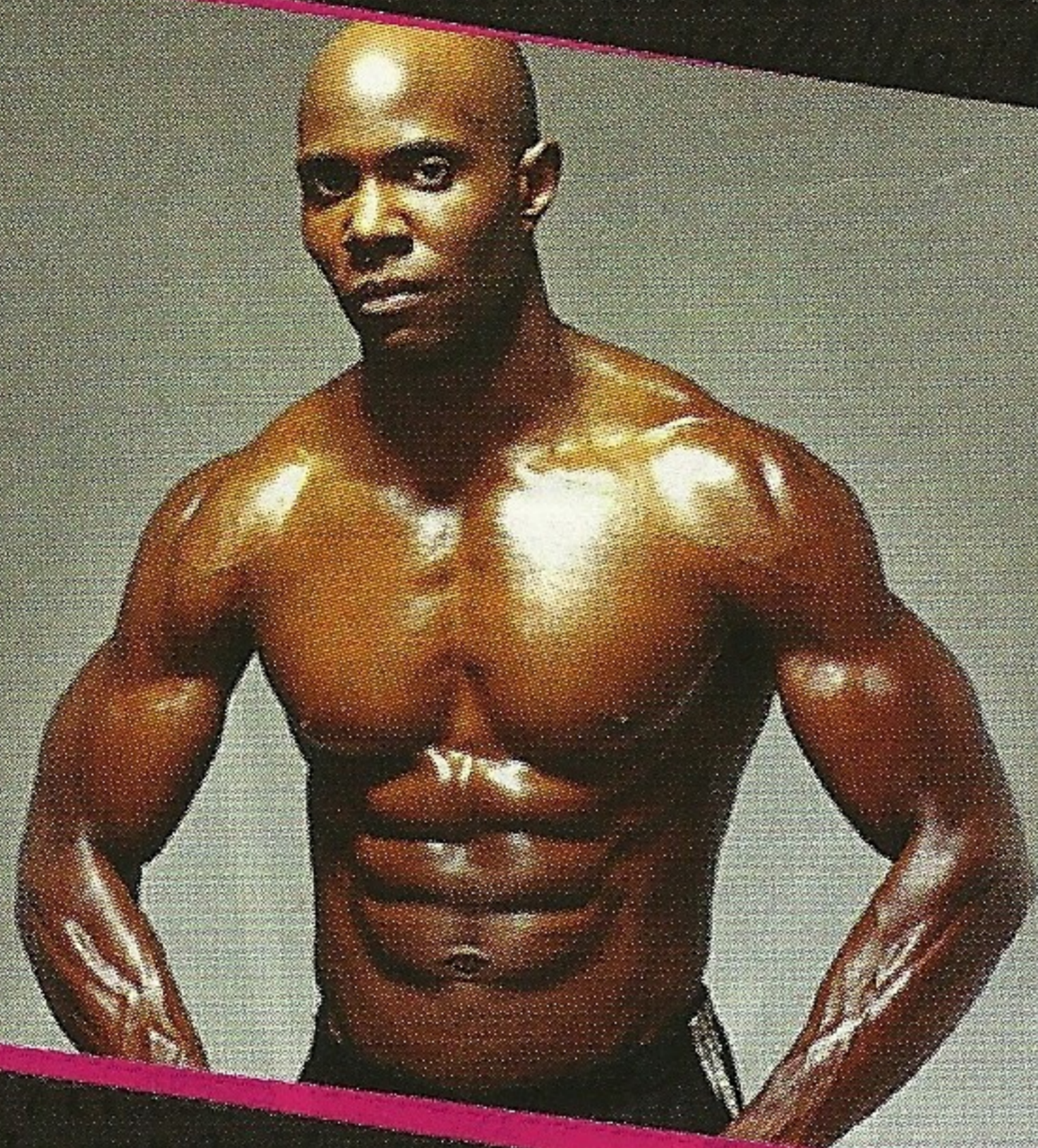


OBADIKE



ASK THE MOST RIPPED
FITNESS MODEL



Obi Obadike is the most ripped fitness model in the world and is one of the most accomplished writers in the fitness industry today. He has an exclusive online personal-training service where he trains many people all over the world to get in great shape. To contact Obi for personal-training or just to read any of his many fitness articles, visit: www.obiadike.com

Q: Obi, I really hate eating vegetables. How important is to eat vegetables and will it help in losing weight?

A: It's funny you should say that because there are some vegetables I don't like the taste of either but it is so important to eat your vegetables. It is an antioxidant that helps to minimize so many diseases such as type 2 diabetes, stroke, coronary heart disease and it reduces kidney stones. It is one of the best nutrients you can ever consume in preventing so many cardiovascular diseases. Vegetables definitely do a great job in helping you lose weight because it is low in fat; low in calories; has less water retention and fills your stomach very quickly. It is estimated that the average person holds about 5 pounds of water because of high intake of sodium. Eating more vegetables will naturally reduce your sodium intake which in turn will help you lose weight. Remember that eating vegetables daily is very important to overall daily health.

Q: Obi, how do you feel about plyometric training and will it help me get in shape?

A: Plyometrics is a type of exercise training that is designed to produce fast powerful movements. It typically is for the purpose of improving performance in sports. Plyometrics is great for improving your explosiveness, quickness and agility for all related sports. The training definitely is incredibly taxing and is a great lower body workout. Plyometric movements can definitely help build a lean lower body through the muscle contraction exercises while providing explosiveness for a variety of sport specific events. Plyometrics are recommended for only well conditioned athletes and you should have high levels of leg strength to perform plyometrics. Plyometrics will help elevate your current conditioning. But if you are not in shape already I would not advise you to perform plyometrics whatsoever. Please make sure you are in reasonable shape before you start plyometric training because if you don't you will be incredibly prone to injuries.