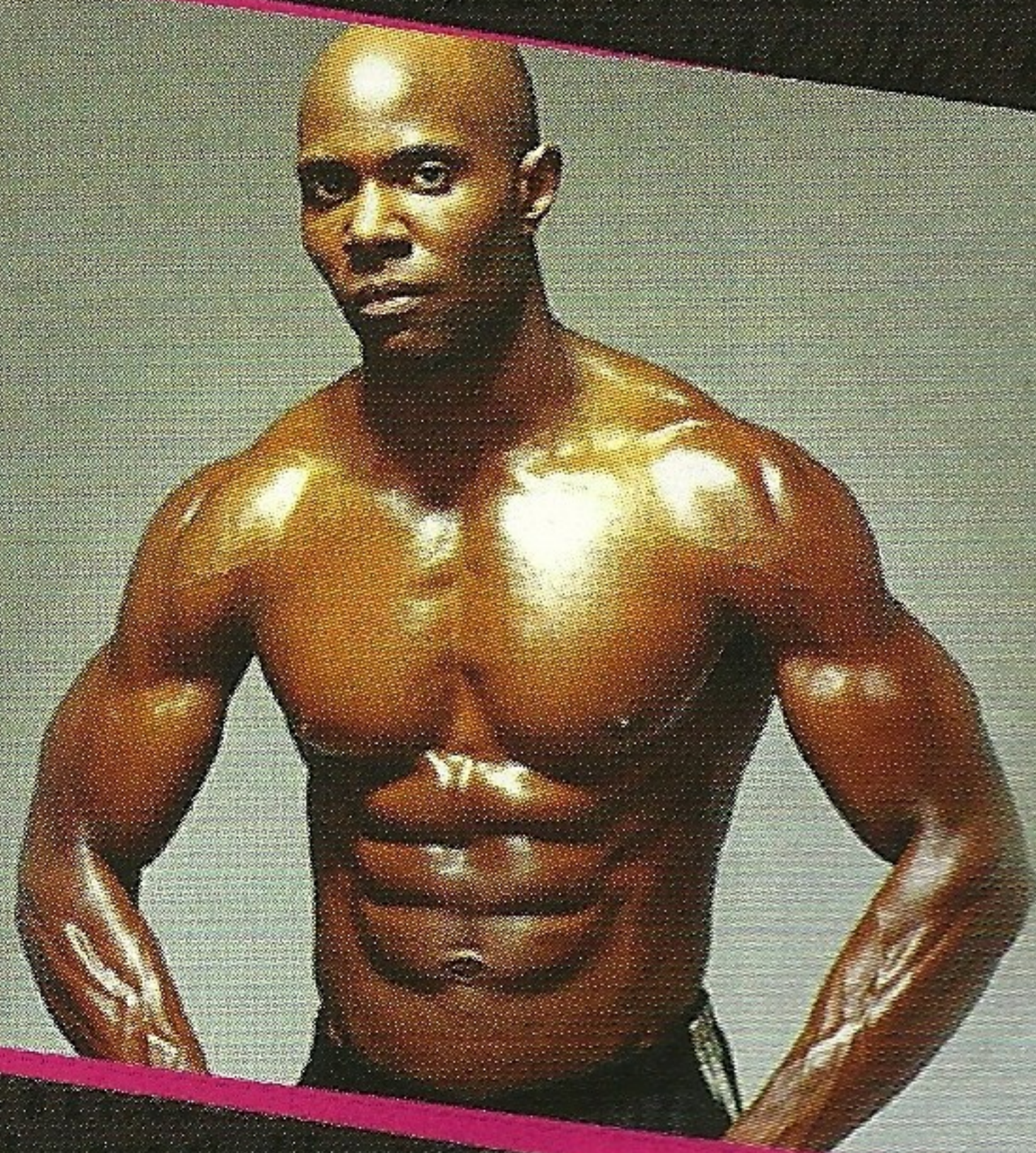


OBI OBADIKE



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 love drinking soda and I wanted to find how important is to cut out soda from my diet if I want to lose weight.

A: Many people enjoy drinking soda because of the sugar content associated with the taste. I even enjoy drinking soda from time to time but with that extraordinary taste there is always some consequences especially if it is over-consumed. It is important to understand that drinking a single can of soda a day can translate to more than 1 pound of weight gain each month. There have been several scientific studies that have experimental evidence that states that soda is directly related to weight gain. If you cut out soda completely out of your diet you will lose weight just by doing that alone.

There are so many negative effects to the overconsumption of drinking daily soda such as increased blood pressure, impaired digestive system, dehydration, kidney damage, metabolic syndrome risk factor and it also causes tooth decay and dental erosion. The best alternatives to drinking soda are water, tea and 100 percent fruit juices. If you can

implement those three things as a suitable replacement you will be on your goal to losing weight.

Q: Obi, What are some of your top tips on sound nutrition?

A: The first tip I would say is eliminate junk food or fast food from your diet. These foods are high in sodium, sugar and fat and will cause weight gain. The second tip is drinking 6 to 8 glasses of water per day to help keep your body hydrated and it also helps you burn calories daily. The third tip is to consume high fiber foods which help to reduce your cholesterol level. It also lowers the glycemic response of your meals and helps to promote efficient digestion. The fourth tip is to increase your lean body weight through anaerobic resistance training. The more lean weight you have the higher your metabolism becomes and the more calories you burn throughout the day.

Do you have a health and fitness question for Obi Obadike? Leave your questions to: info@physique-mag.com