Paleo-content

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**Subject** – Let’s Build Like a Caveman!

Hello cavemen!

Today, we want you to close your eyes and imagine a caveman. What do you see?

A timid, small, average looking man or a huge, strong, and intimidating one?

Of course, the latter!

That, ladies and gentleman, is your average caveman. They had no gyms, they had no Mr. Olympia competition, and a beautiful pebble was all they needed to bring to woo the ladies. So, what was it that motivated them to bulk themselves up and be a hunk?

To be honest, it wasn’t really a choice. It was their diet and lifestyle that made them that way. Their diet was full of proteins that helped them build lean muscle mass instead of getting fat. All they needed after a good portion of their meal was a little physical activity such as hunting, and viola! A body that can put Greek gods to shame.

So, if that worked for your ancestors, it will definitely work for you. Think of it and that is basically what you workout for – fat elimination and lean muscle mass. Moreover, the paleo diet is full of healthier fat and good carbohydrate that can actually be converted into the energy you need for a tougher workout. Also, paleo food is perfect way to jump over the weight loss plateau you might have hit after months of workout and training.

So, it won’t be a hyperbole to call paleo lifestyle the key to a chiseled body and flex-worthy muscles. Eat like a caveman, and you will look like a caveman – with relatively better hair and hygiene – in no time.

Stay tuned as we plan to share a few amazing paleo workout program with you in the future

Until then, take care!

Bye