

My Body, My Sovereign Nation — by Minky
www.MyBodyMySovereignNation.com

10 Lifetime Basics

The 10 Lifetime Basics (Maxims of Minkyland)

Nothing New Under the Sun. Principles don't change, even when exercises do.

1. Muscle Comes First.

Muscle is metabolic insurance, not decoration.

2. Overload Is Non-Negotiable.

No resistance means no reason to keep muscle.

3. Do Resistance Before Cardio.

Fire muscle fibers before fatigue sets in.

4. Exercise Is for Maintenance, Not Weight Loss.

Calories can't keep dropping forever. Bodies adapt.

5. The Scale Is a Terrible Judge.

It can't tell fat from muscle or strength from weakness.

6. 72 Hours Is a Signal.

If you feel like you did nothing, you probably did.

7. Walking Isn't for Fat Loss.

Walk for stress, digestion, and circulation.

8. Refuse What Hurts and Inflames.

If it makes you ravenous and sore, it's not helping.

9. Protect Your Back with a Strong Core.

Stretch hip flexors. Strengthen abs.

10. When Tired, Restore.

Stretch, breathe, walk, or sleep for dinner when needed.

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