



MEN'S FITNESS: The journey starts in the mind

We live in a time when mental stress is at an all-time high and men are not addressing it. Most refuse to exercise, eat healthy foods, drink plenty of water, ask for help when needed, and surround themselves with a positive environment. Instead, they are draining away their insecurities and problems with unhealthy habits, which all contribute to more stress. We have all been shaken by the COVID-19 pandemic but there are other rising ailments affecting almost every other family — diabetes and cancer!

Health is the best investment that pays you the greatest dividends. Building actions and healthy habits are priceless sacrifices. Nothing comes easy in life, but dealing with everything becomes so much easier when you build an elite mindset and a strong lean body. It is all interconnected and can become your deadliest arsenal in tackling life with assurance, confidence, and purpose — physically, mentally, emotionally, and spiritually.

When the mind, body, and soul are aligned, humans become unstoppable spirits. By setting clear goals and having an aligned vision, succeeding and excelling becomes so much easier.

In life, you have two options — staying average, or striving every single day to become the finest version of yourself. The secret to your success is in your daily routine. Nothing happens overnight and there are no bounds to how consistency can make and shift your life.

Your body has the ability to get stronger, leaner, and more attractive. This increases your confidence, energy levels, focus, and overall functionality. The sad reality is that the majority of modern men treat it like a chore. They hate self-improvement because it takes work to get there. Becoming the best version of yourself should excite you, inspire you, and fuel you!

I resonate with an award-winning speech by actor Matthew McConaughey, where he talks about chasing his own hero. When he was 16, he was asked — Who is your hero? He replied: It's me when I am 25. At 25, they asked him: Are you your hero yet? He responded: No. Nowhere close. My hero is me when I'm 35!

The idea behind this message is that you are constantly improving, and elevating. The most beautiful aspect of growth is that you are never satisfied; you always want more, to reach higher levels. That's the beauty of chasing your own superhero. Not only do you transform into one but you inspire and impact the masses of people that need your light.

You are what you eat! What you put inside your body determines the way you think, the way you move, the way you look, and most importantly, the way you feel. Our bodies are our vehicles, the food we consume is the oil/gas that we give it to drive, and sleep is the battery.

Consuming natural foods such as chicken, fish, beef, eggs, nuts, dates, rice, oats, fruits, and vegetables are far more beneficial than consuming supplements or whey protein. I have seen from personal experience that for naturals who do not take steroids or any kind of gear, consuming supplements lead to fake water-weight muscle. There are fake marketing schemes that the fitness industry uses to promote their products, take your money, and give you average results.

I think the modern age overcomplicates fitness. I believe in three principles: walking for an hour every single day, doing some kind of sport, exercise, weight lifting, calisthenics, etc., and eating natural foods consistently.

The main problems are impatience and inconsistency. The majority of men in their fitness journey lose their spirit when they do not see constant results yet want the same bodies as those that have worked hard consistently for years and years.

One must appreciate that fitness is a beautiful journey that cannot be rushed and those that truly attain the lifestyle, have patience, and are consistent will see the real fruits of this journey. It is the complete package — the way you think, eat, speak, breathe, sleep, and train!

By Rawan Ahmed Choudhury
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