

WAIT, 7 REASONS YOU MAY NOT BE LOSING WEIGHT

Inside

Out

Weight Loss Program

!!!Please Read!!!

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Weight Loss Program

Could You Be....

Eating the Wrong Foods

You might not be fueling your body right by eating out, eating processed foods, eating fast foods, the wrong foods, or by not doing your own cooking. Start keeping a food diary to become more aware of what you are eating.

Could You Be...

Eating too Much

I know what I'm eating. I've changed what I'm eating, and I still am not losing weight. It might be time to spend a week or two measuring out your portions and serving sizes, and of course putting it in your food diary. This is the only way to make sure that the calories you are taking in are less than the calories you are burning out.

Could You Be...

Doing too much Cardio

Cardio while important for heart health does not significantly improve the amount of lean tissue necessary for boosting your metabolism and burning fat.

Could it Be...

You're Not Lifting Weights (Resistance Training)

Strength training is essential for FAT LOSS and helps to build lean tissue. The more muscle your body has the more FAT your body will burn at rest.

Could it Be...

You Need to turn up the Intensity

Increasing the intensity of your workout and not the time could be a more effective way for your body to efficiently build muscle and burn fat. Intense workouts that target more muscle groups might get you the FASTEST results.

Could it Be...

Not Getting Enough Rest

Take days off to rest and let muscles heal. Your rest days are good days for walking, bike riding, and swimming. Restful sleep is paramount.

Could it Be...

Stress

Finding healthy ways to deal with stress can be imperative to weight loss.

OUR WELLNESS PROGRAM WANTS TO HELP YOU