

Model Markdabeast1 Encourages Men And Women To Live Their Best Lives



Brampton, May 19, 2019 ([Issuewire.com](http://www.Issuewire.com)) - In recent years, the 25-year-old model and athlete have been leaving a mark in the fitness industry, encouraging every man and woman out there to be all that they can be.

Mark White also known as **Markdabeast1** was Born on February 26, 1994 , in his hometown

Sacramento, California he Is A Model, Fitness Trainer, and Athlete Who Is Best Known For His amazing training motivation and amazing risqué photos of his toned physique. **Mark White** recently answered some questions about living healthy with all its challenges that come with it.

Living your best life. You probably heard the phrase before — folks encouraging themselves and others to be the best versions they can be.

But it's easier said than done.

Markdabeast1 a Sacramento model and athlete who at his heaviest weighed more than 250 pounds, is the living embodiment of living his best life — or at least his version of it.

"I'm going to be 30 in five years," **Mark** said. "I'm just trying to keep up with everybody else."

At 160 pounds, mark said he didn't want to be skinny anymore. "I just said, 'All right, I need to get my body back.' But it was more than just my body — I needed to get me back."

That's when Mark said he found his outlet in the gym. He said it's the only place where he had complete control over his stressful life as a poor athlete.

You gotta find time to sleep, work and so on," Mark explained. "And then your grandma gets sick — so the gym and how I take care of myself and what I eat and all of that — was all in my control."

Mark soon became a full fledged athlete. "[I] saw a guy in the gym with huge arms, and I was like "I want my arms to look like that."

He didn't let anything get in the way of living what he felt was his best and healthiest life. He put in the work and stayed consistent spreading fitness motivation and landing a career as a personal trainer .

But he said it all starts within yourself. "The universe and God really just follow through. But first you got to believe in yourself."

Mark is a personal trainer who partners with 24 Hour Fitness. He's also a social media influencer, encouraging thousands of people, not only here in Sacramento but all around the world, to live their version of their best life.

Despite A Series Of Well-Documented Personal Struggles, Professional Obstacles And Life Challenges, **Markdabeast1** Has Persevered, And The Ascent Of Markdabeast1 Status As One Of Today's Most Fashion And Fitness Influencers Shows No Sign Of Slowing As He Continues To Work With A Number Of Established And Emerging Fitness Industrialist And Fashion Labels. **Markdabeast1** Maintains A Rapidly-Growing Fanbase And Cumulative Social Media Presence Of More Than 57 Thousand Followers Across All Major Platforms. His Unique Style, Authentic Ability To Genuinely Connect With His Fans Whether Online Or Offline Has Captured The Attention Of Media, Brands, And Creatives Alike.

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