

Forum:[Hack Forums](#)

Thread: [Opinions needed - starting a fitness/health blog](#)

Introspection - August 29, 2015, 10:29 pm

Hello err' one. I've been longing to create a blog to share my thoughts and experience with body building. I have a few unique, unconventional, and secret tips to share with the world but I know that I should focus more towards what my audience wants.

I'm not advertising but rather inquiring what you would be interested to learn or read about. Topics I've written so far:

Training problems - Why guys aren't seeing results with their workouts, and what to do

Develop proportional muscles for symmetry - Most guys have disproportional muscles (big arms/chest, etc)

Developing a powerful mindset - Feel like a champion and have presence that others can feel

Consistency issues - Reasons why people fail, how to stay motivated effortlessly, and be juiced to go the gym... every time.

Mastering Nutrition - Getting lean without counting calories/macros

controversial supplements/preworkouts perspectives - fuck protein, fuck supplements, and fuck preworkouts.

thales - August 29, 2015, 10:31 pm

If I were interested, it would be training problems/powerful mindset. I could workout and get ripped but I just don't have the mindset nor want to.

Mind Over Matter - August 30, 2015, 1:09 am

Thats interesting mate , i would read about the powerful mindset / nutrition and proportional muscles for sure

Performer - August 30, 2015, 4:33 am

I would be interested in learning what I can't learn elsewhere. So share your secrets! ;)

Tando - August 30, 2015, 8:38 am

I've personally trained a load of clients/friends, I'd be super interested in giving/receiving knowledge.

CrimsonLuffy - August 30, 2015, 8:49 am

I've lost 65 pounds so far but i'm still lil' bit overweight. I've hit a Plateau because my knees hurt now (Over-training). So, I'm open to new websites, suggestions and idea to break through that. Thanks!

Introspection - August 30, 2015, 3:59 pm

Thanks for all of the responses, I really appreciate it. I will let you all know when I have my first few reads for you to review.

I want to offer everyone my best in terms of content quality for free. So don't worry about me trying to hustle you with a sales page asking for your monies. My intentions are to entertain, inspire, and empower individuals with what I've experienced and learn over the years in fitness. All that I ask is for your feedback to help me improve so I can contribute more.

(Aug 30, 2015 08:49 AM)John Yaduvanshi Wrote: [\[CITE\]](#) I've lost 65 pounds so far but i'm still lil' bit

overweight. I've hit a Plateau because my knees hurt now (Over-training). So, I'm open to new websites, suggestions and idea to break through that. Thanks!

You should be more conscious of your knees hurting and the aspect of over training. In my experience, over-training is an overall fatigue, decrease in performance and changes in mood.

To break through a fat loss plateau you must make sure you're pacing yourself. For example, if you've eaten two bowls of rice a day for the past 3 weeks and the weight loss has slowed down to <1 lb a week, decrease your amount to 1 3/4ths bowl. Let another few weeks pass and decrease it to 1 1/2 when you plateau again. This number is only an example, so adjust it based upon your own nutritional needs. If you want to eat more, balance it out with more energy expenditure (cardio). The situation is similar with pacing yourself, slowly increasing cardio from 1-2x a week to 3-4x a week.

Introspection - *September 5, 2015, 1:26 am*

Blogs up, put up a few articles; many more to come. No asking for monies, trust. Can y'all give me some feedback? much love!

fitempoweredlife.com