

Dear, Younger Hugo

You just got out of high school and you are about to tackle some of the most challenging times ahead of you. Especially with trying to maintain a good figure. I have some advice for you. Do not beat yourself up about your image. Some days will be better than others, but the main goal to keep a good body image is to keep working hard and not slowing down even when no gains have been made. It will be harder now than before as time gets cut down. But making time when you can, that's important.

I know financially you will start to look for alternatives such as powder shakes, and cheap cop outs. This will hurt you financially as these things do not come cheap. Just invest in protein and try to work it out naturally. You will find that it is better on your diet and easier on your wallet. Also, don't get caught up in high paying gym memberships. Try the cheaper ones first, the beginner gyms are some of the best places to learn how to perfect a form. At the higher gyms people will help you, but you will be moving at a pace far faster than you are used to. Trust me, with time you can walk into a high-end gym and lift with the best of them. Maybe even help out those who are starting like you did.

Emotionally, don't get distracted by feelings of doubt or frustration. Everything happens with patience. Keep focus and keep working, all these other feelings become distractions that you do not need. Embrace the feelings when you notice loss. Work harder when you see no progress. Everything you do is progress. Just remember that you see yourself every day. So, noticing changes will not happen unless you use pictures. But remember this and remind yourself. Even though you can't notice progress. Others can. Keep working and block out unnecessary feelings.

Working out is good for your health. But not in excess. Learn to slow down, stretch, have off days. Have cheat days. Go out and enjoy time with friends. You will get to your goal. But the point is to be healthy while working out. Not deteriorate by working out. Get better sleep. Eat better. Everything isn't done in the gym and you will realize it's more than just lifting weights. Give it your all. But also know when to slow down and recover.

Sincerely,
Future Hugo