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Dear Greg Doucette

Hello, hope you are doing well. I wanted to talk to you about a problem that has been around for ages. It is about the Fitness Industry. As you may know that the fitness industry includes any person, company, or entity that focuses on exercise, health, and overall maintenance of the body. If you didn't know, well now you know. The fitness industry is very vast and contains many people of different backgrounds and operating styles. Some sell supplements, some offer medical advice, and some are instructors whose job is to give advice on proper form. There are many problems and issues in the fitness industry like how some fitness influencers photoshop their body in posts to look better and then people see it and feel bad about their body and wish that they had a body like them but in reality, it's fake or like how some fitness trainers charge so much and don't even help too much but there is one main and a big issue in the Fitness Industry from which people are losing a lot of money from. The biggest issue in the Fitness industry is that So many Fitness Influencers give false information to other people so that they can get more fame and money. Fitness Influencers tell other people how they can get into good shape in a

short period of time. I feel like this is really a big issue because first of all, everyone has a different body, and everyone is different so it might take someone 1 month to do it and might take 1 year for the other. I have encountered many videos on youtube about them showing how you can get abs in under 2 weeks or how you can lose weight without doing cardio. All these videos are really annoying and just a bunch of crap. All of them might show good exercises but the fact that it says that you can reach your goal really quickly triggers me. Then people tend to watch those videos expecting to get abs in 2 weeks but then they realize that it actually wasn't true. Everyone is different and it will take a different period of time to achieve something than other people. There is never an easy way out if you want to get fit, it will always require hard work and dedication. You cannot get a good physique in 1 month. I searched up on google "How to get a good body shape in a week" and realized that there were over 1 billion results. I was baffled by it because that is a lot of results. People want a quicker way out of it but all the results were nonsense. People are trying to find an easy way out.

I feel like people must be stopped. I feel like they should be educated about it is not possible to get a good physique in a month or a week. The way people can solve this issue is by making videos telling people that there is no easy way to achieve their goal. They should inform other people about what information is right and what information is wrong. Just letting other fitness influencers waffle stuff that isn't even accurate is not the right thing to do. They must be stopped. They know that people are trying to find an easy way out so they make videos about how to get a good physique quickly. They know they will get views and the more the views, the more the bread(money). Other fitness influencers should expose the fitness influencers who are giving

wrong information to people. By exposing them, people will realize that their videos were useless and have nothing but false information.

I saw one fitness influencers ad saying how if I will eat some pill, I will burn fat quickly, or if I eat a weight gaining pill, it will make my metabolism faster. I think his name was V-Shred and I used to get so many ads about him. I got curious and did some research about him on youtube. I saw that so many fitness influencers exposed him for selling supplements that were stating false information about it and didn't do what it intended to do. A lot of people fell for it because they wanted to lose weight without working very hard. People try to find ways to find an easy way out so people like V-Shred take advantage of it by selling products that state that it will help them lose a lot of weight but in reality, it doesn't have much effect on them. Some fitness influencers tell some people to send some pictures of them being fat before and then lean afterward and then post it on social media stating that these people used their pill and they lost 50 pounds in a month. A Lot of people fall for it because they think that the information given is true so the same will happen to them. V-Shred once said, "What's cool is that they don't slap some proprietary blend on the nutrition label which basically just means that they don't have to tell you what's in it and also usually means they're using minimal dosages and getting higher profit margins because that's what supplements usually do. -Josh Brett on youtube" V-Shred says that using proprietary blend on the label means they don't have to show the ingredients but then uses it in his products??? It is hypocrisy in advertising. He doesn't want people to see how cheap the ingredients in his products are so they won't be able to know the value of the product and won't be able to know if the ingredients are useful or not. He has no interest in the quality of the product, he just wants to make a lot of money off of it.

The way that these influencers should be stopped is by making videos by giving honest reviews about their supplements so that other people can know that these fitness Influencers are scamming people, especially V-Shred. They need to be exposed to social media so that people can be aware of their scams and stop investing money in their products. I feel like people should do some research about what supplements are good and useful to use before buying them because nowadays no company can be trusted at all. All of them are trying to make a lot of profit and they will do anything to make a lot of profit. They won't even hesitate to sell products that don't work as intended. People should research about the company as well from which they are buying from so that they can get an idea if the company is good or not. If someone isn't sure if a supplement is useful or not and cannot find any information about it on the web, then they should link some gym trainers and ask them if the supplement is good or not.

You are a very well known YouTuber and fitness Influencer as well and you probably know the issue that I have wrote to you about but not many people are stepping up for this issue and many people are getting fooled by these smart ass fitness influencers who have no interest in helping others but just give others false information to get more fame and money. I feel like if you spread awareness about this problem then more people would know about these problems and actually won't fall for it. A lot of people follow you in all of your social media so if you will let everyone know about this issue then you will be saving a lot of people by getting fooled. I hope you spread awareness about this problem and let people know about it so that they can understand what's right and wrong and then they can let others know about it as well. Thank you for your time and consideration.

Sincerely,

Ahmed Shah