

SOCIAL NETWORKING FAKES AND DIET ADVICE

For a long time you wouldn't find me on Facebook but when I opened my gym in 2013 and then moved to America 2 years later I realised that I had to be on it to stay in touch with all of the people that I help. I still don't do Twitter or anything similar as I've never been a fan of social media. However, it seems that there are one or more "fake accounts and profiles" whereby people have stolen pictures and text from my website and passed it off as being their own pictures or work. Please note that unless you can be sure that you're speaking directly to me then all of it is fake and has nothing to do with me.

It seems that most people use the various social media sites for their own devices and purposes. That's fine, like anything in life it is a personal choice and I have a few personal choices of my own that some people might dislike. The difference is that my personal choices don't involve stealing stuff and passing it off as something else. I suppose I should be flattered that people want to use my stuff but it does not make me happy, and there is something else, something far worse that makes me even less happy. I receive emails every single day, from all over the world and from all kinds of people asking for diet and training advice or sometimes advice on how they can change their whole lives, yes really. I reply to every email, except the begging letters, no matter how much of my time it takes up and all the advice I give is for free. The only things I ever charge for are expenses if I have to travel to see someone or if I am coaching in the gym because that money is paid to the gym and in exceptional cases I will coach for free and also pay for the day pass because some people need that; not for financial reasons, but because it proves just how much I care about helping them reach their goals. People are generally very grateful and that is reward enough for me.

However, someone told me recently that a diet and training plan that I had specifically written for someone had been sold on as that persons work. In short, someone has come to me asking for loads of free advice and has then conned someone out of some money by selling it on and claiming it was their own work. I was disgusted and upset to hear that. There is no point in me trying to do anything about this other than trying to make sure that it doesn't happen again. So, below is a basic diet and training template that you can use, all free of charge, if someone passes it on to you and claims it's their own work you will know that they are lying to you. I hope that this helps you, if your needs are a bit more than basic bodybuilding advice then please feel free to email me on mail@kevanwilson.com

Basic training and diet template

Train with weights 4 – 5 times a week 8 - 10 reps per set with good intensity and do 30 working sets per workout 80 minutes per workout not including warm ups and warm downs

Training with perfect style & form and keeping the muscles under constant tension for the duration of the set is far more important than how much you lift

Do every body part once a week only

Low intensity cardio is optional as it does inhibit muscle growth, the more you do the more it inhibits it but of course it will burn fat and make you fitter too so it's your choice.

Your daily diet needs to have no junk food in it and it needs to consist of the following

1.2 grams of protein for every pound of bodyweight, my preference is for chicken, turkey, fish & egg whites.

2 grams of complex carbohydrates for every pound of bodyweight when bulking, half that amount when cutting, my preference is for basmati rice, jacket potatoes, wholemeal pasta & sweet potato.

0.25 grams of good fats or EFA's for every pound of lean bodyweight, not fat, my preference is for avocados and fish oils

1 litre of bottled water for every 40 pounds of bodyweight including fat

As for supplements, you can spend a fortune on stuff that does very little, I have to take supplements the same as everyone else but I don't go overboard. Here is a list of what I take daily

Multi vitamins

Whey protein when bulking

Whey isolate when cutting

Vitargo

Glutamine

BCAA's

Kre Alkalyn

Hope that this helps

Kev