

## **Dangers of Fitness Influencers**

Fitness influencers claim you can lose weight in one week by drinking detox tea. Or the male models claiming that you can have boulder shoulders. What these influencers omit is that you lose water weight from drinking the tea. And it's dangerous. That male model with boulder shoulders? He's on steroids.

These influencers rely on right lighting and photoshop to achieve the perfect picture. The generic fitness plans and detox teas they preach are nothing but a cash grab. Deceiving you into buying useless programs that can be dangerous. They themselves do not use the products they sell you.

The claim that you can build huge muscles in 12 weeks is a lie, your muscles will not grow that fast. You don't get bigger or thicker muscles in a short time frame; it requires time and rest to build muscle. With the ideal diet, training program and genetics, you can expect to gain 1 to 2 pounds of muscle a month.

Women tend to stay away from weights, believing they will become too big. Instead, they drink detox tea to stay thin and rely on cardio alone. Women don't produce enough testosterone to grow huge muscles as men. They also don't have enough muscle fibers to achieve the same look as men. Men have the advantage of having more muscle fibers and testosterone than women. Allowing them to build bigger muscles.

That detox tea contains laxatives and diuretics that allows things to keep moving. Too much detox tea and not enough water will cause you to dehydrate at best, and at worst will cause organ damage. Steady state cardio alone also won't help you in the long run since your body will adapt. Muscle building and weight loss requires progressive overload. You need to challenge your body to progress.

What fitness influencers won't tell you that they rely on steroids to achieve that body. Steroids give them an unfair advantage with muscle building. Steroids create thicker muscle fibers, allowing their muscles to grow faster. They can recover faster and lose fat while retaining and gaining muscle. They don't need to worry about keeping a strict diet or getting proper sleep. Their muscles will grow even when they diet down to achieve that 6-pack abs.

Instead, they sell generic programs to the uninformed, with the promise of a better body. These programs don't account for everyone's specific needs. A program tailored to your lifestyle will benefit you more in the long term. Compound exercises that train the whole body. Cardio that raises your heartbeat. Rest days that focus on light movement and mobility will keep you energized.

Training like these influencers will only lead to pain and injury.

A proper diet and training plan will help you achieve a balanced and healthier lifestyle. Natural muscle building and weight loss is a marathon not a sprint.

Steroids have caused long term health problems in casual users. Detox tea itself has caused pregnancies in women on birth control and missed periods. Taking shortcuts during your weight loss journey only leads to health problems.