



THOR FIT

Introduction

Small changes applied to various areas of your life have the effect of stacking up in your favor. - Yeah, you can quote me on that...

Over the years, I have helped many men to get back onto the horse. I have helped the chronically obese to remove the shadow that they were going to die anytime.

I have helped those who saw no way out of the morass of self-loathing.

I have helped those who were quite comfortably perched on their horse. You need not be physically bankrupt to benefit from lifestyle tweaks.

This is not a diet program. Neither is it a gym program. It is a lifestyle system where I show you how small changes applied to your daily life can completely reset your habits, physicality, and the way you feel about yourself. Along the way, you will most likely stumble upon your six-pack abs and re-discover great sex. You will no longer feel that you need someone else to make you happy. You will come to love yourself first, and you will respect yourself for having stared your dragons in the face and slain them.

If I were wearing a hat right now, I would most certainly take it off and bow deeply in your imaginary presence. You are looking to fix something or making something better. These are crazy, unpredictable times for sure, and instead of wallowing on the couch, armed with a bag of Cheeto's, you're reading something that is going to change the quality of your life drastically.... I humbly welcome you to the Thorfit lifestyle system.

This is a course is a book is a ... you get the drift...

Let's just call it a journey... Imagine you and me going on a trip. Along the way, we're going to have a few chats.

I will try not to let these sound too dry. - Life is not only a biology lesson. We will throw in a few art classes, chat about training and even address a few of the more abstract existential matters. You will notice that some of the concepts become a little scientific, and that's ok too. Just know that all of this will come to none unless you're prepared to physically do something. Nothing will change from talking and reading. I want you to commit to the doing part as well. When you start doing, that's when things change in your favor. Otherwise, it's all just hot air.

Sometimes your low energy levels are not a result of feeling demotivated. They're not the result of not being inspired. Sometimes they can be traced back to the inner workings of your body. To explain, - Let's say you have decided to go to the gym. The idea is that you "felt" like doing that, and you had a mental inclination that it may be good for you to go and work out, so you did just that, and your body responded. The mind affected your actions, which in turn had a positive effect on your body. I would like to propose that even more basic than this.

Sometimes the mind is not working as it should because there are a few very fundamental physiological factors amiss....

The root problem may be traced back to something even more fundamental. You may be producing too little Testosterone or the onset of menopause has you braking into hot flushes, and as a result, your thoughts are lacking the very basic "go-get-'em tiger" thoughts which Testosterone imparts (in men and women). Conversely, you may be bathed in a boatload of Cortisol, the stress hormone. When Cortisol is in the house, your other hormones make a quiet exit. The same goes for Oestrogen. While men and women both produce both of these hormones, that which makes you a woman, is definitely the amount of Oestrogen you're producing. As you get older and head into menopause, the production of Oestrogen beings to wane in the same way that Testosterone does for men. Cortisol, when kept at bay, allows the other hormones to come to the fore and behave like they are supposed to. The balancing of your endocrine system is that much more effective when done with an eye on the stress hormone.

The odds are stacked in your favor because you're not shooting in the dark. You have a guide and, as your guide, who has traveled this path with many others who have faced similar issues, so please, have some faith that a better life awaits. You're your own best investment, and now it's time to invest a little time, a little planning, and some sweat...

What you'll learn

- *How to reset your hormones and feel ten years younger*
- *You're going to build muscle*
- *How would you like to get laid more, mi Amor?*
- *Increased Confidence will be your partner*
- *Better Sleep*
- *Stop father or mother time at the door, in his/her tracks*
- *Fight Cancer, Diabetes and Heart Disease*
- *Boost intelligence*
- *Beat Depression*
- *Make More Money*
- *Reduce Stress*

1.1. The traits of a hero

When we talk about becoming the best version of yourself, there's a distinction that you need to understand. We're not talking about being the person with the best abs in the room, about making the most money in the house, although those are pleasant by-products of living to your fullest potential. We're talking about raising your standards... its about raising the bar so that you become the best version of yourself.

The nutritional and training advice is tremendously important (you really do become what you put into your body), but those, when we get to them, will sound like all the other programs out there. This course is about more than that. I want you to take ownership of your life, and through a series of hard-won victories, I want you to get into the habit of raising the

bar on yourself. I am a firm believer that psychology follows physiology (or the other way around) .

When you're operating at a higher level of physical prowess, you're going to walk the jungle, more like a tiger than a frightened deer... Your posture will self-correct, and there will be more purpose in your walk. You become a little dangerous, but you'll have this under control. When previously, you may have stepped aside when someone stepped on your values, not wanting to make a fuss, you may just find yourself speaking up because your values are what gives your life purpose and direction and the zest to follow through on your plans. This is not something reserved for the few superstars on Instagram, but it's something we can all access, and the first place to start, is with your physical package, your body, the temple in which your conscious thoughts reside.

When you operate from a position of strength, you need not hold back, because you know what you're doing and why you're doing it. Life is a constant spiral in which we strive to become better versions of ourselves. We are either growing or we're dying. There is no such thing as standing still. This course will get you started on the road to constant progress, and when you feel the wind from behind, and your goals are inching nearer, there's a kind of magic that settles in as you watch your life falling into place. The universe rewards action. Even love comes down to action. You can't think about love, tell somebody, do nothing, and still expect the world around you to improve. The same happens when you take action for a better you. It won't happen just by thinking about it... you have to DO something. That's why the enlightened man and woman recognized that results come from doing things, not from the comfort of your couch. If that were the case, Netflix would be breeding rockstars every day.

1.2. *A word about vanity*

Aspire to become the best version of yourself and be proud. Aspire to be better than everyone around you, and you're an arrogant fool, and it's going to end in tears because there will always be someone out there who has better abs or a cuter smile.

Embarking on a gym program/turnaround lifestyle program can present itself as a double-edged sword. On the one hand, we all want to like ourselves more, but we don't want to stick out and come across as vain-glorious gym roaches either. I find a correlation between some of the Instagram stars in their tights and the quality of the words they attach to each post. "Look at my ass today... hit the link to my private page... blah blah." A little bit of vanity is a good thing because it's just a manifestation of wanting to take care of yourself. When you feel good and look good, you exude an energy that improves the world around you and that of the people you care about. It's just how the world works.

Let's talk hormones tomorrrw...