

OZEMPIC: Jared Leto (51 Years Old) This Is Why I Don't Age | Actual Diet and Workout

Youtube I am Jared Leto Apparently the internet thinks that I'm ageless or that I've sold my soul to the devil Jared Lido is a man who seems to have discovered the fountain of youth He is 51 years young But if you've seen his pictures recently you'd think we've turned back time at the age of 51 He still looks astonishingly youthful as if he is in his mid twenties Now how does he manage that Behind Lido's timeless appearance is a significant amount of work immense self discipline and a profound commitment to his lifestyle We're about to unveil the secrets behind this modern day Dorian Gray's age defying look So stay tuned and let's dive right into it Let's peel back the layers starting with his lifestyle If you're thinking it's about fancy creams or some ultra expensive rejuvenation procedures think again the first and perhaps most crucial aspect of Lido's lifestyle is his commitment to a clean living He has completely cut out alcohol and cigarettes from his life Yes You heard that right This Hollywood heartthrob hasn't touched alcohol or nicotine for over two decades You might find it hard to believe considering his iconic portrayal of a drug addict in the cult classic movie Requiem for a dream However in his real life Lido has chosen a path that's starkly different In his own words Lita recalls the turning point saying I still have my vices but alcohol is not included in them At some point I asked myself is this the way that will lead me to the fulfillment of my desires Is this what I want for myself That's when I made my choice Jared's commitment to sobriety didn't happen overnight His journey included his younger years filled with wild explorations and experiences even selling various illegal substances during his school and student years However somewhere along the line he realized that these habits were not serving his ambitions and aspirations And so he decided to make a change And as we can all see this choice has evidently paid off tremendously Not only has his decision to abstain from alcohol and cigarettes contributed to his youthful looks but it's also a testament to his mental strength and determination So if you're looking to follow Lido's path remember it begins with saying no to the toxins that can hold you back Having examined Jared Lido's clean living approach It's time to delve deeper into another critical aspect of his lifestyle The importance of sleep and meditation You might be wondering how does someone with a jam packed schedule like Lido's find the time for rest and relaxation The answer is

simple He makes the time for Lito quality sleep and meditation are not optional extras but essentials with an intense workload that includes acting in movies making music with his band 30 seconds to Mars and handling all the other obligations that come with a star studded life Lito is no stranger to the stresses and strains of a hectic schedule However instead of surrendering to the chaos he prioritizes his mental and physical health by ensuring he gets enough sleep and practicing meditation He says quality sleep is key to good health and good appearance And when sleep is impossible due to his tight schedule he turns to meditation as a way to calm down and clear his mind of negative thoughts But Lido's meditation isn't confined to a quiet room He often takes his practice outdoors sometimes going to extreme lengths Like when he isolated himself in the desert for two weeks to meditate and disconnect from the world This retreat took place just before the start of the Coronavirus pandemic in 2020 showcasing his commitment to mindfulness and solitude for rejuvenation Well mine's pretty simple I mean I like to be in the outdoors I like to be in nature Um which is great because for me when I'm in nature I never really feel like I'm uh exercising or trying to stay fit I'm really um just doing something that I love We've talked about the importance of clean living and mental tranquility But there's another key factor in Lido's age defying recipe which is physical activity Yes Jared Lito is not just about acting and singing He's also an avid sports enthusiast who loves to stay active and fit while many of us struggle to make it to the gym a few times a week Lito prefers a more holistic approach to fitness making exercise an integral part of his life rather than a chore He has a deep love for outdoor physical activities believing that connecting with nature enhances his workouts and gives him a unique sense of tranquility He's an avid cyclist often seen peddling through the streets of LA or along a secluded mountain trail and it's not just cycling He also enjoys weight training pushing himself to his physical limits to maintain his chiseled physique but his passion for sports doesn't stop There has been seen participating in triathlons showcasing his endurance and determination Furthermore Lito is a huge fan of rock climbing He has often been seen scaling the towering rock formations of Yosemite National Park A testament to his impressive strength and agility but it's not just about strength and endurance He also practices yoga regularly which contributes to his flexibility and maintains his inner calm Now remember the isolation retreat in the desert we mentioned earlier this wasn't just about meditation It was also a testament to his love for nature and the outdoors He retreated into the wilderness away from technology and the

hustle and bustle of life to connect with the natural world strengthening his body and mind in the process Funny because I've been doing it 22 years I think it's working pretty good Let's now delve into his diet and nutrition The Oscar winning actor has been following a predominantly vegan diet for over 20 years abstaining from meat dairy products and even commonly used ingredients like salt sugar and other spices His preferred food choices include fresh vegetables fruits and nuts Now you might be wondering what a typical day on Jared's plate looks like he starts his day with a glass of water with lemon A common habit amongst many health enthusiasts for its detoxifying effects for breakfast He usually has pineapple juice with ginger and mint A combination rich in vitamins and antioxidants Lunchtime calls for a nutritious salad of tomatoes and asparagus complimented by celery and spinach in the afternoon Jared opts for a refreshing mix of celery cucumber and apple puree washing it down with some invigorating grapefruit juice And when dinner rolls around it's a beaten apple smoothie with greens adding a generous portion of four teaspoons of honey However Lido is not strict about his vegetarian diet In his words I'm pretty healthy and I've been that way for a long time 20 solid years of eating vegan and taking care of myself But I'm actually a gan a cheating vegan He believes in occasional leniency and indulgences stating if someone's mom made a cookie and handed it to me I'd probably take a bite or if I'm in Alaska and there is wild salmon out of the river I'd probably eat it Now after discussing Jared Lido's physical health and nutrition let's delve into another significant factor contributing to his longevity and vitality his inner freedom and love for work for Lido age defying isn't merely about physical health and appearance It's also about mental and emotional well being which he derives from the liberty and joy His work provides him Lido the actor musician and dreamer believes in the power of passion and the pursuit of dreams Despite his tight schedule he sees the opportunity to oscillate between his acting and music careers as a form of freedom For him this flexibility is not a burden but a joy It keeps him engaged fulfilled and gives him the energy to keep pursuing what he loves Yet his definition of freedom extends beyond his professional life Lido often speaks about inner freedom the freedom to dream big and to follow those dreams with determination and hard work His personal mantra echoes this Do not ever ask for permission to follow your dreams follow them no matter what it's important We have one life here and you are the author of your story This sentiment underscores the driving force behind his age defying lifestyle It's not just about maintaining a youthful appearance but

about living a life full of passion purpose and freedom His commitment to his dreams has led him to live a life that defies the constraints of time reflecting in his seemingly ageless appearance in essence Jared Lido's age defying secrets lie in his balanced approach to physical health mental wellness nutritional consciousness and above all a burning passion for his dreams He's a testament to the fact that with the right attitude discipline and dedication one can defy age and live a vibrant life at any stage Wow We've just taken an incredible journey through the age defying lifestyle of Jared Lito A man who seemingly defies time itself from his clean living dedication to physical fitness mindful eating habits and his passion for his dreams It's clear that his youthful appearance is not just about good genetics but also about a well rounded lifestyle Now it's over to you What are your thoughts about Jared Lito and his lifestyle Are you inspired to incorporate some of his habits into your daily routine Maybe you're considering trying his vegan diet or his exercise regimen or perhaps his philosophy on chasing dreams resonated with you whatever it is we'd love to hear your thoughts and experiences Remember age is just a number It's how we live our lives how we take care of ourselves and how we pursue our passions that truly define us So if there's anything to take away from Jared Lido's lifestyle it's this live passionately care for your health and never stop chasing your dreams Thank you So much for joining us on this journey We hope this video has inspired you If you liked it please subscribe to the Fountain of Youth to gain direct access to the Fountain of Youth And lastly make sure you watch the video we made on Chetan the 56 year old Singaporean model who looks like 25 He will even put Jared Lio to shame