

Muscles Mistakes Motivation

LIFE STYLE & TAKE
A LEAD

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disciplined, and that feels
great.

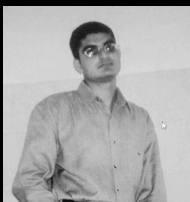


Body Transformation journey

WE BROTHERS JOINED A GYM

I was 16 when bodybuilding first caught my interest. Back then, I spent hours looking at fitness and fashion magazines, admiring the models who looked confident and perfectly fitted into their clothes.

I wanted to be like them...



AGE 16



AGE 25

Not long after, my elder brother and I joined a gym, and we started training with passion and determination. But muscles don't grow on effort alone, they need fuel but money was always short.



ELDER BROTHER

Later, his job and my studies demanded more focus, and we made the hard decision to leave training behind. Still, my brother and I supported each other in every life situation, and bodybuilding was no exception.

I moved to Sweden



My lifestyle changed completely when I moved to Sweden in 2005 for higher education. The food was pure, rich, and impossible to resist. Everything tasted so good that before I knew it, I had gained 8-kilos, my face looked fuller, and my body grew heavier.

What struck me most, though, was how naturally fitness was built into everyday life in Sweden, which inspired me to try different forms of exercise but the gym always remained my favorite.

Later, marriage and children brought happiness and responsibility, but also another 10-kilos of extra weight, and soon I found myself standing at nearly 88-kilos, carrying both the joy of family life and the challenge of an undisciplined lifestyle.

April 2023



Then one morning in April 2023, I felt something strange in my body. Doctor told me it was stress and being overweight. Sitting there, I realized: if I didn't change, things could get worse. That day, I decided to put my health first.

My soulmate became my strongest support. She filled our kitchen with healthy food, made sure salads were part of every meal, and encouraged me every day. I cut down on sugar and unhealthy food, and I started running, walking, and training again.

December 2023

For years, I had dreamed of having 6-pack abs. I could feel them under the fat, but they never showed. I asked trainers and bodybuilders for help, but most advice didn't work for me. Sometimes, instead of abs, I only got back pain.



Its me today

TAKES THE LEAD



I So I made my own plan. I walked 4-km every other day, trained at the gym 3 to 4 times a week, and ate healthy.

Slowly, the kilos started to go. In 4-months, I dropped from 88 to 80 kg. Six months later, another 6-kilos were gone. Three months after that, two more disappeared.

Today, at age 45, I have maintained 72-kilos for more than a year. I have a 4-pack instead of a 6-pack and feel stronger both physically and mentally.

Life has become more disciplined, which feels great. I try to avoid wasting time on screens. Instead, I invest my energy in writing, creating my own magazine volumes, and most importantly prioritizing my family & my health.

Lesson I want to share

if you want to start a body transformation, just begin. Don't think you need a perfect plan. Simply reduce unhealthy food and add healthier choices. With time, you will notice real changes, not only in your body but also in your mood.

Discipline will become your source of energy. The day will come when exercise itself gives you motivation, when your daily routine becomes your strength. At that point, you won't need motivational speakers rather you will motivate yourself by living the results.

- 1- Trust yourself.
- 2- Set a clear goal.
- 3- Follow the direction you create with discipline and you will get there.

Photography by Sadaf

