

Twitter Thread by JACK BLY

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@TheJackBly



Every fitness lesson I learned after 8 years in the gym:

1. If you're not horny, you're not healthy.

2. Sugar does not make you fat.
3. Eat as much fruit as you want. Nearly impossible to overeat.
4. Most people eat due to B.T.S. (boredom, thirst, or stress) - not hunger. Before you eat, ask yourself: "Am I bored, thirsty or stressed right now?"

5. Exercise is a documented anti-depressant. CNN is a documented depressant. Adjust your life accordingly.
6. A high-protein diet is the best diet.
7. Eggs are a superfood. Not a "food to avoid".

8. Breakfast is not the most important meal of the day.
9. Hitting 10k+ steps a day is the most underutilized yet effective fat loss habit.
10. 99% can overcome bad genetics due to epigenetics (your behaviors alter the way your genes work).

11. Drink sparkling water or black coffee to suppress your appetite.
12. You can't target specific areas for fat loss.
13. Minimize liquid calorie sources like soda, cooking oils, & starbucks "coffee". These are the easiest calories to overconsume.

14. Muscle confusion is not a real thing.
15. Your self-identity drives default actions. So STOP calling yourself "lazy" or "fat piece of sh*t".
16. You can eat foods like pizza, ice cream, & burgers and still lose fat if you eat clean 80% of the time.

17. Minimize seed oil consumption.
18. Eat the frog first. If you struggle to consistently hit your workouts, do it 1st thing in the morning.
19. Working out 3-4 days/week is more sustainable long term than 6-7 days/week.

20. Being as little as 2% dehydrated leads to significant decreases in gym performance and impaired decision-making.
21. 8 hours of sleep is a performance-enhancing drug.

22. Lack of sleep increases your hunger hormones during the day, making it harder to lose fat.
23. Get 15+ minutes of sunlight in the 1st hour of waking up to set your circadian rhythm and fall asleep later at night.
24. Ice baths and cold showers are great tools to minimize stress.
25. Skipping workouts because you're "tired" is the reason you're tired.
26. Protein is the most satiating macronutrient. Eat protein first to avoid overeating.
27. Eat 0.8-1g of protein per pound of target body weight for optimal satiety, muscle growth, & fat loss.
28. Carbs don't make you fat - too many calories do.
29. The quality of your food affects your mind more than your body.
30. Eat slower to allow time for the satiety hormone (leptin) to release in your body. This tells your body when you're full.
31. To avoid post-dinner snacking, brush your teeth. Watch your cravings vanish.
32. You burn fat in the kitchen and build muscle in the gym.
33. Remove junk food from your house. If it's not in the house, you can't eat it.
34. Eat the frog first. If you struggle to consistently hit your workouts, do it 1st thing in the morning.
35. Turn on "night shift" mode on your laptop & phone to decrease blue light after the sun goes down. This will help you sleep better.
36. Sunshine is the #1 supplement to better sleep, mood, energy, skin, & mental health.
37. If you're obese, you're not healthy.
38. The more muscle you build, the higher your metabolism will be.
39. Do not wait until new years. The "new years" mentality will always lose.
40. You don't need motivation. You need proper default actions.
41. Avoid fake meat at all costs.

And I'll leave ya with this "unpopular opinion":

People treat you differently when you're fit. Men give you more respect. Women give you more attention.

Get fit.

Watch what happens.

P.S. I'm looking for a few more men who want a LEAN body, high CONFIDENCE, & healthy TESTOSTERONE.

(1.5 hours required per week)

DM me "Body" and I'll get you all the details.

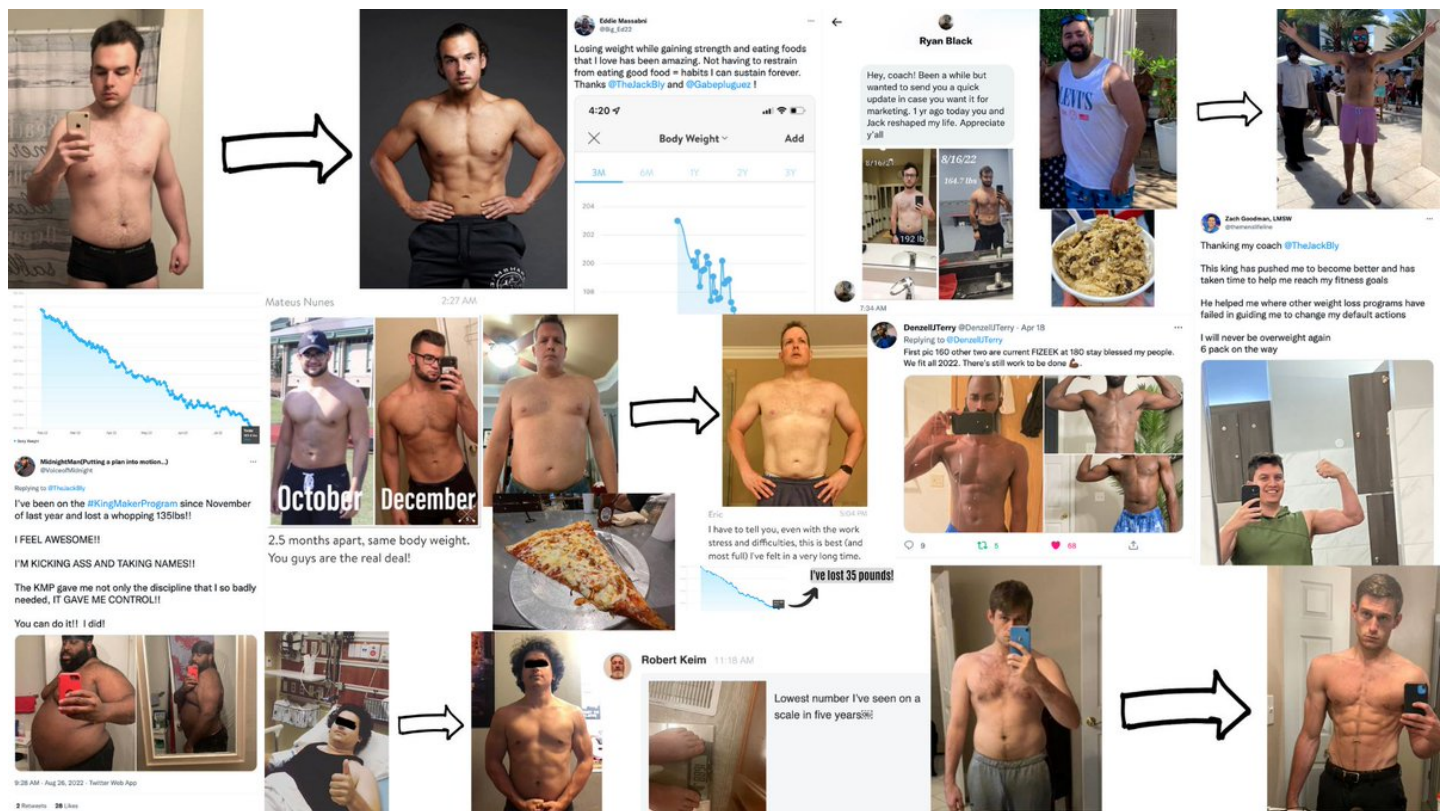
Click below to DM me "Body" ■

<https://t.co/lhTjnHalSG>

I've been helping men transform their bodies for nearly 4 years...

We use a behavior change-focused approach so it's the last investment you ever have to make in your health & fitness.

Interested? DM me.



I appreciate ya reading!

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— JACK BLY (@TheJackBly) [December 21, 2022](#)