

Obi

Ask

Your fitness and body shaping questions answered by top fitness model and fitness expert **Obi Obadike**

Q *I'm a 28 year old woman and my goal is to try to look like a fitness cover model. My training routine consists of doing cardio 7 days a week and I weight train 6 days a week. I spend on average about 3 hours a day in the gym. Am I over-training because lately I seem to be suffering from aches and pains in my body? **Linda***

A Linda for some reason people think that the longer you spend in the gym the more your body will improve and the better you will look. Well, that's absolutely false because there is a limit to how much time you should spend in the gym before it becomes counterproductive. Anything more than 2 hours is considered overtraining and you can put your body at risk of injuries.

Some of the warning signs and symptoms of overtraining are pain in muscles and joints, general aches and pains, constantly feeling tired and general irritability. I used to train when I was a teenager to a very young adult 6 to 7 days a week for 3 hours a day. I realised a number of years later that that this was the wrong way to train and that I wouldn't improve on any of my fitness goals because I wasn't giving my body enough time to recover. It's when you are not training that your body grows stronger or more enduring.

Seven days a week of cardio for anybody is honestly too excessive and I wouldn't advise that – even if you were an Olympic athlete. 6 days a week of weight-training is too much as well. Your body needs at least 2 days or more to recover from your week's workouts. I think that if you reduce your cardio routine from 7 days a week to 5 and your weight training from 6 to 4 days a week that the soreness

and aches that you are feeling will reduce significantly and that your body will start to adapt toward that cover model body you so much desire.

Q *I am trying to find out how important it is for me to consume daily fats in my diet, but if I consume fats will it lead to fat and weight gain.*

A It's important to consume fats every day, as this will actually help you get leaner. However, you must try to get most of your fats from 'good' fat sources as opposed to 'bad' ones. Good fats include unsalted mixed nuts, avocados, olive oil, fish oil and ground flax seeds. Just make sure you spread these throughout your day across your meals and try not to consume them all in one meal. If you over consume fats, particularly saturated fats, then it will lead to fat gain, but if you consume the right ones in the right amounts then they will help to speed up your metabolism (fats are also vital for optimum bodily functioning). **UF**

Obi Obadike: B.A, B.S, M.S, CFT, 2010 WBFF Pro Male Fitness World Champion 2010 FMI Male Fitness Model Of The Year The world's most ripped fitness model

