

Just Call Me Dr. No

By: Ken Hunt, Owner of Steel Gym and AFI-certified fitness expert

Even the best fitness plans can fail due to simple mistakes. So let me present my big NO's, nine really big NO NO's that keep people from reaching their fitness goals.

- **Personal pan pizzas.** (What a marketing ploy this is) Take a look at the calorie count on these. Most of them run between 1,800 and 2,500 calories. For most people, this is an entire day's allotment of calories.
- **Three square meals.** NO! Eat six small meals. Make each one nutritious, but don't fill up.
- **Drinking colas.** Liquor, obviously, is just empty calories. And sodas are not OK either. Say NO! Try sparkling water instead.
- **Staying up late.** Sleep deprivation causes all kinds of problems. If you want to look and feel lousy, stay up late. If you want to decrease your level of performance at work (or in school), stay up late. But if you want your mind and body to be working properly, get your sleep.
- **Loading up on supplements.** A supplementation program, intelligently devised, can provide great results to anyone seeking increased energy, better appearance, or better health. But just taking the latest hyped-up stuff is a waste of money. Most of what's on the market doesn't do what the ads claim. Be selective. Less is more.
- **Total body workouts.** For beginners, these are OK because the intensity is low. But after a couple of months of training, this kind of workout has outlived its usefulness.
- **Low intensity "workouts."** (as moronic as the phrase "military intelligence") About 90 percent of the people going to gyms are not getting results. Doubt that? Just look around at all the flabby bodies. Yet, some people seem to look better every time you run into them. Why the difference? In a word, intensity.

- **Overtraining.** You can't work the same muscle group in each workout. A properly worked muscle needs several days to recover (partly because you are using it lightly when working other muscle groups).
- **Focusing on isolation exercises.** It will help you create the proper hormonal environment for muscular growth.
- And I am going to include one more!. **"Obsessing over your physique."**

Please remember that your body will never be perfect. There will always be something for you to work on. Even if it were, who would really care? Keep things in perspective. Train hard, eat right and sleep right, so that you are fit and healthy and able to do things that make life more enjoyable.

Steel Gym has been named "#1 Gym in New York" two years in a row by the American Fitness Institute for "cost, cleanliness, equipment and service," and has been called "the last real gym left in New York" by famed bodybuilder Victor Martinez. Ken Hunt has been featured in the New York Times, Men's Fitness, GENRE, HX, Stonewall News, EXIT South Africa and on Sirius XM Radio, Ethan Says and Feast of Fools. The gym is located at 146 W. 23rd St, New York, NY. For more information on Steel Gym, please call 212.352.9876 or visit www.steelgym.com.