

Metadata: <https://www.youtube.com/watch?v=Weuh2b0SkTc>

Okay, guys, I'm here today with Jordan Syed, huge honor for me, guys, he's one of the best fat loss experts in the world, and he works with a bunch of celebrities, and one of them, for example, is Gary Vaynerchuk, which I'm a huge fan, he's one of the biggest influencers in the world, so we shot an entire program with Jordan all about fat loss, and he's also doing jiu-jitsu for one year, right, Jordan? Yeah, one year, yeah. And he also is in New York City, so he sees John over there all the time, and so we made this amazing program here, and today Jordan is gonna tell us here a little bit about his program, it's very, very cool what he taught, goes beyond like dieting, he talks about motivation as well, and as I said, one of the best fat loss experts in the world, so Jordan, can you explain to everybody a little more? So basically, for me, I've coached thousands of people over the years, and the biggest issue I see in the fitness industry is there's a lot of nonsense, there's a lot of people selling products and supplements and pills and potions and detoxes to try and get you to lose weight quickly, none of that works, and the reality is most people know what they want to do, they know they want to eat healthier, they know they want to exercise, but they're not doing it, even though they know they want to, and they even know what to do, but they're not doing it, and so in this product, what I really break down is number one, how to get motivated and how to actually find the motivation to do the things you know you want to do, but I also outline how to lose fat, the science behind fat loss, explicitly the best foods to eat, the meal frequency you should be eating at, how often to eat, what to eat, what to prioritize, calories, proteins, carbs, fats, I basically outline everything you need to know to understand the science of fat loss and how to lose fat, but not just to lose it quickly, because most people when they lose it very quickly, they end up regaining it all back, I want you to be able to lose fat and maintain it for the rest of your life, any coach, any coach can get you to lose five, ten, fifteen pounds very quickly, but that doesn't mean anything to me, if you can't lose fat and maintain it for the rest of your life, then that's my fault, and in this program I outline how I've helped essentially hundreds and thousands of people not just lose it, but maintain it for years and years to come, and that's what I hope you get from it. Yeah, no, that's awesome, and Ojora, it's stuck in my mind what you said about how motivation works, so actions, results, motivation, action, results, motivation, action, results, and also like what you were just saying, like how your goal is to make the person lose weight long term, because that's very true, because if you lose ten pounds and you get happy about it, you can easily get fifteen pounds back, and things like that, so... Yeah, I think a lot of people, number one is, if they're trying to do something very quick, they try and lose five, ten, fifteen pounds, whether it's through the ketogenic diet, or through a detox, or a juice cleanse, whatever it is, they gain it right back, because they're trying to do it too quickly, and I've always said, if the methods you are using aren't sustainable, the results won't be sustainable. If you're doing something that you can't sustain for the rest of your life, then why would you think that your results will be able to sustain for the rest of your life? And when it comes to motivation, it's very interesting, I'm going to go way in depth in the program on it, but people often have a flawed view of how motivation works, right? A lot of people think they'll just get motivated, they think they're just going to get motivated, like they'll be lying down, people ask me all the time, how do you get motivated, how do you get motivated? You don't just get motivated, the only way to get motivated is to first take action, from that action, then you see results, and then from those results, then you get more motivation, and then you take more action, and that's it, and that's sort of how I outline how to do it, and explicitly give you the steps you need to take in order to lose fat sustainably and enjoyably, without eliminating your favorite foods in a way that you actually find enjoyable. Yeah, well, most of my audience is grapplers, right? And you're also doing Jiu-Jitsu, and for example, most of the people who follow is like over 30, over 40, and I see them, I know exactly how they are, they love Jiu-Jitsu, but they have family, they work, and they do Jiu-Jitsu, and many times they're kind of like out of shape, so what's the tip that you give to them as well? It might be

one tip overall, right, for everybody, but what... I would say, especially if they want to lose fat, if your main goal is fat loss, and you want to lose fat, but maybe you think it's your age, maybe you think it's your gender, maybe you think, whatever it is, it's none of that, what I would love for you to do is take three days and just write down everything you eat, write down all of the foods. I'm not even going to tell you to track your calories, I'm not going to tell you to eliminate something, just write down everything you eat, and what's very interesting about this is, when you write down all of the foods you eat, and you see it staring you in the face, most people, they don't realize, I call them LBTs, Licks, Bites, and Tastes. Maybe you're having a little bit of food off your child's plate for dinner, maybe you're having a little snack here, a handful here, a drink here, whatever it is, write down everything you put in your mouth for 72 hours, and I guarantee you staring back at you will be significantly more food than you thought. I got it. That's amazing. That's really, really good. Thanks so much, Jordan. Cheers, and thank you. And guys, it's going to be on [bjfanatics.com](http://bjfanatics.com) soon, so maybe by the time you're watching it, it's already there, so make sure to check that out. I was sitting over there watching every single second, because since I started, I stopped competing, my weight's going up and up and up, so it was great to have you here, Jordan. Thank you, man. I appreciate it a lot. Please help me out to grow my YouTube channel. Just click subscribe. And to watch more videos, just click under see more videos. I hope you enjoyed.