

How to Get a Hot Body



As a linguist friend of mine once said, the answer is always in the words you choose to use..

If you want a ‘Hot’ Body, you have to sweat and ‘Burn’ Fat.

When you look good people say you’re ‘hot’ or as the kids say these days... ‘You’re Fire’.

Countless articles talk about ‘stoking’ or ‘igniting’ your metabolism.

Heat is the answer.

More precisely, creating heat is something we view positively.

We also always want to move forward.

‘Dead end’ jobs are bad, as is ‘going nowhere’ in life.

Moving forward or locomotion is the answer.

Which is odd because most of today’s workout programs are stationary.

Almost all weight training isn’t actually locomotion.

So my advice spend more time actively moving forward, not just standing in one place while exercising.

Move you body, raise your temperature.

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Date: 2022-02-24
Words: 145
Time to read: 1 min

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19th March 2023

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20th May 2017

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