



What's keeping you fat!

It's Humpday Hustle! Time to take care of our body, our true temple of the soul. Today's video is all about what's keeping us fat. If you're dieting or logging hours in the gym but to no avail on the scale, it's time to rethink your game plan. In today's video, allow me to discuss the 3 things you'd never suspect could be making you fat.

1. Sugar- if we eat sugar in excess, it will eventually turn into fat in the body. It affects blood sugar levels in the blood and insulin resistance, in turn, spiking hunger, causing you to crave more food.

Question #1: Are you eating too much sugar?

2. Stress- Levels of cortisol rise during tension-filled times. if we have a high level of stress hormones in our body, it'll drive cravings for fatty and unhealthy food, and make it so much easier to build excess fat.

Question #2: How do you manage stress?

3. Variety- Adding variety to your strength training workouts is also important. Spice up your exercise. Diversify your workout. Sometimes, exercise can be a little bit boring. But if you add a little variety, it will help keep you motivated.

Question #3: What steps will you take to spice up your daily routine?