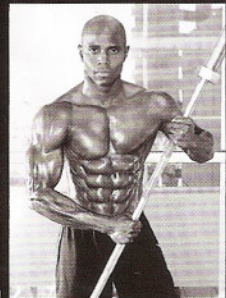


DOUBLE 00 FITNESS

Q & A with the world's most ripped fitness model Obi Obadike

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



Q: Obi how do you stay so lean and ripped all year round and do you have to diet really strict to keep your abs showing?

Well first of all you have to live the fitness lifestyle which means eating healthy and training consistently. I personally follow a high-protein low carb diet. My protein diet consists of lots chicken, turkey and lots of vegetables. I try to consume all my carbs before the afternoon. Any carbs you consume in the evening are likely to store as body fat. I also implement weight-training at least 3 to 4 times a week along with at least 3 days or more of cardio of at least 30 minutes or more per day. It's important to understand that you will burn more fat throughout the day through by incorporating weight-training.

Q: How many meals do you suggest for me as I am trying to get lean, and do you use fat burners?

When eating meals I space them out to 4 to 5 small meals a day which will speed your metabolism which is what we all want. Some of the small tips you should follow on sound nutrition and staying lean are: Eliminate junk food, drink eight to ten glasses of water per day, determine your daily protein requirements, consume high fiber foods and increase your lean body weight through resistance weight training. More than half of your success in attaining your fitness goals is from what you eat. The diet is more than half the battle in staying lean.

If you have a slow metabolism and you need an extra jolt to speed it up then I would advise taking a natural fat burner. When I am looking for an effective fat burner I look for one that contains a full spectrum of fat burning ingredients. Lipo Fusion XT is the product that gives me the best results when getting ready for important photo-shoots.

Q: Which protein foods are the best for getting in shape and what break down of protein/carbs/fats should I follow?

Your diet should be a balanced diet consisting of proteins, fats and carbs. Your macronutrients ratios for these should be that your proteins are at 60 percent, carbs at 30 percent and fats at 10 percent.

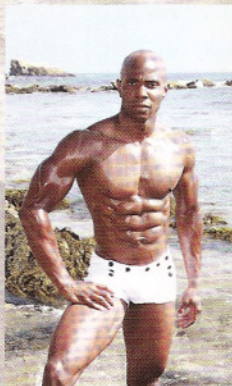
Some great foods that I eat daily are chicken, turkey, fish, roast beef and steak. These foods are high in protein and are great for giving you the amino acids you need for building muscle. Remember the more lean weight you have the more efficient your body moves and the higher your metabolism becomes. It is just important to know that if you implement a sound balanced nutrition plan that you will be able to attain your fitness goals along with a consistent weight-training and cardio routine. Remember that your diet and training go hand in hand in attaining a lean symmetrical physique.

Q: When you have to get ready for a competition or photo shoot what do you do to get that really shrink wrapped look to your skin?

There are so many different ways to drop water to help you attain that shredded and ripped look for a photo-shoot or competition. If I am holding too much water I will do cardio twice per day prior to a competition to help rid extra water from my body. I generally will start to slowly cut back on my daily water intake 7 days out from a photo-shoot and also take a natural diuretic supplement. Lipo Fusion XT contains Taraxacum a natural herbal diuretic that really helps me to drop excess water before a photo shoot.

I also use a product called Thiomucase, which is a great skin lotion crème that you rub all over your body that helps to remove water deposits underneath your skin and give you that tight-skin ripped look that you would need for a competition or photo-shoot. By collectively adding Thiomucase, Lipo-Fusion XT and cutting back on my water all of this helps me tremendously to be at my very best for a fitness shoot. It is also important to remember to not to cut your water too early or you can cause serious damage to your body. You shouldn't be without water for more than 24 hours. I generally will stop drinking water the day before a fitness competition or photo-shoot. If I do feel the urge of drinking water during that timeframe I might either take a sip of water just to wet my mouth or just drink a little coffee.

Coffee is also a great natural diuretic that can help dry out your body prior to a shoot. Also be prepared for mild cramps because at times when you are cutting your water it can occur depending on how your body reacts. There are some bodybuilders and models that implement water-loading which I don't personally do. It is much easier to rid your body of water by cutting it slowly as opposed to adding water to your body and then trying to rid the body afterwards. Remember one week is the best time for any male or female to cut their water prior to a fitness competition or photo-shoot, anytime earlier than that time frame would not be advisable.



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.

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