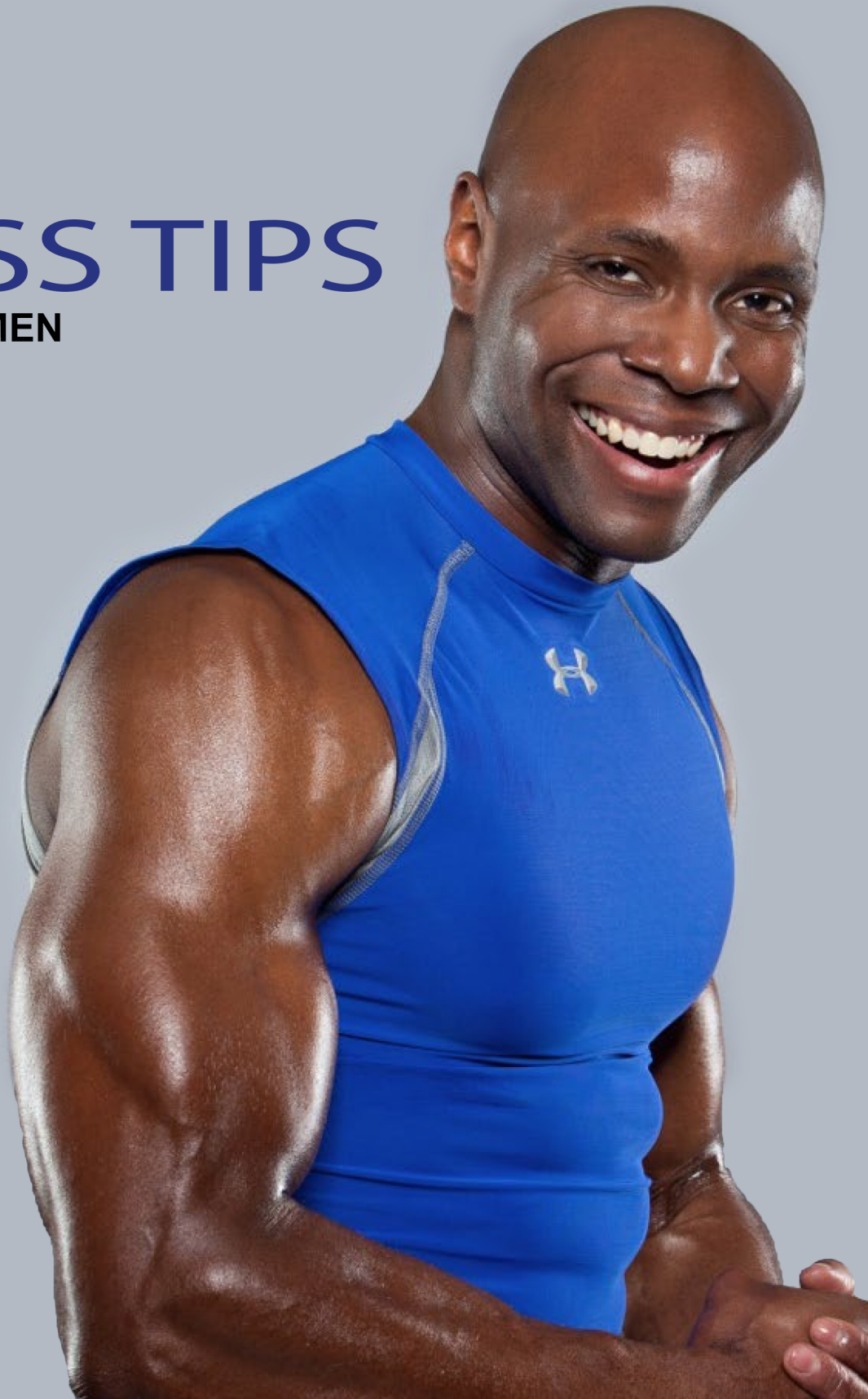


O B I O B A D I K E

FITNESS TIPS

FOR MEN AND WOMEN



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OBI'S FITNESS TIPS

FOR MEN AND WOMEN

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The 4 Biggest Diet Myths

Eating small meals a day will speed up your metabolism? This is **FALSE** lets debunk why this is not true. One of the biggest myths is that if you eat every 2 to 3 hours this will speed up your metabolism. This is 100 percent false as it doesn't matter how many meals you eat within a day. Whether you eat 3 meals a day or 6 meals a day the speed of your metabolism will be the same rate. You are not going to lose more weight because you are eating that frequently. When it comes to eating you need to find a meal frequency regimen that works for your work schedule. The advantage of eating every 2 to 3 hours it does prevent you from overeating because you are not waiting too long to eat a meal. It will not make you lose weight faster or increase the rate of your metabolism. This is one of oldest diet myths in the fitness industry!

Extreme low calorie diets such as 800 to 1000 calories a day will lead to faster weight loss? This is **FALSE** let's debunk this! Most people think the less you eat the more you lose and in theory this is correct. But the reality is if you consume calories less than the amount needed for your body function normally your resting metabolic rate meaning your metabolism will decrease making it much tougher to lose weight because the ability to burn calories will be a snail pace rate. According to research when diets are lower than 1200 calories you will find the largest decrease in your RMR (Resting Metabolic Rate). When you are a diet be careful that your caloric intake isn't severely too low.

All calories are not created equal? This is **True!** Although having an idea of how many calories you consume are very important. Your body processes different types of food differently! 20 to 30% of all calories you eat that are protein are burned in the digestion. 6% of all calories you consume that are carbs are burned in the digestion process and 3% of all fats are burned in the digestion process. Because protein is burned so fast without even working out that is one of the reasons why a good majority calories should come from protein when it comes to weight loss. A perfect example is if you ate 1000 calories of chicken and a 1000 calories of ice-cream you would gain more weight with ice-cream because only 3% of that because its fat would burn in the digestion process whereas 20 to 30% of the protein in chicken would burn in the digestion process. This process is called the Thermal Effect of Food, (TEF).

Eating late at night leads to weight gain? This is **FALSE:** Lets debunk this! Many celebrities have pushed that late nighttime fat loss myth theory that once they stopped after eating 6pm they started to lose weight. The foods you eat are very important as well as the quality but you can't discredit the amount of calories. Your body does not store more fat at night than other times during the day! Your body's ability to gain weight is about what you eat and how much you eat not what time of the day you eat it.

Science says eating late at night will not lead to gaining weight. There was a 6 month study that were done in Israel where the participants ate their largest meal at breakfast and some people ate their largest meal after 8pm and they found that the people who ate their largest meal after 8pm lost 10 percent more body-fat and lost 11 percent more weight than the people who ate their largest meal at breakfast. The only time that late night eating can be a problem is that last meal turns into 3 meals and that is more overconsumption of calories than the time of the day you ate it.

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Stretching

Going to the gym and working out is the easiest thing to do for most people but one of the hardest things to do is to take 10 to 15 minutes of your time and find a place in the gym to stretch your entire upper body and lower body before you perform any anaerobic or aerobic training sessions. The reason being is because stretching is boring and most people don't enjoy doing it but it is so important because it is the best thing for your body in terms of preventing injuries.

So what is the more effective stretching to help increase your flexibility is it static stretching or dynamic stretching? A lot of recent research has indicated that static stretching does little to increase flexibility or prevent injuries. Static stretching is more of a slow controlled stretch and there is no dynamic movement whatsoever so at times it is very hard to achieve a really good stretch with a static stretch. Dynamic Stretching is a very effective stretch because of the constant motion throughout the warm-up and it does a great job of maintaining core body temperature as opposed to static stretching which reduces a drop in temperature and as you know if you have cold muscles it is very hard to maintain a good stretch. Your muscles have to be warm before you really can achieve a good stretch. Dynamic stretching involves swinging the arms and legs in a controlled manner towards your maximum range of motion.

Before doing any dynamic stretch it is advisable to do a 5 to 7 minute jog to get the blood flowing through the muscles and to get your muscles warm so you can achieve a really good dynamic stretch. Some really good examples of dynamic stretches are:

- Arm Circles,
- Exaggerated kicking actions on each Leg,
- Walking lunges without weights
- Butt Kicks
- Leg Lifts

Dynamic stretching is great specifically before any athletic competition because it does a great job of relieving muscle tightness and it incorporates more sports specific movements. The great thing about dynamic stretches is that it doesn't use bouncing motions which could lead to injuries due to the common stretch flex or static stretch. The latest research suggests that dynamic stretches are great for warming up before the workout starts and static stretches are great for cooling down which would be after the workout.

Taking the time to warm-up and stretch before any workout will help to minimize any injuries that could happen when training. It is the cornerstone to staying limber and flexible!

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What are the best ways to indirectly train my abs?

Any time somebody is training their abs the most common directly focused abs exercises that people seem to do are the usual sit-ups and crunches. Most people don't realize there are so many upper body and lower body exercises that you can do that indirectly train your abs without you even really thinking about it.

When you think about training your abs directly twice a week and then training your abs indirectly on those other days the theoretically you are potentially training your abs just about every day that you working out. What is great about abs it is one of the few body-parts that you can overtrain and because it is such a small body-part it requires a good amount of volume of exercises to really shock the muscle.

Also the recovery is much quicker than any body-part in regards to training your abs and being able to do them again the next day or the day after. But let me share with you some exercises that indirectly train your abs and can help to improve the size and thickness without really focusing on direct specific abs training exercises.

The first exercise is Squats and this exercise directly works the quads, calves and hamstrings but it also indirectly works your abs especially during those explosive movements in that particular exercise. You should always do this exercise at least once a week and if squats is too much pressure on your knees then you can choose an alternative exercise such as hack squats. Hack Squats also indirectly works your abs during those explosive movements.

The second exercise is Triceps Pull-Downs which directly works the triceps but when you execute this exercise and you are squeezing your triceps when you pull the triceps pull-down bar you indirectly work your abs and when you do this exercise you actually squeeze your abs without even thinking about because of the stance that you are in. Every time I do this triceps exercise I feel my abs engaging even though my focus is on my Triceps.

The third exercise is Lat Pull-Downs which directly works your lats and when you are pulling and squeezing the bar behind your head you are actually indirectly working your abs and you should feel a slight contraction in your abdominal area in this particular exercise. So this exercise definitely indefinitely works your abs.

The fourth exercise which is a cardio exercise called Mountain Climbers which also improves your endurance and is great for burning calories but it is also indirectly work your abs without you even realizing it. When you are on the ground in a push-up position moving each leg forward and backward you are indirectly working your abdominals.

The five exercise which I've spoke about in so many articles is sprinting and although sprinting directly works your quads, glutes and hamstrings. It also indirectly works your abs especially when you are accelerating and lifting your legs up and down off the ground you are indirectly working your abs. So you are obtaining an incredible abs workout indirectly doing a daily sprinting workout.

If these exercises are implemented in your daily weight-training and cardio regimen on top of your two to three times a week abs exercises then you really are building and sculpting your abs.

Remember with all of these exercises that indirectly work your abs you still have to have low body-fat levels to see your abs. And the only way to attain those low body levels is great nutrition. If your body-fat isn't reasonably low then you are just building these abs underneath a hibernation of fat. For a male to be able to see your abs your body-fat should be least 12 percent and under for a woman to be able to see her abs her body-fat should be on an average at least 14 percent and under.

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How To Increase Your Energy Levels During Low Carb Dieting?

According to the American Dietetic Association they recommend at least 130 grams of carbs per day. They recommend this for this for your daily basic energy needs which supplies the brain enough glucose to function normally throughout the day.

Dieting is never easy and the worst part about dieting is being on a low carb diet which is difficult for most people whether they are fitness enthusiasts or not. Who wants to be a walking zombie with no energy because they are on some crazy extreme low carb diet? There is no pleasure or enjoyment in feeling like you are about to fall asleep or feel weak throughout the day because you are not eating enough daily carbohydrates.

If your daily grams of carb is lower than the 135 grams per day required by the AMDA when dieting you are probably going to have very low energy levels which will affect any daily physical activity you perform so the best way increase those energy levels while on a low carbs diet is to increase your daily fats and proteins to make up for a lack of energy.

So if you are consuming 40 percent of your protein and 20 percent of your fats you may want to increase that to 50 percent protein and 30 percent of daily fats to help you compensate and help increase your energy levels. Typically with most of my clients if they are dealing with low energy levels I will increase their daily fats and proteins by 20 percent which I've noticed helps them a lot energy levels wise.

Also I have my clients take the following vitamins to increase their energy levels such as Vitamins B-12 and Magnesium. I also have them drink a cup or two a day of green tea or coffee which also really enhances their energy levels and helps give them an extra boost of energy when they either weight-train or perform cardio.

The following things you should increase or consume daily that will help to increase your energy levels when you are on any extreme low carbs diet:

- Daily Vitamin B-12
- Daily Magnesium
- Drink Coffee or Green Tea one to two cups per day
- Increase daily Fats by 20 percent
- Increase daily Proteins by 20 percent

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I am Obi Obadike and you've probably seen me on TV hosting Sweat Inc. on Spike TV or hosting Lifestyle Magazine on TBN.

Or maybe you have read my fitness and nutrition articles or have seen me on the cover of various fitness magazines.

Well I am not here to talk about me. I AM HERE TO TALK ABOUT YOU. And how we can get you in the best shape possible. I am working on something very exciting right now and that is my own 12 week Fitness and Nutrition program that will help you get in the best shape of your life.

If not already registered on my mailing list, make sure to visit <http://www.ObiObadike.com> to do so.