

FIT TIPS

THE SECRET ELIXIR TO HAVING ABS SHOW

Fit Tips-brought to you from my upcoming short book called CARBS & CALORIES



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How does it feel to hate yourself?

I'm not saying you hate every aspect about yourself or life, but when's the last time you took an honest look at yourself in the mirror. Yes, I'm talking to the man in the mirror, no pun intended.

1. Be honest

My new Podcast is to show you that honesty pays off. That me, a guy fresh out of California State Prison can develop his abs on a ramen noodle diet then so can you. Minus the noodles of course!

2. Trust yourself

Nothing in life operates for long successfully without this basic principle, do not lie to yourself any longer. Today is the day to change. Even if it's too fucking ugly to see the truth for what it is.

3. Mental motivation

No one will get you moving in the direction you want to go but you. And how do you do this, by being sick and tired of looking at yourself in the mirror and pretending

what you see doesn't make you angry. For many years I lied to myself. Procrastinate when it came to that frightening 'D' word [discipline]. But that's one of the keys to motivate you to continue on into the future; that grit gets you through the grind of a 8 mile run. When the sun is beating on your neck and your legs feel like at any moment they are going to give out right from under you. Mental motivation commands one more step towards your goal.

4. Eat smart

Yes, we're going to talk a lot about calories and how they affect the body. Are there called good and bad calories? Well that's to be debated but we will cover that in depth so that you can make better informed decisions as you move forward in your fitness journey. *Food is not the enemy lack of discipline is.*

5. Myth busting

I'm going to spend a good amount of time busting your fears about certain long held diet trends and fitness exercises. Carbs have been given a bad rap for a very long time since I was born and that was 47 years ago. However, did you know that your brain is the greatest carb consumer in the entire body. It converts carbohydrates into glucose and spends the sugary substance in ways that actually helps us to focus and gain energy in other areas of our lives.

My main goal with these podcasts is to help you achieve your fitness goals in an honest way. I've been training people since 2004 when I lived in Plymouth, MA to Los Angeles, CA.

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