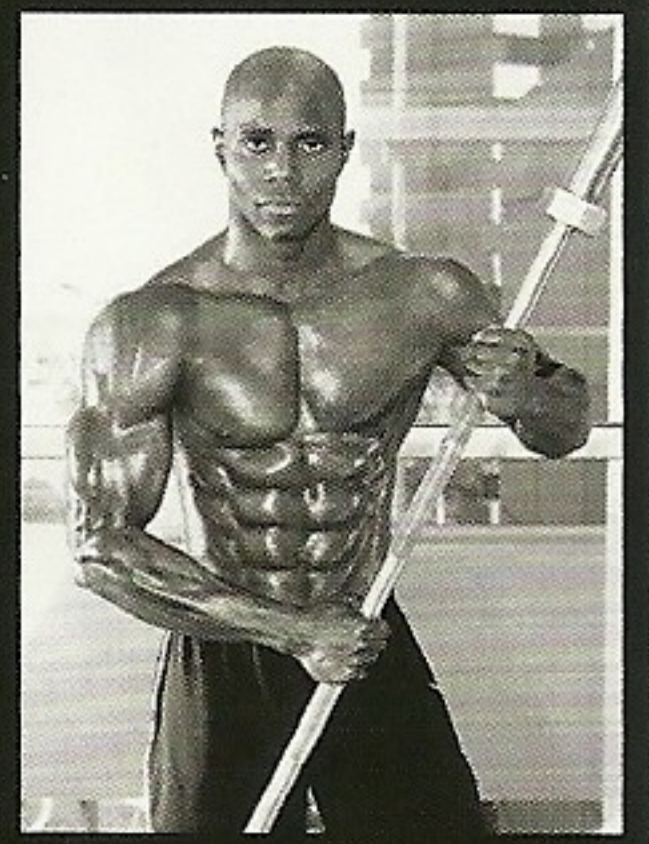




DOUBLE 00 FITNESS

Q & A with the worlds most ripped fitness model Obi Obadike



Have a question you want answered on diet, exercise and fitness modeling? Email Obi at obi@naturalbodzmagazine.com

Photo By Jason Ellis

Q: Hi Obi,

I work shift-work and I am having trouble working out my diet in terms of what to eat, when to eat it etc. I have heard I shouldn't eat at night due to the natural rhythms and patterns of the body and should wake myself during daylight hours to eat as normal. I have also heard the reverse of this as in completely the opposite, wake and eat breakfast at 5pm and follow normal meal patterns from then through to shifts end and bed the next morning. Have also heard everything in between?

I am often tired and lacking energy which in turn makes it hard to follow a good, clean consistent diet and exercise program! I am totally confused! Please shed some light for me.

One of the reasons why you are lacking energy and tired all the time is probably because you aren't consuming enough carbs in your diet. Also you don't have a balanced diet of the proper carbs, fats and proteins. Your carbohydrate intake is very important as that is the key ingredient that gives you energy throughout the day to help you become completely functional in your everyday routine and also through your workout.

Carbohydrates provides the energy that fuels muscle contractions while training in the gym. My advice to you is to make sure you are consuming enough carbs when you start off your day. A balanced diet would consist of 50% protein, 34% carbs and 16% fats. People these days seem to be afraid of carbs but honestly carbohydrates are good for you as long as you consume it within moderation it will help nourish your body and prevent you from being tired throughout the day.

In terms of your eating patterns it is best to consume about 5 small meals a day every 2 1/2 to 3 hours which will help you speed up your metabolism. I would start your first meal at 7am and make your last meal at the latest at 7:30pm. You also want to make sure you minimize late night binges as that can cause some serious weight gain. Some of the things you can eat for breakfast are egg whites, oatmeal, any basic fruit or any low sugary cereal.

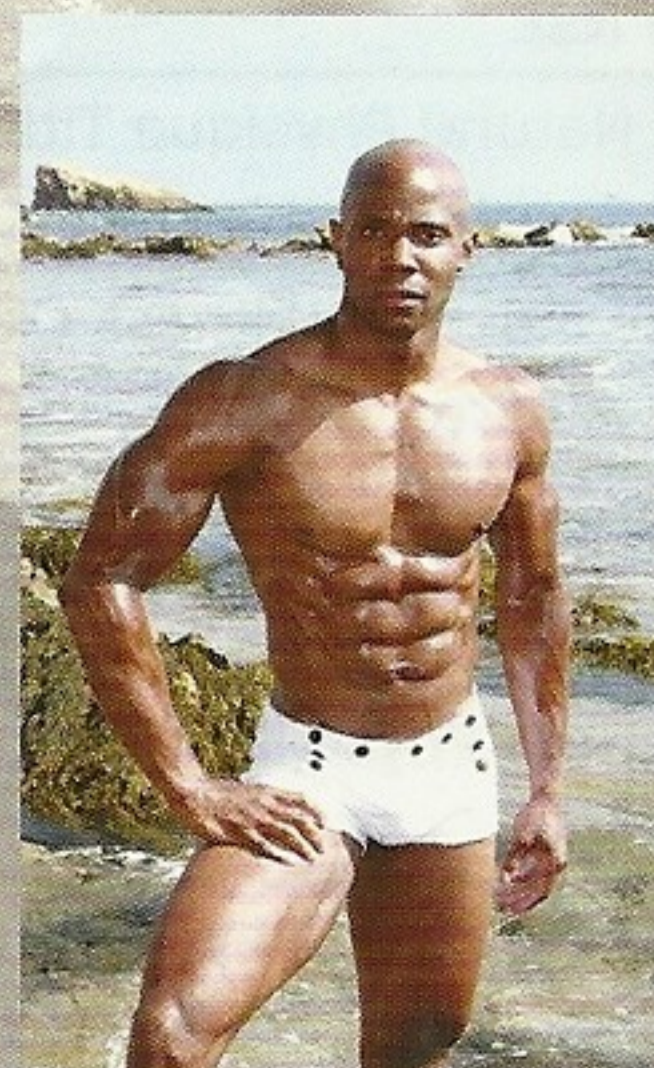
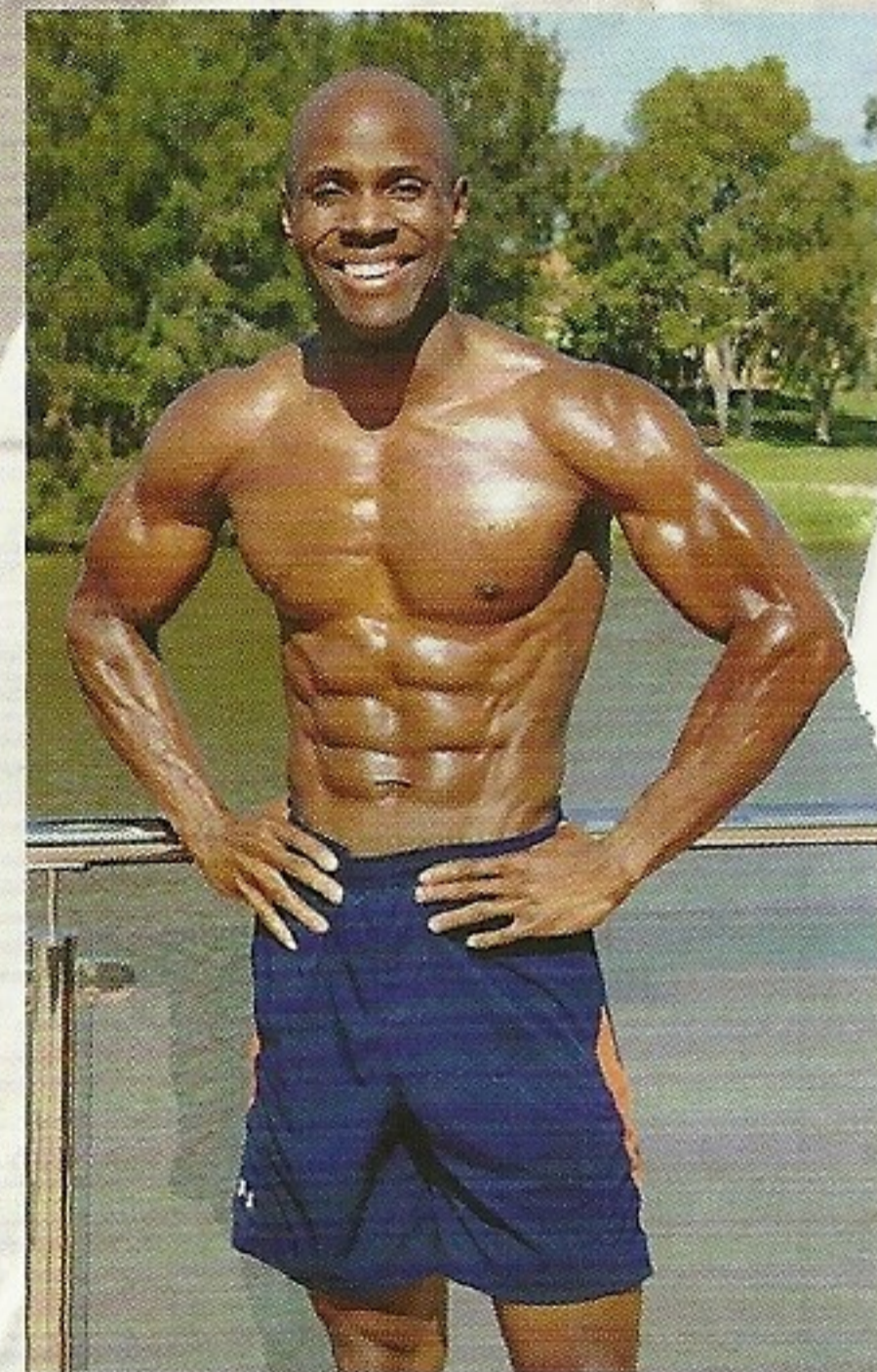
Your lunch and dinner can consist of chicken, turkey, steak, fish, tuna, vegetables, brown rice. These are great healthy type of foods you can eat throughout the day and give you that balanced diet that you need that should allow you to have the energy to complete an exercise program efficiently.

Q: Obi, I travel a lot for work and I don't really have time to go to the gym because I am always on the road. What type of workouts can I do in my hotel room to help me maintain a healthy fit body?

Well there are many workouts you can do in your hotel room to stay fit such as doing basic push-ups. You can start off doing about 4 to 5 sets of 20 push-ups which would work your chest, shoulders and triceps. Another exercise you can do is chair dips which is great for your arms specifically your triceps. You can do 4 sets of 15 to 20 reps of this exercise while in your hotel room.

You can also carry a jump rope in your luggage to do jump-roping for your cardio. If you jump rope for 30 minutes at a moderate pace it is equivalent to burning 400 calories and you can do this right in your hotel room. Also another equipment to bring in your suitcase is resistance bands. Resistance bands training is great for toning your overall body. You can work your biceps doing curls, work your chest doing flyes, work your shoulders doing lateral raises and you can also work your triceps doing triceps extensions. You can perform a total body workout with resistance bands training.

Last but not least you can also perform sit-ups in your hotel room floor or perform crunches. You can perform 4 sets of 20 reps of crunches or sit-ups that will complete your ab training. If you can follow some or all of these exercises you can definitely attain a great workout in your hotel room without ever stepping into a gym. This is a great hotel maintenance routine.



Obi Obadike is one of the world's top fitness cover models. He is a fitness writer for a number of international health and fitness magazines and also offers an exclusive online personal training service.

For personal nutrition and training programs contact Obi at: www.obiobadike.com or email: obifitness@verizon.net Join naturalbodzlive.com to post your questions to Obi. or email your questions to: obi@naturalbodzmagazine.com