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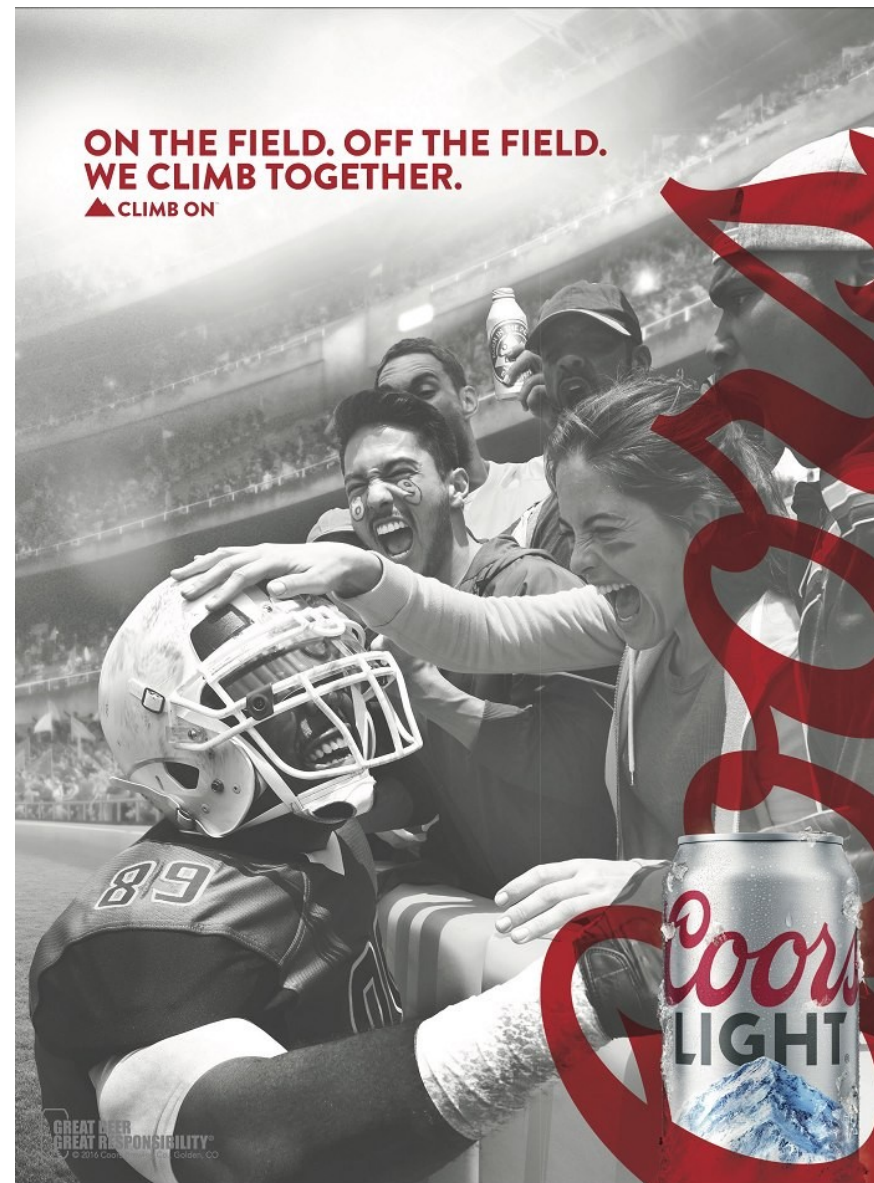
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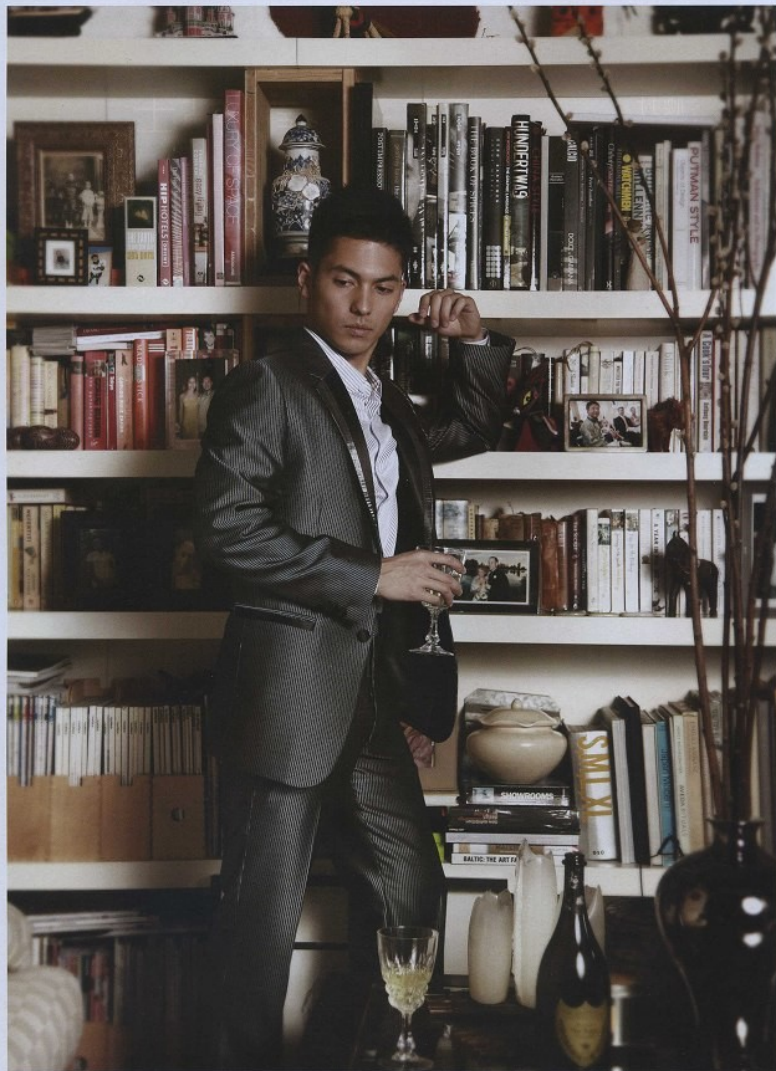
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Dragoon Francois Tailor Formal Suit with shirt and pant.

314 | Wedding Message



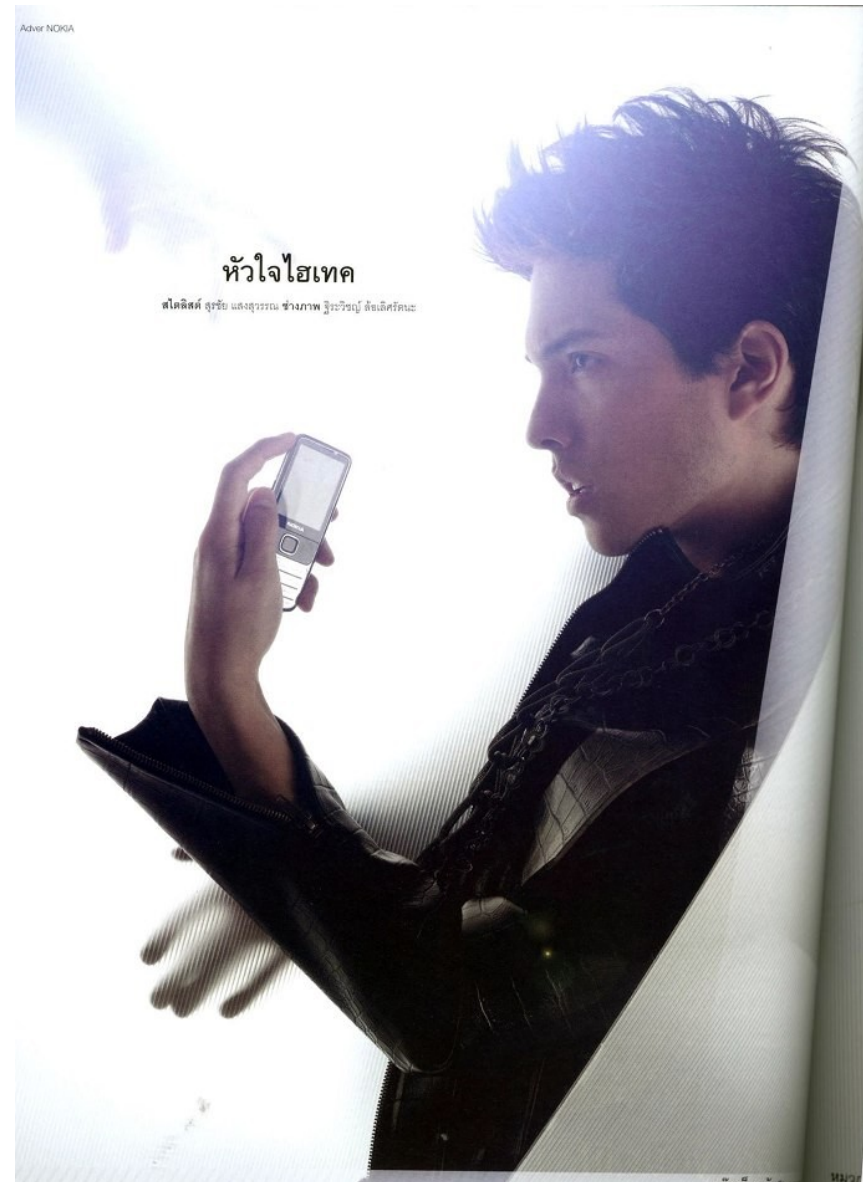
VA Fashion Wedding formal clothes.



PIAGET Poloque XXL 18K white gold watch.

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Follow Kai Braden (@kaibraden) on Instagram to see more of his acting, modelling and fitness adventures!

Photographer: Matt Roy (@matt_roy)
Model: Kai Braden (@kaibraden)
Hair: Lisa Torres (@queencutsnroses)
Agency: MSA Models NY (@msamodels)
 Shorts by Lululemon (@lululemon)
 Black shirt by Lululemon (@lululemon)
 Blue shirt by ROKA (@rokasports)
 White shirt by Rhone (@rhoneapparel)
 Socks by Move Fast Lift Heavy (@movefastliftheavy)

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Cover Story



arts. I was also fascinated by Mighty Morphin' Power Rangers as a child. For those three reasons, my interest sparked. What keeps me motivated now, is the value I have in my health and the health of those around me. Without health, life isn't as enjoyable.

Exercising has become more innovative and creative. How has it changed, and what is the latest trend now?

Group fitness classes that vary in programming tend to be trending. Bootcamp-style regimes that involve body weight, free weights, and technique/skill within an hour time domain seem to prove popular and successful.

You have a great body. Do share with us your training tips.

Thank you! But that ideal is all relative, really. There is always room for improvement. My training mostly involves CrossFit, but I throw in some Yoga and Martial Arts as well. I am also an advocate of learning new sports and gaining new skills in any and all fitness realms.

My tips are to find a form of fitness that is fun for you. Also, having friends who encourage you to train with them oftentimes leads to a more active lifestyle. And finally, make sure to challenge yourself by increasing the difficulty of your training, learning new athletic skills, and varying the time domain from aerobic to anaerobic.

As for diet, caffeine intake but no food during exercise results in weight-loss. But don't forget to eat your protein and carbs afterwards to make those gains, baby!

Is there any diet plan you follow?

Yes, I fast intermittently and strictly limit my dairy and alcohol intake.

Who are your fitness idols?

My athletes are my fitness idols. I have the pleasure of teaching people who trust me to guide them

in becoming stronger, faster, and healthier. When I see them give everything they've got and get excited to learn new things, it gives me purpose. I hope to live a life of service in helping others.

My current athletes include the awesome communities at Brooklyn CrossFit, Bowery CrossFit, Zac Efron (for Baywatch and for The Greatest Showman), and DJ Vice (for Nike trail runs).

We notice that you're a supporter of #polishedman, a movement to end violence against children. Why is it that you've chosen to support this cause?

What a child experiences in the development years has a great impact for the rest of his or her life. Polished Man is a non-profit organisation that I support because as a man, I want to actively say no to violence against children, often caused by men themselves.

In fact, my love and belief in children led me to found a tax-exempt Christian non-profit organisation called, "AMEN Missionary." When I was on a modelling contract in Bangkok, Thailand, I became connected with a church that was active in missionary work along the border of Thailand and Burma. I spent enough time in the village of Mae Sot to become friends with a handful of kids and their families. My friends, family, and even my professors at Pepperdine University all helped me to lead projects where we built schools, taught English, Thai, and Math, and provided lunch for up to 80 families at a time.

What are you plans for 2017?

I am at the stage of my life where I realise that health and relationships matter most, to me. My plans for 2017 are to strive to be even healthier, welcome strangers with open arms, and embrace adventure wherever my travelling takes me.

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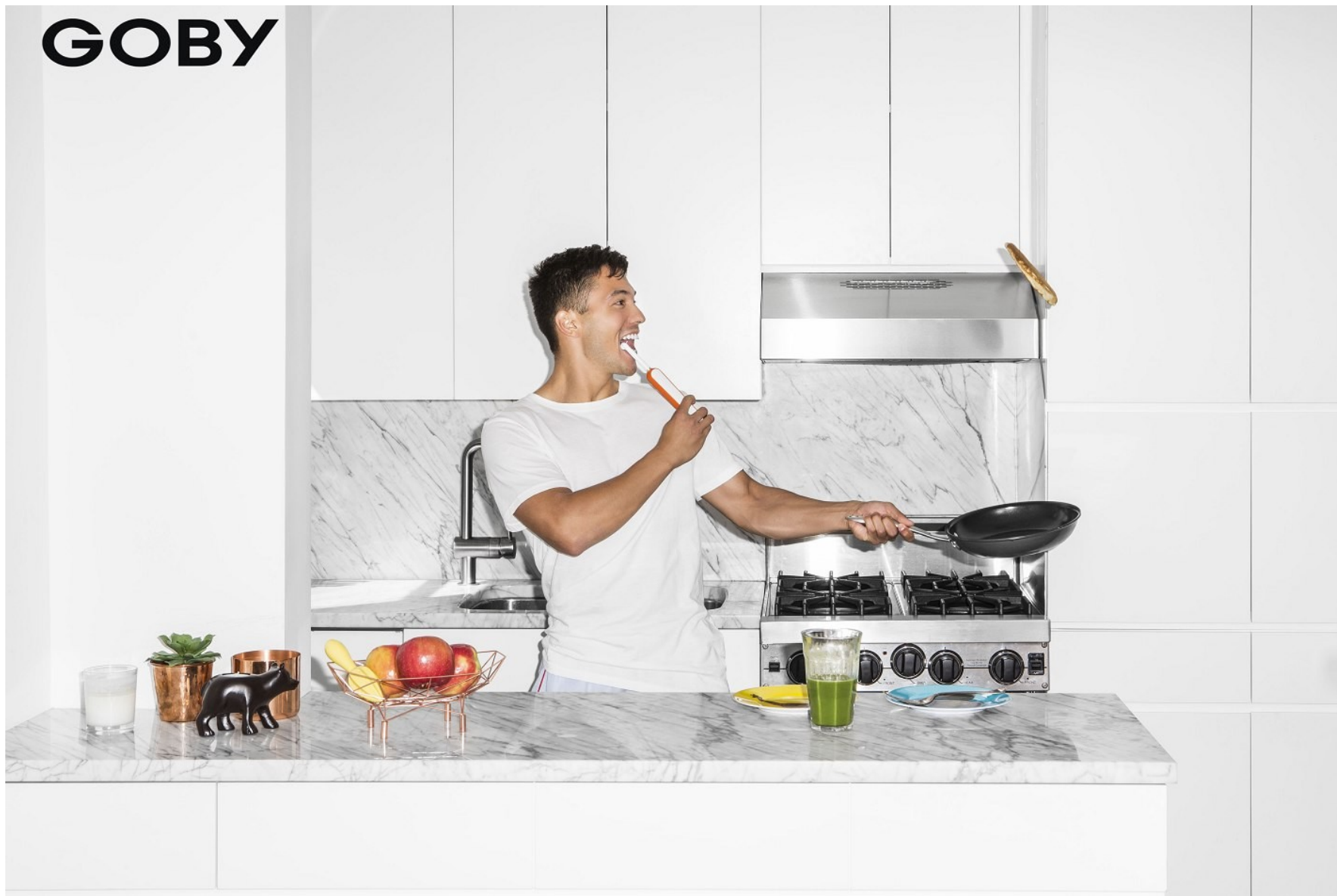
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GOBY



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