gonna see amazing benefits not just with your weight, your cognitive function with your immune system, your body even starts making more antioxidants. Your stress goes down. I mean, it's just very remarkable. Alright, so at this stage your pattern is 20 and 4.

And let's say your meals were between 12 noon and four, or one and five, or two and six. So just adjust that to your schedule. So this is the level where more most working underwear models stay at. But let's say you want to take it to the next level.This is what you do. You go to one meal a day. That gives you a power of 23 hours of fasting and one hour of eating down with this meal. You want to burn large. You want to make sure it's nutrient dense, but realize that all the nutritional requirements actually go down. When you do one meal a day your body adjusts. And so you don't actually need the quantity of nutrients because your body becomes very, very deficient. And at this stage, don't eat if you're not hungry. And just ride away if you're a person who has a lot of fat to lose and have a slow metabolism. Sometimes you won't even be hungry in a given day so just go another day. That's as long as you can. As much as a three day fast and you'll lose a ton of weight.

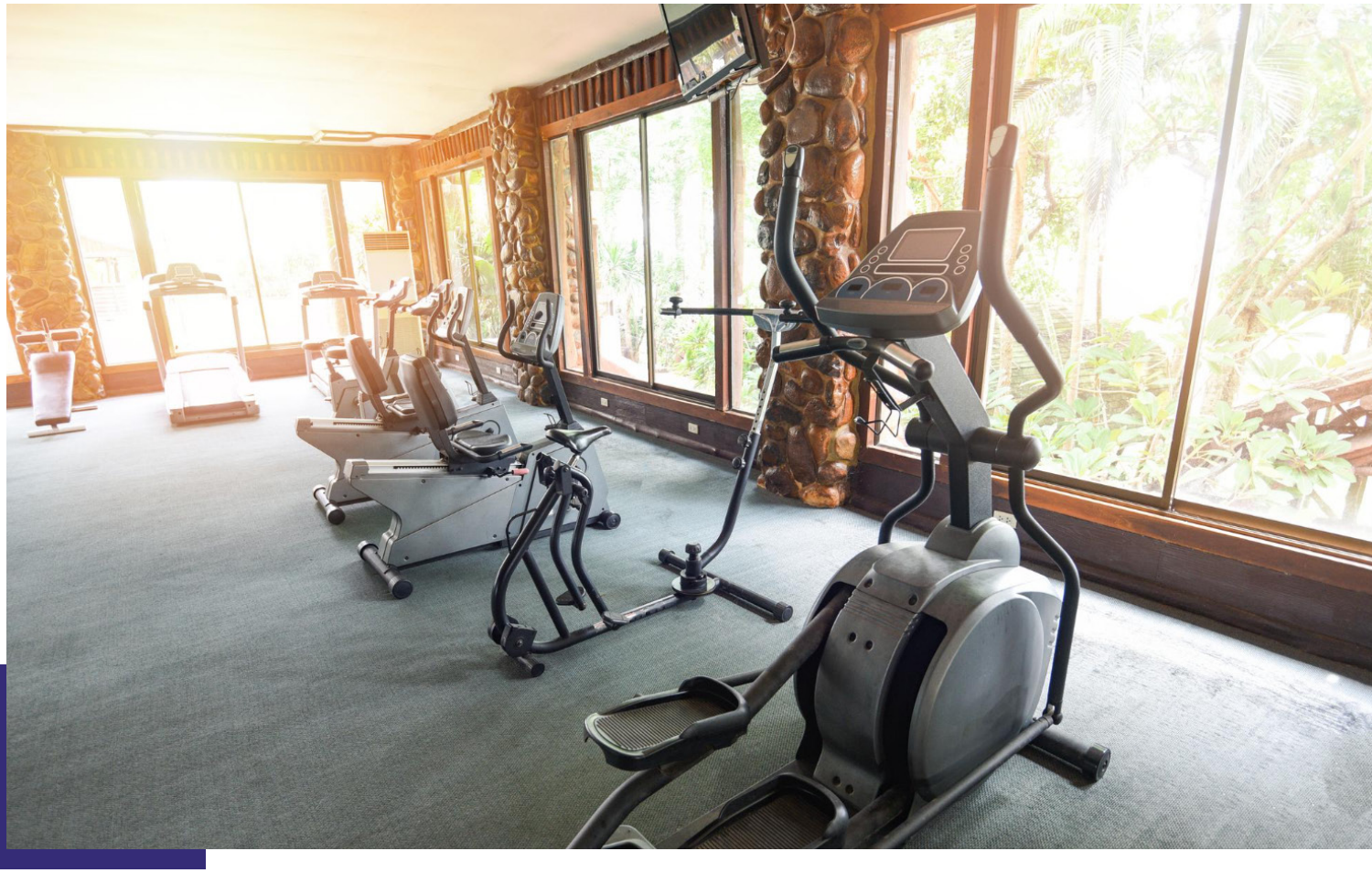
Do daily intermittent fasting. So one of these right here, you have 16 a day, which is the minimum. So you're fasting for 16 hours, but your eating window is eight hours. So let's say the time between your breakfast and your dinner or your lunch and your dinner is a total of eight hours, because we don't really specify if you're going to do two meals or three meals, but you have an eight hour eating window and then you have 16 hours of fasting . This might be a very good thing.

And the key is not snacking, of course. And also what might be good is if you were to do this with two meals, and then not anything else but in the eating window. So you have your first meal and then you wait eight hours have the second meal and you have nothing to eat so you're getting the benefit of that fasting after the second meal all the way to the first meal on the next day. And then you have 20 and 4 which I really like this one because you can start seeing even more benefits, especially with anti aging. And it's very therapeutic for your brain and your heart. and it's for a lot of things. It's good for repair. So let's say for example, your first meal is at two in the afternoon, and your second meal is at six. That would be a four hour eating window with 20 hours of fasting and you're not eating anything during that period of time you're drinking water.

You can have coffee, no cream or sugar, you take your vitamins, you do tea, you can probably also do things like stevia, but you're not having any meals because an actual meal will trigger insulin.

FASTED CARDIO

Doing your cardio while you're in a fed state , believe it or not, it can cause belly fat to accumulate simply because you're breaking down the wrong kind of tissue at the wrong time. Alright, so basically, when you do cardio in a Fed state, you're not doing a whole lot. If you're an endurance athlete, or you're training for something, it's a little bit different. But if you're someone that is just trying to go to the gym to do a little bit of cardio, then doing it in a Fed state after you've already had breakfast or after you've already eaten is actually just kind of wasting your time and causing you to potentially store fat. You see, we want to be doing our cardio in a fasted state. Fasted state burned through three times as much of the fat stored in the muscle than in a fed state. Fasted cardio makes a big difference. If you do fasted cardio,, you ultimately end up torching belly fat after a workout significantly more than if you weren't fasted which means that when you do eat food after a workout, if you do that workout fasted, that food is less likely to go to storage and is more likely to replenish cells that need to be replenished after the workout. What you don't want to have happen just finish a workout and then eat a bunch of food and have some of it go to restoring and some of it goes to body fat accumulation. So it's very important that you do your cardio fasted even if it's just 1520 minutes.



CHP:7
HIIT

These are workouts that involve performing an activity at around 100% effort for less than 60 seconds, then resting for a short period in between sets. So you switch from an interval of high intensity to an interval of low intensity or rest. High intensity interval training or HIIT enjoys the benefits of both steady cardio and weightlifting. The body burns fat three times faster than steady cardio while building muscle at the same time. Weightlifting alone does a little to burn fat and steady cardio like jogging. Does little to build a muscle during HIIT the back and forth of explosive activity to rest causes muscle confusion and the body responds by growing muscle rapidly. At the same time, the heart rate will skyrocket, burning glucose and giving you an excellent cardio session in a very short period of time. What's probably most fascinating about HIIT is what happens after the workout is over. It creates a strong excess post oxygen consumption effect where the body continues to consume oxygen after the workout in order to recover the muscles back to their pre workout state. So the body revs up the metabolism and keeps burning calories and fat during recovery. And this effect can last up to 24 hours after the workout is done.

HIIT workouts can be done anywhere at any time. There's no gym membership or equipment needed. An example of a high intensity interval workout would be 15 sets of sprinting 30 meters, then walking 30 meters or 10 sets of burpees for 45 seconds, then rest for 30 seconds or 20 sets of one minute push ups, two pull ups and one minute of rest. You can adjust the intervals to match your level of fitness. Either way you look at it you can get an efficient workout done in 10 to 20 minutes. All that matters is that you push yourself and improve

CHP:8
NEAT

One of the most important variables is exercise activity that's not exercise. This is called non exercise Activity Thermogenesis or NEAT. So it's all the stuff we're doing outside of workouts. Let's think about that for a second. Someone really wants to change their body, but they're working a desk job for eight hours, five days. And then come in on last two or three days, but there is still that's, you know, 60, 90, or 120 minutes throughout their time that they're active. They might be more than that, right? Because really, what all goes into the energy expenditure, it's all about how many calories I burned in my 24 hour period. So you can see a big chunk of that is this resting metabolic rate, you know, over 50% Meaning if I'm just lying around, I just want my body to stay alive and its rare to have some caloric expenditure just by processing calories. Then we have non exercise Activity Thermogenesis So just think about it. How active are you throughout the day? That is going to be small if someone works at a desk five or six days a week and then it's going to be much higher for someone who works in physical jobs, who's on their feet, delivering packages, working on a farm environment etc.

That individual is going to find it much easier to maintain the weight that they're at.you definitely want to include more NEAT in your life non exercise activity, thermogenesis means it's essentially defined as any other type of activity and that is outside of your purposeful physical training. Think of this as the energy expenditure related to your daily maintenance of your body, your leisure activities, or all the things like outside of that intended physical 30 to 60 minutes at the gym, for example.

There are three different categories of neat that you can include. Number one is body posture variations, number two is ambulation, or locomotion. And number three is fidgeting. So number one is body posture variations, one of the most important things that we should all consider as it relates to our work day or even just the first day is to assume as many different positions and postures as possible. So there is no one good or bad posture. The best posture is the next posture. So you want to think about constantly changing position. So if you're sitting during your workday, there isn't such a thing as perfect ergonomics. It's really about are you getting up and moving throughout the day. So are you sitting or standing? Are you weight shifting? Are you walking, are you moving? Are you able to sit down onto the ground and get back up? The more that we can assume different variations of postures sitting and standing and moving postures, though better our bodies really crave crave movement. So it is necessary that we are constantly changing these throughout our day. Number two is ambulation or locomotion. That's a fun one. So here you want to think about how can you increase your steps throughout the day. So if you want to use a Fitbit or something like that, and you're calculating 10,000 steps a day, awesome. Use that as a monitor, but think about how can you begin to add steps into your day and let's not forget about all their local motor patterns, like crawling, for example, and lots of different variations of crawling, that are really powerful skipping as a local motor pattern.

So anyways, it can begin to really reinforce one of our most powerful movements in our body which is walking the most powerful assessment of movement efficiency. So the more you can begin to increase steps and dynamic movement throughout the day, the number three fidgeting so this could be twirling your hair, rubbing your head, tapping your foot. So if you are doing this 150 minutes a day, this can in turn burn 350 calories a day, which is equivalent to 30 pounds per year to be so simple, but just think about every time you're in your chair or you're standing at your work desk to think about how can you just add a little bit of extra movement in and this will increase that need and can be really beneficial in metabolism and your weight loss goals for maintenance. In today's movement culture, we are so focused on performing 30 to 60 minutes of physical activity most days of the week.

But really we want to think about this from a movement mindset perspective and that we want to be moving most hours of each day and that begins with really incorporating some of these most basic and fundamental things like walking more, like fidgeting more, and changing so many different positions from standing to sitting in our chair. And once we can begin to really incorporate these things we can make such a huge, profound difference in movement in our overall health, as well as just how we feel because again, our bodies crave movement, they do not create sustained positions.

CHP:9
UNDERWEAR MODEL AB SECRET

THE FASTED HIIT DIET

Since you made it this far you get to know my big secret. What I do for rock hard, big block abs. Now listen I gotta tell you this, I usually don't reveal my secrets to people- I don't even like people but you're alright with me. So here it is, "The Fasted HIIT Diet", which is basically everything you just read combined. I eat a macro split of roughly 50% Protein, 30% Carbs, and 20% Fat on a majority plant based, whole food diet. I also drink a lot of water sometimes a gallon each day and I rarely drink soda, juice, or beverages with calories. I get between 6-9 hours of sleep each day and I do a 16hr on and 8hr off intermittent fast six days a week with Friday as my cheat day. On my fasting days I start eating at 12 pm and stop eating at 8pm. I do 20-30 minutes of fasted high intensity interval training 6 days a week usually a hour before I start eating. And the first thing I put in my body after the work out is a shake or smoothie loaded with protein. I also take powder BCAA'S by Chisel'd Supplements during and after my workouts. It helps with protein synthesis and gives me that extra edge. These BCAA'S have little to no calories so it's good for fasted training.

CHP:10
MAINTAINING YOUR ABS

MINDSET

In order to obtain underwear model abs, you will have to keep making the necessary steps until you obtain them. You will have to remain consistent which will require you to be disciplined. Otherwise, you will waste a countless amount of time just to see little or no results. If you skip the gym, shorten your workouts, slack on your diet, and take the elevator when the stairs are readily available – you'll see exactly what I mean. But when you are constant in making the small efforts until they become habits and you exercise discipline in making the right choices in diet and exercise – you will see the fruits of your discipline. Being disciplined is easier said than done because you're not going to be able to perform the daily requirements "sometimes" or only when "you feel like it". To get those abs and keep those abs you're going to need to eat right consistently and stick to a workout regimen consistently. The problem is that it is difficult to consistently eat the right things at the right time every single day and keep up with your workout program all by yourself. But there is a way for this to be made easy.

The easy way to stay consistent and disciplined on your quest for underwear model abs is a custom fitness plan that consists of meals and workouts completely laid out for you. Having a fully laid out fitness plan will keep you on track with the proper exercise and nutrition to burn fat. With a fully laid out plan, you can eliminate guesswork and easily follow the details of the plan to reach your goal. A custom fitness plan is your GPS to the results you desire. The same way your GPS keeps you from getting lost in travel a custom fitness plan saves you from getting lost on your fitness journey. You will not succeed at anything without a plan. The best way to accomplish your fitness goals is to have a fully laid out fitness plan but not just any plan, a custom fitness plan, one designed specifically for you and your body type. One that accounts for your weight, height, food preferences, activity level, and your fitness goals.

CHP:11
YOUR HEALTH IS MOST IMPORTANT

HEART HEALTH

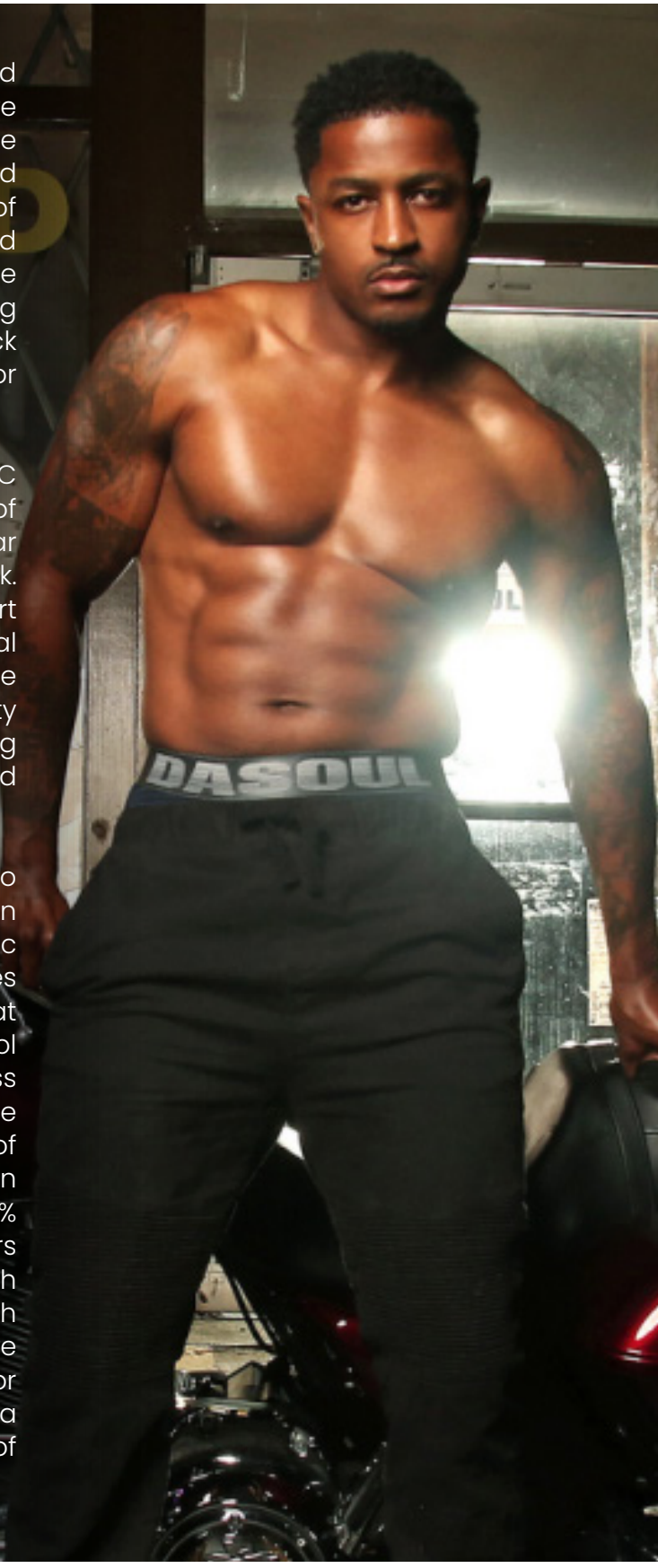
A growing number of statistics link physical activity and exercising regularly as a key strategy in preventing heart disease but the story doesn't end there. This growing number of statistics link physical activity with the reduced risk of cardiovascular disease. The American Heart Association AHA notes that regular exercise leads to heart healthy habits. This can prevent conditions like obesity, high blood pressure, and poor cholesterol levels, which can lead to heart attack and stroke. Use these findings to inspire you to keep up an active lifestyle with guidance from your doctor.

As people age they become less physically active. But as we become older, we need more regular exercise, not less. The author notes that 69% of all adults are obese or overweight, and that number continues to increase. In 2020, The National Center for Health Statistics found that about one in three adults who had visited a doctor in the past year had been advised to start or continue an exercise program. That's an increase of about 10% from 2010. Older adults aged 35 to 55 were more likely to be advised by their doctors to exercise than adults aged 65 years and older. The percentage receiving advice to exercise nearly doubled over the past decade.

Adults with conditions like cardiovascular disease and high blood pressure were also told to exercise more physical activity helps prevent bone loss, increase muscle strength, and improve coordination and balance. Studies have shown that increased levels of physical activity reduce the risk of many aging related diseases including cardiovascular disease for people with heart disease exercise can reduce the risk of dying from heart disease, having a non fatal heart attack requiring procedures such as heart bypass surgery or angioplasty.

Physical Fitness lowers heart disease risk, the CDC reports that heart disease is the number one cause of death for most people in the United States. Every year close to 525,000 Americans have their first heart attack. In addition 210,002 have already experienced a heart attack have another the CDC identifies physical inactivity as a risk factor for heart disease. Only a little more than 20% of adults meet the physical activity guidelines for both aerobic and muscle strengthening activity. Regular physical activity can lower your blood pressure, it can also improve your cholesterol levels.

The AHA recommends 40 minutes of moderate to vigorous physical activity three to four times per week. In addition, a recent study suggests aerobic and dynamic resistance exercise are effective alternative approaches to lowering blood pressure the author also reports that active people with high blood pressure high cholesterol levels and chronic diseases like heart disease are less likely to die prematurely than inactive people with these conditions. A 2021 study noted that higher levels of physical activity were associated with a 21% reduction in coronary heart disease CHD events for men at a 29% reduction of CHD events in women. Researchers concluded that higher fitness levels predict lower death rates and complications associated with cardiovascular disease. Check with your doctor before starting an exercise program. If you have risk factors for heart disease or have had a heart attack or a cardiovascular event before your doctor may know of specific exercises that are the best for you.



MENTAL HEALTH

Exercise is not just good for your body. It's good for your brain. Exercise reduces stress, it decreases stress. When you exercise, you increase the blood flow to the brain, and this enhances your body's production of norepinephrine which is an organic chemical or neurotransmitter that helps to regulate stress, exercise and also helps to reduce the stress hormone cortisol.So the number one way that exercise is a benefit for your mental health. Is it decreases stress. Number two, exercise decreases anxiety and depression. Studies have proven that exercise can reduce anxiety and depression. Here's what happens when you exercise your body releases endorphins. Endorphins are your body's natural hormone that makes you feel good. It's like a feel good hormone and it gives you a natural high and it makes you feel less pain and it makes you feel euphoria. So exercising by releasing this hormone automatically can make you feel happier. When you exercise. You also increase the release of serotonin which also is a neurotransmitter which may help you to feel happier. One study in particular showed that when people either ran for 15 minutes or walked for one hour they had increased self reported happiness effectively was correlated with less depression.Number three, exercise can improve your self esteem.When you exercise and you get more physically fit and you feel like you're more attractive, tend to feel better about yourself it boosts your confidence. Also, the endorphins in and of themselves can increase your confidence and your feeling of self worth.

So exercise can be another mental health benefit because it increases self esteem. Also, when you participate in group activities such as team sports, This fosters more socialization, which can also boost your self esteem. Number four, exercise can improve your memory that's right, it can actually help you to remember things more studies have shown that there is a direct link between people who exercise and people who have better memories. When you exercise. You increase your body's production of BDNF, that's brain derived neurotrophic factor. And what this does is it helps to protect and to restore neurons. It also helps your body to process information better, it's better for your learning. It can help your memory. Exercise increase creativity and focus when you exercise and you increase your body's neurotransmitter that norepinephrine increases your concentration. People who exercise tend to have more brain energy they tend to have more creative juices and they can focus and get more done. So the next time you have writer's block, or if you just can't get your mind going to do whatever creative things you need to do or to focus. Get up, go for a jog, go for a brisk walk and this may help your creativity and focus number six, exercise can help to decrease addiction You can be addicted to many things drugs, alcohol, You can be addicted to chocolate to food.

When you have addiction, especially some drug addictions. Your body is looking for a dopamine which helps you to feel a euphoria when you exercise and your body produces that natural high, the endorphins. This can give your body that euphoria that it's looking for. While exercise certainly does not replace any drug addiction program or any mental health counseling. It certainly can help. So try exercise in order to help to decrease addiction. Number seven, exercise can help to improve brain aging. As we get older, our brain shrinks, we're more forgetful. We have that memory loss, and we tend to concentrate less. This is just a part of life as you get older, your memory decreases and some people are actually predisposed to dementia or Alzheimer's.

If you exercise, you can enhance your memory. You can produce that chemical which helps to protect your neurons and to restore your neurons. And you can also actually enhance the cells in your hippocampus which is a part of your brain that is essential for good memory. Exercise also promotes your prefrontal cortex which also aids in memory. And so in order to maximize your brain health and your memory as you get older, you definitely want to exercise.

ABOUT AUTHOR

Malik ibn Lerow is a fitness expert who sits down with his team to create custom fitness plans from scratch for his clients. These fitness plans are created just for you, tailored to the foods you love, and designed to support your lifestyle. He believes in eliminating the guesswork and helping his clients to achieve their fitness goals as fast and simple as humanly possible. If you want to take your fat loss to the next level and make a change in your life so that you can finally be proud to have a healthy, underwear model physique- get with Malik.

PRIVATE FACEBOOK GROUP

If you'd like more tips and advice. Please join Malik's private Facebook Group. It's growing each day and Malik along with his team are always in the group giving great advice and answering questions for free. It's a positive community where you are safe to talk about your goals or ask any questions. No negativity is allowed and there is an army of administrators who will kick out and block anyone who is negative so you can feel safe here to ask any questions or to get all the help you need with your goals- absolutely free.