

Whether you go to the gym every day, or have only managed to go a few times in the past month, there's no doubt that you would've heard Mike Posner's latest reformed party boy anthem on the Fitness First music network.

Even if you're a firm believer in the trusty workout playlist you've expertly curated on your phone, you've at least heard a song he contributed to; he boasts writing songs for Maroon 5, Justin Bieber, and Labrinth

(who, coincidentally, is his favourite male singer in the world).

And if that doesn't jog your memory, there's no way you missed hearing the single that catapulted him into the spotlight, "Cooler Than Me".

Six years on, he's releasing his second brutally honest single "Be As You Are" from his sophomore album *At Night, Alone* – the album providing poignant insights to the difficulties he faced in the afterglow of his quick rise to fame.

One thing to take away from his new album is the tried and true cliché that he's older, wiser and definitely stronger – putting in effort

happens, and that it matters to them too. For example, the team at Universal Music gave him breaks throughout a long day of interviews to meditate.

Mike says, in one respect, meditating is just a rest, a way of getting a reprieve from the inevitable afternoon slump we all suffer through. His practising of transcendental meditation acts as a way for him to gain perspective.

"When you just kind of step out for a few minutes and come back, you can act more objectively and I think more effectively."

Not only does meditating help him mentally, but exercising also has the same effect. He reflected on the reasons he used to exercise ("for very vain reasons, I wanted to look good") but says now that it's a pretty important part of his life.

"What I've noticed now is that when I exercise I feel happier. I wish I could just be happy without doing it, honestly; that would be more powerful. When I go to exercise my body my mind, it feels better after; they're connected."

Although he keeps his body in good shape by eating well throughout the week, Saturday is his cheat day. Although, his favourite cheat meal may be a little underwhelming for some: bananas with peanut butter.

"I typically don't eat fruit during the week, or dairy, so on a cheat day I love a banana with peanut butter. I'm like, yes!"

Although he declares in one of his songs, "I'm just a singer who already blew his shot", it seems that with his sophomore album and positive, healthy outlook, he's got a pretty solid second shot.

EXERCISE MAKES ME HAPPIER

Mike Posner is king of the music scene right now. KATE EVANS got to chat with him on music, meditation and mindset.

to prioritise exercise and meditation.

To be honest, he kind of has to. He's opening for Demi Lovato and Nick Jonas' Future Now tour, and on stage for 40 minutes at a time. It's important for him to stay in shape – exercise and meditation helps him to bring energy to the stage, to combat jet lag and to stay grounded, but for Mike, it's more than that.

"What I've learnt in my short 28 years of life is it's better to do 10 things excellent than 15 things mediocre," he explained to *FFmag*. "So for me to be excellent I have to sleep and I have to meditate and I have to exercise; it's non-negotiable."

He credits his ability to be able to find the time to be excellent to his team. When he says something matters to him, they make sure it

Head to ffmag.com to see Kate's full video interview with Mike Posner. 