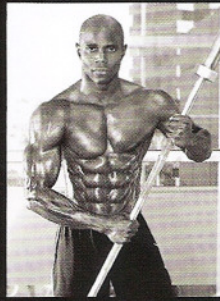


DOUBLE 00 FITNESS

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



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

Q: How important is eating breakfast in the morning and will it affect me losing weight if I don't eat it all the time?

Breakfast is the most important meal of the day and it is important for you to know that if you miss breakfast it really can lead to fat gain. The results of skipping breakfast are the following: Your levels of protein hormone leptin will change; The protein hormone leptin is what regulates your metabolism and what happens is it allows the body to hold on to more fat. If you skip breakfast your metabolism will slow down tremendously, this is called a catabolic muscle wasting state. The first thing you do when you wake up is make sure you are attaining proper protein and carbs by eating a healthy breakfast.

Adults that eat breakfast regularly are generally thinner and have a lower risk of acquiring diseases. Eating breakfast is not only great to minimize fat gain but it helps provide you energy, better concentration and great problem solving throughout the day. Eating a solid breakfast will also fulfill your hunger and prevent you from binging throughout the day. Other results from skipping breakfast will lead to higher cholesterol levels, lower insulin sensitivity and more calories will be consumed throughout the day due to being hungry.

Overall people that skip breakfast have higher average BMI's, (Body Mass Index) than breakfast eaters. People who eat cereal on a regular breakfast tend to consume less total fat and cholesterol and more fiber than non-cereal eaters. A balanced cereal breakfast gives you energy throughout the day to function properly and that is why breakfast is so important not to skip it. Breakfast is part of the fitness lifestyle in maintaining weight loss and management. You have to possess superior genetics to consistently not eat breakfast and still maintain a fast metabolism and stay lean. Every client that I've ever trained I've stressed the importance of eating breakfast and how it correlates to your success in your fitness goals. Eating breakfast consistently and losing weight go hand in hand to your success. It acts as a catalyst to the start of your metabolism throughout the day. Just think to your self the best way to start my day is not to watch TV or make a phone call or even to go to the gym. The very first thing you should do to start your day is to eat a sound healthy breakfast and I guarantee if you do this along with the proper training you will attain your fitness goals.

Q: Obi I am trying to stay lean all year round. What do you think about no-carb diets? Do you believe they are functional for the long term? I've implemented it in my diet plan but I am struggling with having energy throughout because of the lack of carbs.

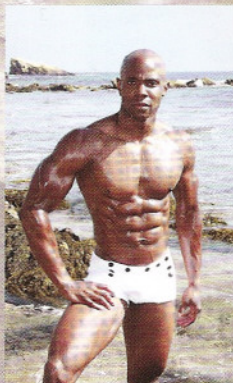
No carb diets are one of the most dangerous diets because you are depriving yourself of nutrients that are important for you to function properly throughout the day. The carbohydrates that you intake in your body are one of the main energy sources for the human body. It is true that the restriction of carbohydrates will result in losing weight but the positive result depends on how much carbs are restricted. A severely decreased carb intake causes liver and muscle glycogen depletion. Also carb restriction

reduces the body's ability to concentrate urine, causing a loss of sodium through the urine. These factors cause water loss not fat loss. When you restrict too many carbohydrates the body goes into ketosis which is very dangerous and can have serious health effects on your life.

Ketosis is the high concentration of ketone bodies in the blood and urine this effect disturbs the body's normal acid-base balance. It is imperative that this balance is maintained to avoid life-threatening consequences. To show you how dangerous no carb diets are here is a list of all the complications that can occur from this:

- Muscle depletion
- Fatigue Nausea
- Decreased endurance and energy in your workouts
- Diarrhea or constipation
- Loss of essential minerals through excessive urination
- Lack of minerals, fiber and antioxidants due to a lack of carbs.
- Heart disease due to the increased intake of saturated fats
- Elevated cholesterol and triglycerides
- Bad breath due to the buildup of urea in the blood
- Kidney Failure
- Dehydration
- Electrolyte loss
- Calcium Depletion
- Death

For some reason health and fitness people seem to be fearful of carbs as if it something that will hurt you. As long you don't over-consume carbs it is something that is beneficial to your body. Carbs are the fuel to your body. Think of a car that has no fuel in it, now how will it run properly without the fuel. This is what carbs is to your body. As I said before your body will not function properly without carbs. The benefits of carbs are restored energy, control of blood glucose and metabolism, decreased blood pressure and lastly prevention of heart disease. The best carb diets are low carb diets which means 40 percent of your nutrients should come from carbs. Those diets are very popular in sustaining weight loss along with a consistent training 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