

MY SHREDDDED LIFESTYLE



MY
SHREDDDED
LIFESTYLE

Merijn Schoeber

www.myshreddedlifestyle.com



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Share your results on social media using #MYSL

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INTRODUCTION



In this chapter, you will gain insight into why this book is really meant for you (or why it is not). I will also give you an understanding of how to best use this book.

IS THIS BOOK MEANT FOR YOU?

Dear reader, you probably already know me from my YouTube channel or my website Student Aesthetics. Most likely, I do not know you yet. That is why I composed some notes, which may describe you in part:

- You are currently looking for a way to get the ideal body, but you do not really know how to achieve this.
- You have been exercising for several years, but you do not manage to get really shredded.
- You have high muscle mass but are still unable to make your abs ('six-pack') visible.
- Your current fat percentage is too high and you are looking for a way to lower this.
- You currently have a lifestyle and/or diet you are unhappy with.
- You are currently losing body fat, but you have not been able to achieve your goals.
- You have already been on several diets, but you have not been able to maintain them for a long time.
- You want to improve your health but do not know where to start.
- You have a busy life and it is hard to stick to a healthy diet.
- You are a fitness or sports instructor and you want to help your clients with a better lifestyle.

This book is not suitable for you if you:

- Are not willing to change your current lifestyle.
- Believe that reaching a Dream Physique is easy.
- Think that just reading this book will make you lose 20 pounds of fat every week.
- Are unwilling to learn new things.
- Have no confidence in science.
- Only believe what the media tell you.
- Do not want to live a healthy life.

WHAT IS THIS BOOK ABOUT, AND WHAT NOT?

A lifestyle is nothing than a certain way of life. In this book, I will tell you how I have changed my way of life over the past few years and how I learned to build a healthy and sporty lifestyle.

If you read the title, you probably think this book will only show you how to get and possibly stay shredded. Don't panic, because this is not the case! In this book, I will teach you a lot more. I'm not going to teach you what you need to do every minute of the day. In the end, it is about the overall picture. Therefore, I will teach you how to adjust your current lifestyle to stay healthy, but also how to get a beautiful body and even how to increase your life expectancy. The focus of this book is on adjusting your diet and mindset, all based on science and personal experiences.

The mistake many people make is that they often start a whole new lifestyle, but do not have the stamina for it. The most well-known term for a lifestyle people cannot keep up long enough is 'diet'. Many people often start a diet to see quick results, but these results are often short-lived. This is because such diets cannot be sustained in the long run as they are contrary to our nature or pose too many restrictions. With My Shredded Lifestyle, I will help you to achieve and maintain results in the long run. This book explains multiple methods to help you develop your own My Shredded Lifestyle and achieve guaranteed results. An additional advantage is that everything is based on science and practical experience.

HOW TO USE THIS BOOK?

In your hands is the book My Shredded Lifestyle. We regularly use the acronym MYSL. This book is not just a book. It is a book with real substance. There are already many people who apply the lifestyle, as described in this book, who also use the hashtag #MYSL on social media. Several useful extras are linked to this book, such as:

- A website with many useful tools.
- An opportunity to create your own account on the website and gain access to a lot of bonus material.
- An offer of much up-to-date content on the website.
- Its own (private) Facebook group, where you can discuss #MYSL with others.
- Some chapters have My Shredded Lifestyle assignments that help you apply the lifestyle to your life and body.
- A complete step-by-step plan to get your own shredded body.

- The opportunity to share your passion for this lifestyle and even earn money (through this book's website).

In some chapters, there are assignments. I recommend that you do these to get the best possible result. By carrying out these assignments, you can translate the theory from this book into practice. Everything in this book is written in such a way that this lifestyle can be maintained in the long run.

All chapters in this book can also be read separately. If you already have a sound nutritional foundation, I can imagine you no longer have to read chapter 1 (the basic principles of diets). You are completely free in this and you are committed to nothing. This book is written for anyone interested in a healthy lifestyle. From man to woman and from starting to experienced athlete.

I myself have experienced that sharing motivation and knowledge with other 'kin' is a great help in achieving my successes and results. This is why we created the hashtag #MYSL. Through this hashtag, you can share your photos with others through social media. This allows you to motivate or inspire others. You can also use this hashtag when asking questions. By building a large My Shredded Lifestyle community, we can help each share other's stories and knowledge. We can help, motivate and inspire each other. Therefore, I invite you to share the whole of this lifestyle with the community by using the hashtag #MYSL.

#MYSL

MOTIVATION



“

Now it is time for me to share with the world everything I learned from my own mistakes

WHY DID I WRITE THIS BOOK?

The reason I wrote this book is because I fully support this lifestyle. For me it really is a lifestyle, not just a method or a tool. When I had just started working out, it took me a lot of effort to achieve results. In the beginning, I had insufficient knowledge about training and nutrition. Magazines, staff trainers, sports gurus; Everyone had a different approach and everyone had a different opinion. Because of this, I no longer knew what to believe and not. At one point, I was starting to feel completely lost. I have tried almost every approach and method in the past 6 years. It took me a lot of time and effort. But I do not see this as wasted time. Looking at the results I achieved, a lot of the time may seem 'wasted', but if you look at the learning moments from these mistakes you can see how it was not. Everything I learned from these mistakes contributes to what I am now. Now it is time for me to share with the world everything I learned from these mistakes. I want to help as many people as possible to avoid this stage of trial and error. I know how frustrating this is: you are doing your best in the gym and you are on a diet, but there are no visible results - or at least not the results you were hoping for.

My Shredded Lifestyle is a way of life that I have discovered and further optimized in small increments in the past years. I can now proudly say that this is not only the most effective approach to weight loss and muscle retention/build-up, but also the most pleasant way. You do not have to eliminate every aspect of your life to follow this lifestyle. You can make training and diets a part of this, without becoming stressed out about the occasional dinner with friends or family.

For me, it all began with a 'hardcore lifestyle' in which I was very strict. I was eating six meals of dry chicken and rice a day, I went to the gym every day and I stopped drinking alcohol. When going to a party, I brought my own bowl of food. Do you know what the weird thing is? I was achieving less than I am now. The reason for this is that I often went 'off track'. Taking one bite of something sweet caused an extreme binge and I lost control over myself. In addition, mentally I was not feeling too well anymore. I tried to avoid any social activity as it would 'screw up' my diet. Even if I could not avoid going out to eat only once, I was instantly stressed out. It made me feel like I had been training and watching my diet for nothing all week. This negative energy is bad for your body and you will even recover less quickly. In addition, it is really not a good way of life. At least not in the long run.

I realised building up muscle mass and losing fat is a slow process. Getting my Dream Physique would take years. Then I realised I had to find a new approach. An approach I could actually sustain the rest of my life. This approach has become My Shredded Lifestyle. This is literally my lifestyle, which I have developed in the past years and which I am still applying. This lifestyle has made me lose weight much easier, and I have been able to get my dream physique. But it also makes sure I can keep this body.

I hope you will have the same results and findings as I had. I can guarantee you will lose fat and gain your Dream Physique if you try out My Shredded Lifestyle and follow all the steps. Many have preceded you and I can proudly say that hundreds, even thousands, of people have achieved great results and currently practice this lifestyle.