

THE SHRAVABOLICS BEGINNER'S GUIDE

50 Health & Fitness Truths
I Wish I Knew When I
Started



Hey,

Firstly, I want to say - congratulations on picking up this edition of The Shravabolics Beginner's Guide - and also a massive thank you for putting in the time to read this.

I'm going to be really honest with you - the health and fitness industry is one of the noisiest, most confusing chambers of information amongst the internet.

On one hand, I am happy to know that a bigger chunk of our world is giving health the importance it always deserved. These days, there's so much awareness around disease prevention and fitness regiments, not to mention the continuous improvement in fitness infrastructure like gyms, fitness equipment, fitness studios, etc. We are truly living in an unprecedented time for health and wellness.

I started my personal fitness journey in 2014 when I was 16. Back then, I would have wished for just HALF of the fitness information we have easy access to today. Nowadays, the 16 year olds (and probably younger) are way ahead of the game compared to me back then. At the same time however, the improved access of information has allowed the spread of misinformation and myths to run rampant.

That's why I wanted to make this guide - to debunk some myths and give you a quick shot of truth early on in your journey - something I wish I had when I started.

Cheers to performance & health,

Shravan Kumar

HEALTH & FITNESS TRUTH #1:

You're not eating as **little** as you think

Most people genuinely believe they are eating “not that much,” especially if they avoid obvious junk food. The problem is not food quality — it's quantity. Research consistently shows that calorie intake is underreported by 20–50%, particularly when it comes to snacks, cooking oils, sauces, and meals eaten outside. A “small” handful of nuts can exceed 300 calories. A drizzle of oil can add another 100 without being noticed.

These small additions accumulate quickly and eliminate any calorie deficit, which is why fat loss feels inconsistent. The issue is not effort — it is a lack of awareness. Fat loss is not about eating less randomly. It is about eating with structure and precision. Once intake is aligned with your actual needs, results become far more predictable.



HEALTH & FITNESS TRUTH #2:

You probably don't have a 'slow' metabolism

The idea of a “slow metabolism” is widely misunderstood. While metabolic rate varies slightly between individuals, the differences are not large enough to explain most fat loss struggles. What people often interpret as a slow metabolism is usually a combination of low daily activity, inconsistent eating habits, and periods of overeating that go unnoticed.

Your metabolism is adaptive. When you move more, train consistently, and maintain structure in your diet, your energy expenditure increases. When activity drops, so does your output. Additionally, during dieting phases, many people subconsciously reduce movement — fewer steps, less fidgeting — which lowers total calorie burn. This creates the illusion that nothing is working. Your metabolism is not fixed or broken. It responds directly to your behavior. When your habits change, your metabolism follows.



HEALTH & FITNESS TRUTH #3:

Muscle is built **outside** the gym

The gym is where you apply the stimulus, not where you build muscle. Resistance training creates tension and micro-damage in muscle fibers, signaling your body to adapt. The actual growth happens later, during recovery, when your body repairs those fibers and makes them stronger.

This process depends heavily on protein intake, total calories, and sleep quality. Without these, the stimulus from training is wasted. Many beginners focus entirely on workouts while neglecting recovery, which limits progress significantly.

Two people can follow the exact same program and get completely different results based on how they eat and recover.

Muscle growth is not just about how hard you train — it's about how well you support that training outside the gym.



HEALTH & FITNESS TRUTH #5:

You don't need a **new** program

One of the most common mistakes I used to make as a beginner constantly was switching workout programs. This often comes from boredom or the belief that a new routine will produce better results. In reality, this habit prevents progress.

Muscle growth is driven by progressive overload — gradually increasing the demands placed on your muscles over time. This requires consistency in exercises so that performance can be tracked and improved. When you frequently change programs, you lose the ability to measure progress effectively.

Variation has its place, but it should be intentional, not random. The most effective training programs are often simple and repetitive, allowing you to get stronger in key movements over time. Progress comes from doing the same things better — not from constantly doing different things.



HEALTH & FITNESS TRUTH #6:

Cardio doesn't burn fat the way you think

Cardio is often seen as the primary solution for fat loss, but its impact is frequently overestimated. A typical session may burn 200–400 calories, which can easily be offset by small increases in food intake. This is why many people rely heavily on cardio but still struggle to lose fat.

Fat loss is primarily driven by a sustained calorie deficit, which is far more effectively controlled through diet. Cardio should be viewed as a supportive tool rather than the main strategy.

Excessive cardio can also interfere with recovery and reduce performance in resistance training, increasing the risk of muscle loss.

When used strategically, cardio enhances fat loss. When relied on entirely, it often leads to frustration without meaningful results.



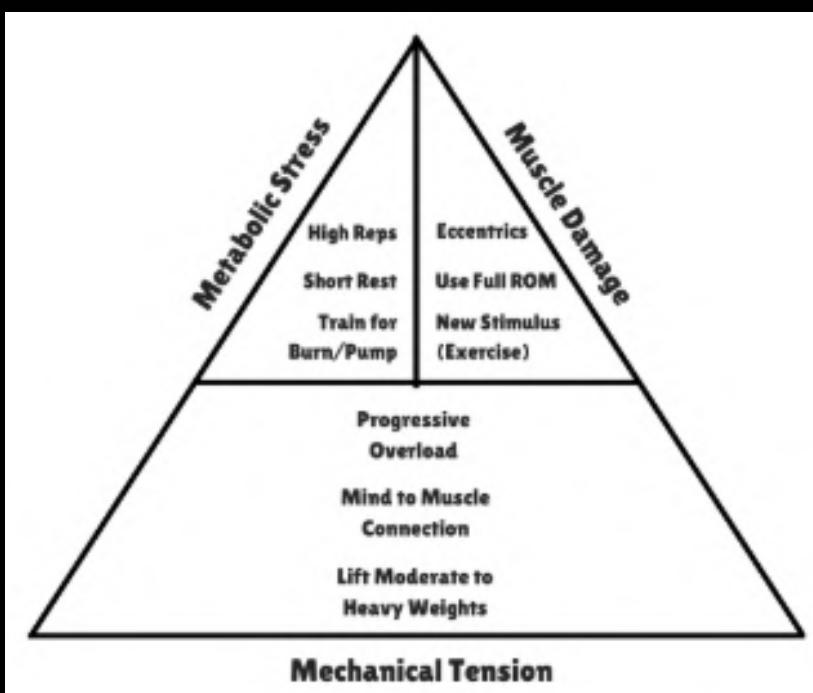
HEALTH & FITNESS TRUTH #7:

Strength **drives** your physique

A stronger muscle is typically a more developed muscle. Strength and hypertrophy are closely linked, especially for beginners. As you progressively increase the weight you lift or the number of repetitions you perform, your muscles are forced to adapt. This adaptation leads to growth.

Many beginners focus too much on how exercises feel rather than how they progress. While technique and control are important, measurable progression is what drives visible changes. Tracking your lifts over time provides clear feedback on whether your training is effective.

This does not mean lifting recklessly or sacrificing form. It means training with intent and gradually improving performance. If your strength is not improving over time, it is unlikely that your physique is either.



HEALTH & FITNESS TRUTH #8:

Sleep is a performance enhancing drug

Sleep is one of the most overlooked factors in fitness, yet it has a significant impact on both fat loss and muscle gain. Poor sleep disrupts hormone regulation, increasing hunger and reducing satiety. It also impairs recovery, lowers training performance, and affects daily energy levels.

Research shows that sleep deprivation can reduce fat loss efficiency and increase the proportion of weight lost from muscle tissue. This leads to worse body composition outcomes, even when calories are controlled.

Sleep also influences decision-making, making it harder to maintain discipline with nutrition and training.

Improving sleep quality is one of the most effective ways to enhance results without changing your program. Consistent sleep timing and a proper nighttime routine can make a measurable difference.



HEALTH & FITNESS TRUTH #9:

Motivation is **not** the solution

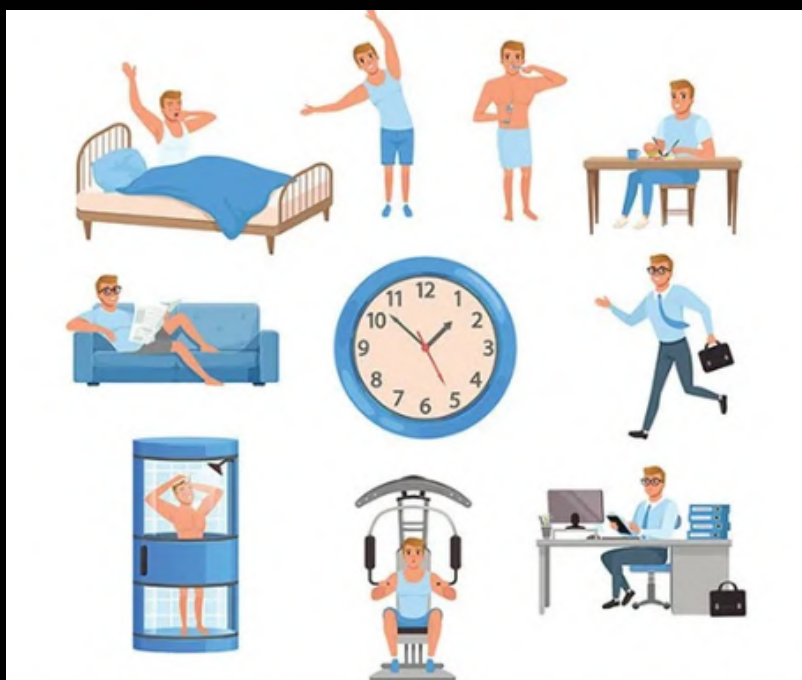
Motivation is often seen as the key to success in fitness, but it is unreliable. It fluctuates based on mood, stress, environment, and energy levels. If your actions depend on motivation, your consistency will always be inconsistent.

What drives long-term results is structure. A structured plan reduces decision-making and removes reliance on willpower. When your meals, workouts, and routines are planned in advance, execution becomes easier.

This is why individuals following structured systems consistently outperform those relying on spontaneous effort.

Discipline is not about forcing yourself to act every day. It is about creating an environment where the right actions are the default.

Motivation may help you start, but structure is what sustains progress.



HEALTH & FITNESS TRUTH #10:

Weekends can **undo** your progress

Many people are consistent during the week but lose control over their habits on weekends. Social events, eating out, and relaxed routines often lead to a significant increase in calorie intake.

A calorie deficit created over five days can easily be erased in two days of overeating. This is why progress feels slow or inconsistent, even when effort is high during the week.

The issue is not occasional flexibility — it is the lack of structure during these periods.

Sustainable fat loss requires consistency across the entire week. This does not mean avoiding social situations, but it does require awareness and better decision-making.

Learning how to manage weekends effectively is one of the most important skills for long-term success.



HEALTH & FITNESS TRUTH #11:

You don't need more exercises -
you need better **execution**

Most people chase variety because it feels productive. New exercises, new angles, new machines. I did the same early on—I thought more variation meant more growth. It doesn't.

Muscle is built through mechanical tension applied consistently over time. That means taking a few key movements and actually mastering them. Controlled eccentrics, full range of motion, and intent in every rep matter far more than switching exercises every week.

When you constantly change movements, you reset your progress. You never get strong enough in any one lift to force adaptation. If you look at people who actually look like they lift, they repeat the same core movements for years. Progression beats novelty. Always.



HEALTH & FITNESS TRUTH #12:

Your body fat doesn't care about "Clean Eating"

"Clean eating" is one of the biggest traps in fitness. I fell for it too—thinking if I only ate "clean," I'd automatically get lean. Your body fat doesn't recognize "clean" or "dirty." It recognizes calories, protein, and overall nutrient intake.

You can eat only "clean foods" and still gain fat if you're in a surplus. You can eat some "junk" and still lose fat if your calories are controlled. Clean eating helps with satiety, health, and micronutrients—but it is not the driver of fat loss.

This misunderstanding keeps people stuck. They eat healthy food but never see results, then assume something is wrong with them. Nothing is wrong. You're just not controlling the variables that actually matter.



HEALTH & FITNESS TRUTH #13:

Drinking plain water all day is **not enough**

A lot of health and fitness advice these days includes a broad suggestion to increase daily water intake. But the bottled drinking water we have these days barely packs the essential electrolytes we require in our body for normal function. If we just rashly increase water intake without keeping electrolytes in mind, we are essentially tipping the balance of electrolytes in our system, ironically causing dehydration symptoms like reduced energy, weaker muscles, and so on.

Hydration is an equation that involves a lot more than just water. Sodium, potassium, calcium, magnesium - the 4 key electrolytes - are required at specific proportions. Keeping this in mind and always having electrolytes mixed in with my water has been a game changer for my performance in the gym. I experience better focus, more stamina and better pumps.

Outside the gym, the electrolytes still play a crucial role in recovery, particularly magnesium, which has a huge role in over 100 metabolic processes in the body including muscle relaxation and improvement in sleep quality. Bottom line - if you're going to increase water intake, increase your electrolyte intake consciously as well!



HEALTH & FITNESS TRUTH #14:

Lifting light won't “tone you”

I know this one has been debunked numerous times before but surprisingly, some people still need this wake up call

“Toning” is just muscle gain combined with fat loss. There is no special “toning” mechanism. Using very light weights doesn't magically create a toned look. It just limits your ability to build muscle.

I made this mistake early—high reps, low weight, chasing a “burn.” It felt effective but didn't change my physique much. Muscle requires sufficient tension. That means progressively challenging weights. Whether male or female, the principle is the same: get stronger over time.

The toned look people want comes from muscle underneath lower body fat—not lighter dumbbells.



HEALTH & FITNESS TRUTH #15:

Supplements won't fix a **bad diet**

This one is obvious—but still ignored. People spend hundreds on supplements while their diet is inconsistent. I've been there—thinking the right stack would give me an edge. Supplements are exactly that: supplementary.

Creatine, protein powder, maybe a few others—they help optimize. They don't replace fundamentals. If your calories, protein, and training aren't in place, supplements won't move the needle.

Fix the base first. Then layer in the supplements.



HEALTH & FITNESS TRUTH #16:

Your weak points need more attention, not ignorance

This one is a big thing that's overlooked (ironically). When we finally get into the rhythm of the health and fitness routine, we actually start enjoying certain elements of it. It varies for everyone - some people enjoy training their legs while others may skip it because it's their weakness or they just hate the increased effort it requires compared to say, training your biceps, for example.

The point is, we get so enthralled in this cycle of dopamine where we chase the things we like and tend to ignore our weaknesses.

I'm sure you don't need me to tell you this, but that's pretty bad, and only gets worse with time. Imbalances and weaknesses accumulate and will cause greater issues you might not experience initially.

The obvious fix - face your weaknesses head on, with as much attention as the things you enjoy get. You will actually realize that by doing this, your physique and performance will actually improve in the bigger picture, and you'll wish you did it earlier - trust me.



HEALTH & FITNESS TRUTH #17:

Hunger isn't always a sign you're
doing it right

Some hunger is normal in a deficit. Constant extreme hunger is not.

If you're starving all the time, your approach isn't sustainable.

Use higher protein, fiber, and smarter food choices.

Fat loss should be controlled and sustainable. Extreme hunger almost always leads to a huge destructive diet binge, so be careful with your deficits!

Try to include more of the foods you crave in smaller, sensible portions at sensible frequencies.



HEALTH & FITNESS TRUTH #18:

Alcohol is **slowing** your progress more than you think

I've had to deal with this ever since I started drinking. Going to university and eventually working for some time in the UK definitely didn't help thanks to the massive drinking culture. But regardless of where you are, if you are someone open to drinking, the social plans involving the devil's elixir will always loom over.

You might have done some research into how to limit the damage when you go out and enjoy some liquid confidence. "Go for the diet drinks, stick to tequila or gin, drink vodka and water". But it's not just the calories.

Alcohol disrupts recovery, sleep, hormone balance, and food decisions. Even occasional heavy drinking can offset your hard work. If results matter, be honest about this.

Personally, I haven't managed to eliminate the good stuff from my life (and probably never will, because I always see there being the rare occasion I drink) but reducing the frequency ultimately matters more in the grand scheme of things.



HEALTH & FITNESS TRUTH #19:

Scale weight is not the full story

This is something a lot of my clients are actually guilty of. Being obsessed with the number on the weighing scale is just not fair to your body.

That number fails to capture how much of your weight is fat, muscle, bone and water. So why do you let this obnoxious number dictate your feelings towards better health and fitness?

Always think back to your goal - be it to lose fat, build muscle or both - how would this number tell you anything about it. Even in the case that you are just concerned with losing fat, the scale weight should only be observed at regular, sensible intervals like every other week or every month - NOT everyday. That's because water, glycogen, digestion - all impact the number. And you would just be playing a guessing game as to what is happening when.

Instead, opt for different methods of progress tracking - pictures can be good if you stick to the best practices (same timing, lighting, angles, etc.), body composition scans offered at some pharmacies and fitness centers will tell you a whole lot more than just a weighing scale (body fat, muscle, water, etc.)



HEALTH & FITNESS TRUTH #20:

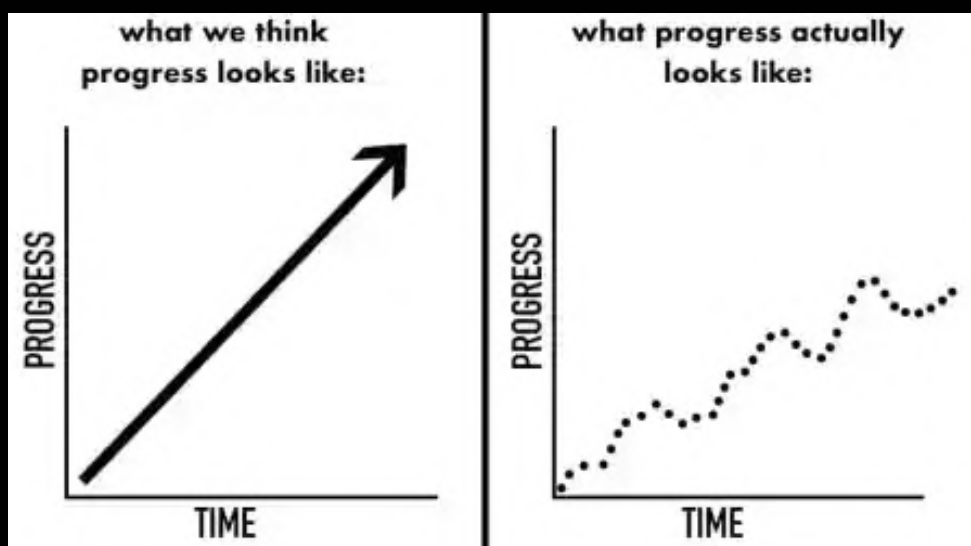
Progress feels slow until it's obvious

Confused by the title? Let me explain. Have you ever met a relative or distant friend after 6 months or more and they almost always have something to comment on your appearance, and you're always taken by surprise because you just don't see it.

Maybe they tell you look leaner or more muscular, and their surprise doesn't match your reaction at all. This is because you are used to seeing yourself every day, in the mirror at home, the mirror at the gym, in pictures you take, etc.

The progress you are making over the span of months gets subtly brushed under the rug of your own perception. But when you look at pictures of yourself/body composition results from month 1 compared to month 6 of your journey, the results are obvious!

Real change is gradual. Then suddenly, it's obvious. Unfortunately, most people quit before that point. Stay in the game!



HEALTH & FITNESS TRUTH #21:

Your first working set of any exercise at the gym should be your **heaviest**

This is one truth that hits hard for a lot of people, including me. I used to be the guy that would “build up the strength” (and courage?) to perform my heaviest weight in the last set of any given movement.

But that’s the myth, you don’t build up strength as you go. It is the strongest when you start, and therefore should be used wisely!

That’s not to say you shouldn’t properly warm up the muscles and joints for a selected movement - just make sure you do one or two super light warm ups and then get into the nitty gritty!

Example flow of sets:

Warm up sets - up to 15 reps with <50% of your 1 rep max weight

1st set - Heaviest weight possible for 8-12 reps

2nd set - Same as 1st set for lower end of rep range or slightly lighter

3rd set - Lighter than 2nd set within 8-12 rep range

4th set (optional) - lighter than 3rd set within 8-12 rep range

See how the weight descends instead of ascends as we progress through the working sets. This is the logical method to maximise mechanical tension in the muscle and properly progressive overload



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HEALTH & FITNESS TRUTH #22:

Rest times are **not optional**

Rushing between sets feels productive, but it kills performance. I used to keep rest short thinking it would “burn more fat” and “improve my pumps” but it just made my lifts weaker.

If your goal is muscle growth or strength, you need adequate recovery between sets—typically 2–3 minutes for compound lifts. This is a lot longer than some people are willing wait but take your time and notice the difference! In fact, the shorter the rest, the lower the output, which reduces mechanical tension, limiting growth.

Fatigue is not the goal - stimulus is. Train hard, then recover enough to do it again properly.



HEALTH & FITNESS TRUTH #23:

Liquid calories, oils and condiments are quietly **killing** your deficit

Juices, lattes, shakes, and soft drinks can easily add hundreds of calories without making you feel full.

I've seen clients do everything right with food and still stall because of what they drink. Liquid calories bypass satiety signals. You consume more without noticing. Similarly, oils and condiments that accompany meals can also easily add hundreds of calories without making you feel fuller either.

If fat loss is your goal, be intentional with liquids, oils and condiments. Water, black coffee, and low-calorie options should be your base. Save higher-calorie drinks for when they actually matter.

Lower calorie cooking oils and condiments are available these days too, you just have to find them. And if you're not going down that route, then don't be too generous with their portions while cooking and eating. You'll be surprised how little oil you actually need to successfully make a delicious meal!



HEALTH & FITNESS TRUTH #24:

A **pre-workout meal** can make all the difference in performance

If you've been feeling performance dip lately in the gym but your electrolyte intake is fine, you rested well, and you're even running on more stimulants like caffeine, then take a step back to look at your pre-workout nutrition.

Most people chase stimulants for performance. In reality, your body runs on fuel. A simple pre-workout meal with carbs—banana, dates, rice—can improve performance more reliably than caffeine alone. I noticed a bigger difference when I fixed my nutrition timing than when I added supplements.



HEALTH & FITNESS TRUTH #25:

Creatine is not **just** for muscle

While creatine monohydrate supplementation has been tried and tested for several years as a sports enhancement supplement, it's not just for muscle.

More research is coming out understanding it's link to cognitive function, anxiety, depression and general improvement of fatigue in day to day living.

It improves cellular energy availability, which also impacts brain function and cognitive performance. This is one of the few supplements I've consistently used for years. 5g daily, no loading phases and no cycling required. It's one of the most researched and reliable supplements available that I easily recommend to all clients and all of you reading this. If you're skipping it, you're leaving easy progress on the table.



HEALTH & FITNESS TRUTH #26:

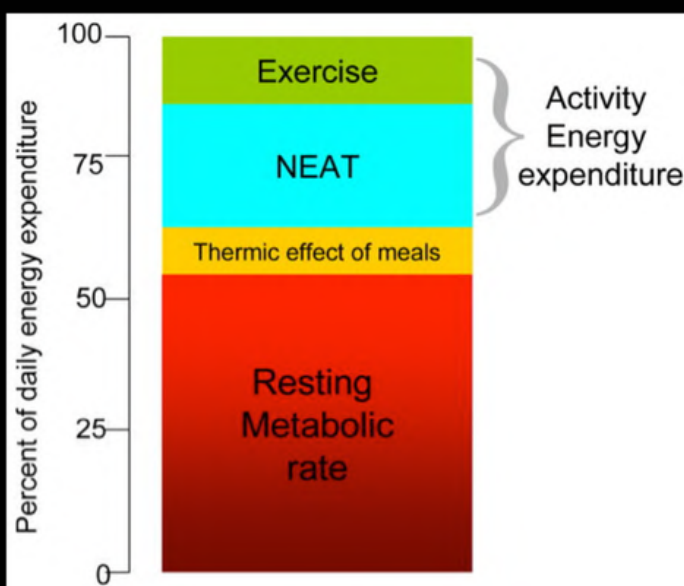
Your step count is **more important** than your cardio

People obsess over cardio sessions and ignore what they do the rest of the day. Some of my clients used to think 30 minutes on the treadmill will make a fat loss difference, and then sit for 10 hours. That cancels it out.

Your daily movement (steps, standing, walking, fidgeting) makes up a huge portion of your calorie burn. It's called NEAT, and it's one of the most underrated variables in fat loss. When your steps drop, your deficit disappears—without you realizing it.

This is why some people “do everything right” but don't lose fat. Fix your baseline movement first. Then layer in cardio if needed. 10–12k steps daily will outperform random cardio every time.

Pro tip - add a non-negotiable 10-15 minute walk after meals to increase step count and regulate blood sugar better



HEALTH & FITNESS TRUTH #27:

You're not overtraining, you're underrecovering

In this day and age, overtraining is rare. Underrecovery is way more common. Most people blame training when they feel tired, weak, or stagnant. In reality, it's poor sleep, low calories, and high stress. I've pushed hard training phases with great progress—because recovery was dialed in.

Worst thing is, you only realise how underrecovered you were when you actually focus on getting good sleep and managing your cortisol.

Remember, training breaks you down. Recovery builds you back up. If your performance is dropping, don't immediately reduce training. Look at your sleep, food, and stress first. Your body can handle more than you think—if you support it properly.



HEALTH & FITNESS TRUTH #28:

You're eating too fast

Most people finish meals before their body even registers fullness. I used to do this constantly—eat quickly, still feel hungry, then go for more.

Satiety signals take time. If you eat too fast, you overshoot. Slowing down your meals—chewing properly, pausing between bites—can reduce intake without changing food choices.

It isn't just satiety that takes a hit - it's clinically proven that eating way too fast impacts digestion because your chewing is inadequate. Never eat in a rush, even when you're hungry! Savour the flavours, chew the food, slow down and appreciate these amazing times of the day. It sounds simple and it is.



HEALTH & FITNESS TRUTH #29:

Cheat meals aren't the problem, it's cheat **days**

A single high-calorie meal won't ruin progress. But most “cheat meals” turn into cheat days.

I've seen this repeatedly—one meal becomes multiple meals, plus drinks, plus snacks. It's not about restriction. It's about control.

If you can't contain one meal, the issue isn't the meal—it's your structure.

Even when it comes to that one meal, think again if you really need to go 'all out' and order the large meal with extra fries, a milkshake and an additional dessert on the side.

Cheat meals are actually quite strategic when done right because they provide some psychological relief to you especially when on a restricted calorie deficit.



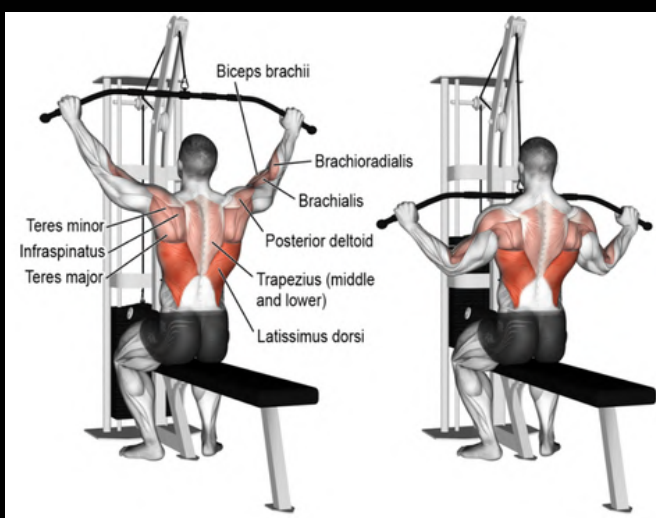
HEALTH & FITNESS TRUTH #30:

You're not **actually** training your back

Most people train arms during back workouts. For the longest time, I was doing the same —pulling with my hands instead of my back. If you don't control scapular movement and initiate pulls properly, your lats don't get loaded effectively. Your back is harder to “feel,” so technique matters more.

Additionally, when trying to go heavier, you may experience that a good portion of the load is handled by your forearms and biceps. You must have felt this at some point when trying to do heavy lat pulldowns or rows - your forearms and biceps are way more pumped than your back. This was me too.

Simple answer - if back hypertrophy is important to you - invest in the damn lifting straps. It won't make you 'weaker' in any way if you are using them for only select heavy pull movements. In fact, you'll actually experience strength progress by overcoming the limitations of grip strength and forearm and bicep lactic acid build up.



HEALTH & FITNESS TRUTH #31:

You're probably not training **close enough** to failure

Everyone's guilty of this and it's not like i've fully overcome this issue either. There are just some days where training to failure is mentally impossible, so i'll leave a few reps in reserve. But you do want to ensure you are close to failure in mostly all sets if your aim is strength and hypertrophy (bigger muscles)

What made a big difference however, is tracking my weights and reps over time and getting a quantitative idea of my 'failure' range, so I won't stoop lower than that ever.

If you are, however, taking a couple of sets to failure in your session (which I recommend you do regularly), then it is true that most people, including me, had no idea what failure was.

It's hard to explain, but I want you to think of this - let's say you planned to do 10 reps for a given weight, when you get to that 10th rep, I want you to force yourself to try and do a couple more. With the relatively recent research on partial reps, these last few reps are far from useless!



HEALTH & FITNESS TRUTH #32:

Your digestion is affecting your physique and performance

Like other truths, this one is overlooked a lot because of the world we are thrust into. We have unprecedented access to a variety of foods, and with modern technology, we are also unfortunately eating some ingredients that aren't quite 'natural'. We also take antibiotics that can take a toll on our gut microbiome.

With this kind of nutritional environment, poor digestion is something everyone has run into at some point, whether it's intolerances or straight up food poisoning. And when you aren't digesting food well, you aren't absorbing nutrients well either. Other symptoms like bloating, cramps, gas and diarrhea aren't doing your physique and performance any favours either.

So here's the fix - watch WHAT you eat. Just because we as humans have access to everything doesn't mean you need to eat everything. I've had my own personal journey figuring out what sits well in me, and what wrecks me. You need to embark on this journey of your own if you haven't already.



HEALTH & FITNESS TRUTH #33:

Pumps at the gym are cool but don't always equal progress

If you've been lifting weights or challenging your muscles in some way at the gym, chances are at some point you've experienced this 'pump' feeling. And don't get me wrong, it feels fucking great. In a nutshell, a pump can be described as the enlargement of the target muscle due to increased blood flow in the area after performing a specific movement.

For the longest time, I would always chase this feeling; not just because it felt good but because I thought it actually meant I was growing and making progress. This mentality is wrong and long been disproven.

This is because the conditions that promote a pump are not 100% overlapped with the conditions for strength or hypertrophy.

Achieving a good pump largely depends on factors outside of exercise like your hydration status (water + electrolytes), glycogen availability in the muscles, and vasodilation capabilities (increased blood flow).

The pump does not rely heavily on progressive overload or training to failure, while progress in strength and hypertrophy does. This is key and something that a lot of my clients need to learn. What this essentially means is, you can make progress without achieving the maximal pump you could get. So even if the heavy set doesn't create a great pump like the lighters one would, it most definitely creates the most mechanical tension and hence hypertrophy.

HEALTH & FITNESS TRUTH #34:

Men, working out your glutes doesn't make you more 'feminine'

I've been there too. We shy away from hip thrusts, kickbacks, hip abductions - even romanian deadlifts (RDLs) - just because we men see these as 'feminine' movements and we don't want to build feminine bodies.

Bro, think about this logic for a second and allow me to compare it to another mindset you know is wrong. Have you ever heard some women complain they don't want to lift weights because they will look 'masculine' or manly, until they actually do lift? What happens then? They look more feminine than ever - just stronger. It's the same with us men training our glutes. Incorporating a couple hip thrusts and abductions isn't going to turn you into a booty model bro.

In fact, what happens is your masculinity gets enhanced. How? Training your glutes and keeping them strong improves your posture, BIG TIME. And not to mention, it can be the cure to some nagging lower back pains. And i've never heard a woman say they don't like a good, developed ass on a guy, so if you're worried that you'll look weird with a little more meat back there, think again.



HEALTH & FITNESS TRUTH #35:

Stop **wasting** your money on designer clothes

A lot of people these days are focused on their physical appearance as a pillar of self confidence. With increased social media use and more vanity, it's just a fact. I'm not here to argue whether that's right or wrong. In fact, I think it's good to work on your physical appearance and it does give you a well deserved confidence and status boost.

However, the reality is that the branded tees and designer dresses just serve as a temporary distraction from what forms the base of your appearance - your body composition, posture, skin and hair. These are the fundamentals and with these unfixed, it doesn't matter how much you spend on a designer cover up, you will ultimately feel unsatisfied.

Let's look at it another way. Say you worked on your sleep, nutrition and training, and finally improved your posture, body composition and other outward physical attributes - do you know how good a simple basic T-shirt and a pair of jeans from Temu will end up looking? The difference is remarkable. It really makes you look at the fashion industry differently...



HEALTH & FITNESS TRUTH #36:

You don't need fancy exercises to build strength & a solid physique

This truth might be boring but will save you loads of time and effort at the gym. Social media and unfortunately a lot of PTs these days will try to convince you that your program is missing super fancy looking movements involving 5 different kinds of equipment. We want to believe that the crazy physiques we see are built with some secret magical workout. Allow me to save you a LOT of time.

When it comes to building the strongest, best looking version of yourself, you only need about 10-15 exercises, executed with simple free weights like dumbbells or a plain old barbell. Focus on the following fundamental movements - squats, deadlifts, chest press, rows, overhead press, bicep curls and some form of tricep extension. When you keep things simple like this, you not only reduce the confusion surrounding exercises, you make it easier to focus on progressive overload and track progress.

If your goal is building the body you want and a solid strength foundation, avoid the distractions on social media and at the gym, focus on the basics, it will get you incredibly far.



HEALTH & FITNESS TRUTH #37:

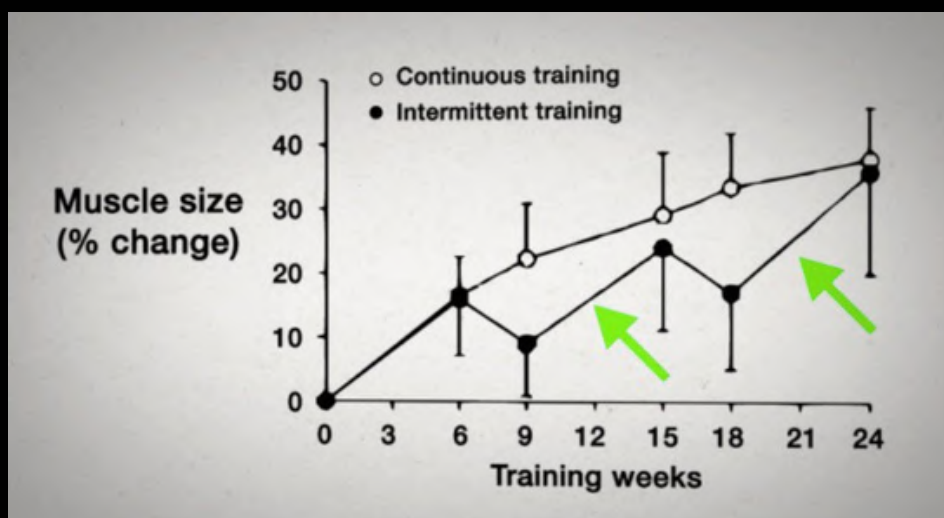
You're not invincible - don't underestimate a regular **deload**

Most people either ignore deloads completely or take them too often. The reality sits somewhere in the middle. A well-timed deload isn't about being lazy—it's about staying productive long term.

I used to push through fatigue thinking consistency meant never backing off. What actually happened was slower progress, nagging aches, and inconsistent performance. Your joints, connective tissue, and nervous system take on more stress than your muscles do, and they don't recover as quickly.

A deload gives your body space to reset without losing momentum. You reduce volume or intensity, but you keep the routine intact. When you come back, you feel stronger, more stable, and more motivated to push again.

Done right, a deload doesn't slow progress—it extends it.



HEALTH & FITNESS TRUTH #38:

Your supplements don't absorb the same way

Not all supplements are created equal, even if the label looks similar. I didn't pay attention to this early on—I'd just buy whatever was convenient or cheap.

Over time, I realized that different forms of the same nutrient can behave very differently in the body. Magnesium oxide vs glycinate, zinc sulphate vs picolinate, even different types of protein powders—they don't all absorb or digest the same way.

This matters because poor absorption means you're not actually getting what you think you are. You might be taking something consistently and still not seeing any benefit.

You don't need to obsess over this, but it's worth being intentional. Focus on well-absorbed forms, especially for supplements you take daily. Quality doesn't just affect results—it affects whether you get results at all.



HEALTH & FITNESS TRUTH #39:

Creatine is for women **too** (and doesn't make you 'puffier')

There's still a lot of hesitation around creatine for women, mostly due to the idea that it causes bloating or makes you look "bulky." That's not how it works.

Creatine increases water content inside muscle cells, not under the skin. That actually improves muscle fullness and performance, not softness or puffiness. I've had female clients avoid it for months, then regret not starting earlier once they saw the difference in strength and recovery.

It also supports cognitive function and overall training output, which benefits anyone—not just men trying to get bigger.

At a standard dose of 3–5g daily, it's one of the safest and most researched supplements available.

It won't change your physique overnight—but over time, it makes everything you do in the gym more effective.



HEALTH & FITNESS TRUTH #40

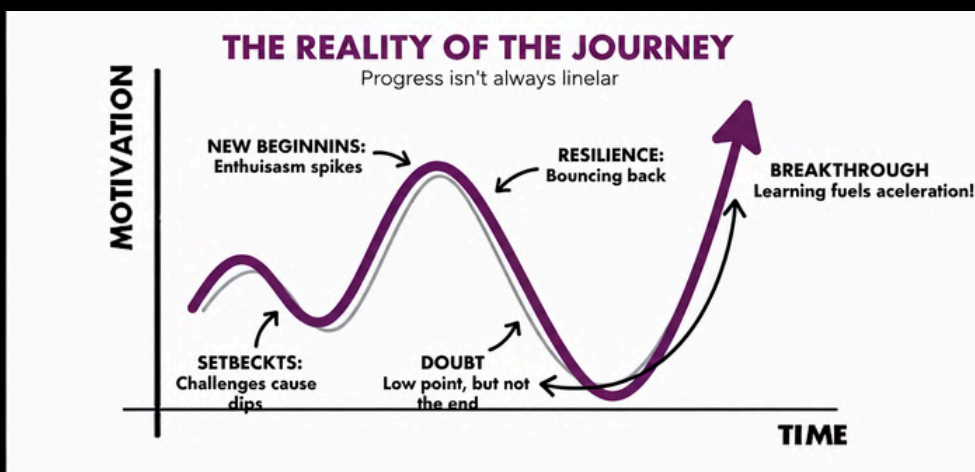
You don't need the perfect conditions to train

If you wait for the perfect day—good sleep, low stress, high motivation—you'll miss more sessions than you hit.

I've had some of my best workouts on days I didn't feel like training at all. Not because everything was perfect, but because I showed up anyway and adjusted expectations.

Not every session needs to be your best session. Some are just there to keep momentum going. You might lift a bit less, move a bit slower, or cut it slightly short—and that's fine.

Consistency comes from showing up when conditions aren't ideal. Your results won't come from your best days alone. They come from the average of all your days.



HEALTH & FITNESS TRUTH #41

Your workouts don't need to be 2-3 hours long

Long workouts often feel productive, but they're usually just inefficient.

I've gone through phases of spending too much time in the gym, thinking more time meant better results. In reality, my focus dropped, rest periods became inconsistent, and the quality of my sets declined.

Most effective sessions can be done in 60–75 minutes. That's enough time to train hard, recover properly between sets, and maintain intensity.

Beyond that, you're often just adding volume without purpose. The goal is not to be in the gym as long as possible—it's to get the most out of the time you're there.

Shorter, focused sessions will outperform long, distracted ones every time.



HEALTH & FITNESS TRUTH #42

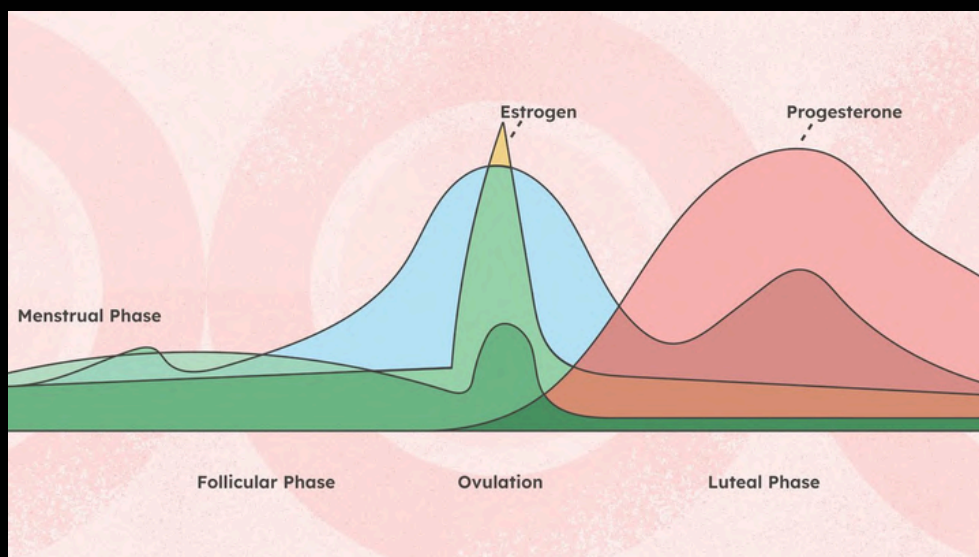
Training should be adjusted around your menstrual cycle

For women, performance isn't static across the month—and ignoring that usually leads to frustration.

Energy levels, strength, and recovery capacity can fluctuate depending on the phase of the menstrual cycle. During the follicular phase, many women feel stronger and more capable of pushing intensity. During the luteal phase, fatigue and reduced recovery can make the same workouts feel harder.

I've seen better results when training is adjusted slightly rather than forced. That doesn't mean skipping workouts—it means being smarter with intensity, volume, and expectations.

Some weeks you push harder. Other weeks you maintain. Working with your physiology instead of against it makes training more sustainable and consistent in the long run.



HEALTH & FITNESS TRUTH #43

Pre-workout and coffee can't fix sleep debt

Caffeine can mask fatigue, but it doesn't replace recovery.

I've relied on pre-workout during periods of poor sleep, and while it got me through the session, performance still suffered. Strength felt inconsistent, focus dropped, and recovery was worse afterward.

Sleep debt builds up over time, affecting hormones, coordination, and overall output. No amount of caffeine can fully compensate for that.

Pre-workout should enhance a good baseline—not act as a crutch for a poor one. If you're constantly needing high doses just to feel normal, it's a sign something else needs fixing. Sleep isn't optional - it's foundational.



HEALTH & FITNESS TRUTH #44

You aren't going to feel 100% throughout the week

A lot of people expect to feel strong, energetic, and motivated every session but that's not how it works.

There will be days where you feel flat, distracted, or just not fully there. I still have those days. The difference is, I don't let them dictate whether I train or not.

Not every session is about progression. Some are about maintaining the habit. If you only train when you feel great, you'll be inconsistent. If you train regardless, you build momentum.

Over time, those average sessions add up more than the occasional perfect one.



HEALTH & FITNESS TRUTH #45

Nobody cares **what** you do or how you **look** at the gym

Growing up, I was definitely more on the self conscious side - always wondering if I looked good and if people were judging me in some way or not. The reality is, most people are far more focused on themselves than on you.

This is actually a universal truth, not just when working out. In the gym, everyone is dealing with their own sets, their own insecurities, their own goals. Once you understand that, it becomes easier to focus on what actually matters—your training.

The gym gets a lot less intimidating when you stop making it about other people. You're not there to impress anyone. You're there to improve.



HEALTH & FITNESS TRUTH #46

But there is such a thing as gym etiquette

Even though people don't care exactly what you do and how you look, the gym is a shared space, and how you behave affects everyone else's training—not just your own. Most people understand the basics, but a lot of frustration in gyms comes from small things being ignored.

Early on, I didn't think much about this. I was focused on my own workout and assumed that was enough. Over time, you realise that good training environments depend on mutual respect. Simple habits make a big difference—putting weights back where they belong, not blocking dumbbell racks, not occupying multiple pieces of equipment unnecessarily, and being aware of how much space you're taking up.

It also extends to timing and awareness. If someone is clearly mid-set, don't interrupt. If the gym is busy, be efficient with your rest periods and equipment use. If you're using something, actually use it—don't sit on your phone while others are waiting.

Good etiquette doesn't require effort—it requires awareness. And it makes the gym a better place for everyone.



HEALTH & FITNESS TRUTH #47

Carb timing is more important than quantity

Most people focus heavily on how many carbs they're eating, but overlook when they're eating them. Total intake still matters, but timing can significantly influence how those carbs are used.

I didn't pay attention to this early on. I'd hit my daily carbs but feel flat during training and sluggish afterward.

Once I started placing a good portion of my carbs around my workouts, performance improved almost immediately. Strength felt more stable, energy lasted longer, and recovery between sessions was noticeably better. Carbohydrates are your body's preferred fuel source for high-intensity training. When you eat them before a workout, you're essentially giving your body immediate energy to perform. After training, carbs help replenish glycogen stores and support recovery. This doesn't need to be complicated.

A simple pre-workout meal with easily digestible carbs and a post-workout intake to refuel is enough. You don't need to micromanage every gram — just be intentional about when they're consumed.



HEALTH & FITNESS TRUTH #48

Fat plays a **key** role in our diet

Fat is often the first thing people cut when trying to lose weight. It's an easy way to reduce calories, but going too low comes with consequences that most people don't anticipate.

I've made this mistake myself — dropping fats aggressively to speed up fat loss. What I noticed over time was lower energy levels, poorer training performance, and a general feeling of being off.

That's because dietary fat plays a crucial role in hormone production, including testosterone and other key regulators of metabolism and recovery.

Fat also helps with the absorption of fat-soluble vitamins (A, D, E, K), supports brain function, and contributes to overall satiety. Without enough of it, diets become harder to sustain, both physically and mentally.

This doesn't mean you need a high-fat diet, but you do need a balanced one. Keeping fats at a moderate, consistent level supports both performance and long-term adherence. Cutting them too low may work short term, but it usually backfires over time.



HEALTH & FITNESS TRUTH #49

Nobody is above the benefit of a personal trainer

There's a common belief that personal trainers are only for beginners. In reality, even experienced individuals benefit from having someone objective looking at their training and habits.

I've trained for years, but every time I've worked with a coach, I've noticed improvements I wouldn't have made on my own. Not because I lacked knowledge, but because I lacked perspective. It's difficult to assess your own training objectively when you're the one executing it every day.

A good coach provides structure, feedback, and accountability. They catch small mistakes in form, adjust programming when progress stalls, and help you stay consistent when motivation dips. They also remove a lot of the guesswork, which reduces decision fatigue.

It's not about dependence — it's about efficiency. Instead of spending months figuring things out through trial and error, you move forward with clarity. At some point in your journey, having guidance will save you time, energy, and frustration.



HEALTH & FITNESS TRUTH #50:

You don't need more information,
you need **action**

This might sound counter-intuitive, but I think it's appropriate as the last blunt truth I'll share with you.

I'm not talking ill of acquiring new information that will potentially elevate your health and fitness efforts - in fact it's quite useful to stay up to date and aware.

But what I am really saying here is - many people get fussed up over very specific details or information that probably contributes no more than 1% towards their true goals. Not to mention, there's a real information overload problem we encounter in this day and age - social media has just made this worse.

So a lot of people can get lost and confused in the information, unsure what to believe and what to trust. But the reality is, a lot of these uncertain grounds cover the 1-2% of what we don't fully know about health and fitness. Don't forget the remaining 98% that we do know and that IS fact.

These are usually the foundational things. So instead of worrying about which form of supplement to take at what time or how long exactly you need to rest between sets, focus on the real foundation that matters - nutrition, training fundamentals and recovery.



Take action...



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