Twitter Thread by Riley Anderson



Riley Anderson
@TheRiAnderson

20 lessons that took me 6 years of training to learn, but you get them in the next 3 minutes:

1. You don't have to choose between a fit life or a fun life.

Improving your health is supposed to add to your life, not take away from it.

Find a balance that works for you.

2. There are 3 main pillars of physical health.

- Nutrition
- Exercise
- Lifestyle

If you don't enjoy:

- The food you eat
- The exercises you do
- The lifestyle that comes with it

It's not sustainable long term.

3. Keep it simple.

Overcomplicate your training or your diet and you'll struggle with both.

- I rotate the same 6-8 meals.
- Mix up my training whenever I get bored.
- Go to bed & wake up at the same time each day.

4. Improving your health is the best thing you can do for yourself.

It's the catalyst for personal development.

5. You don't continue for the same reason you started.

Most start lifting to look better.

Most continue to lift because of the improvement they see in their:

- Mood
- Status
- Respect
- Strength
- Sex drive
- Performance
- Relationships

6. Improving your fitness is 95% mental.

You'll learn that your mind quits before your body does.

7. The quality of food you eat matters.

You wouldn't put regular fuel in a sports car.

Don't put processed food into your body.

Your brain & body will thank you.

8. Time isn't an excuse.

With the right

- Priorities
- Systems
- Habits

You can have a fit body and a busy schedule.

9. Carbs don't make you fat.

When I first started, I thought carbs made you fat.

Eating too many calories is what makes you fat.

I found the most success when I ate food I enjoyed.

You don't need to stop eating carbs to lose fat.

10. Your calorie and protein intake are the most important metrics.

When you are getting started, focus on hitting your daily:

- Calorie goal
- Protein goal

11. You need to track your calories.

You'll learn more about nutrition from 1 month of tracking your calories than you learned all throughout school.

Do it until you have a rough idea of how many calories are on a plate just by eye-balling it.

12. In your first year of training, you can add a TON of muscle mass.

With the right training & nutrition expect to add 20-25lbs of muscle mass.

13. Cardio isn't the key to fat loss.

You'll see more results when you improve your diet and train consistently.

Remember:

Nutrition > Training > Cardio

14. Cutting every year is compromising your results.

After your first year of training, it's hard to put on a lot of muscle mass in only a year.

Stop cutting every year.

Focus on building muscle mass for a couple of years.

You'll be happy you did in the long run.

15. Sleep is crucial if you want to build muscle.

Aim for 7-8 hours.

- Go to bed at the same time
- Wake up at the same time

Every day.

When you're sleeping you release:

- Growth hormones (to repair muscles)

- Protein-building amino acids (helps your muscles grow)

16. Recovery is key.

Working out 6x a week will put a toll on your body.

Working out 3-5x a week is sustainable long term.

17. You can drink alcohol and still have a great body.

Every account out there will tell you to cut it out of your life, but not everyone is willing to do that.

Anything in excess will have a negative impact, this goes for alcohol.

Find a balance.

18. Start small.

The 'all or nothing' mindset will only result in burnout.

Sustainable results = small changes that add up over time.

19. Don't rely on motivation.

If you only exercised when you're motivated, you wouldn't work out that much.

Discipline & consistency will take you far in life.

20. Have fun.

If you're not enjoying the ride, you won't enjoy the destination.

For 99% of people, improving your health is a lifelong journey.

Worry less about what's optimal.

Worry more about what you enjoy doing.

There you have it, the 20 most valuable lessons I've learned over the past 6 years of training.

I encourage you all to take responsibility for your own health.

I promise it will be the most rewarding thing you'll ever do.

If you made it this far, thank you for reading.

If you found any value in this thread, consider:

1. Following me for more content like this @TheRiAnderson
2. Giving the first tweet a retweet to share with your audience https://t.co/lhaWDS3f7l

> 20 lessons that took me 6 years of training to learn, but you get them in the next 3 minutes:
>
> — Riley Anderson (@TheRiAnderson) September 23, 2022

Looking to improve your health quickly?

I'm looking for 3 busy professionals who want to build muscle and drop 20+ lbs over the next 90 days.

If you have 3 hours a week, this is for you.

DM 'Fit' for more info

(Not free. Results guaranteed.)
https://t.co/uGBmFZ5mI8