

5 Reasons Why You May Not Be Losing Fat

Reason #1 You're Not Staying Consistent/Following too many different plans

Ahhh, this is probably the most common downfall right here. Clients always ask me what the best diet is. I always smile and say Its the one that you can stick to for life. Now. I am a full blown advocate for trying things out to see if it works for you! There is nothing wrong with that at all. I think this is in fact, a great way to learn more about your body. With that said, trying new ways of eating shouldn't be happening every week. Paleo this week, intermittent fasting the next, vegan after that. No way, Jose. THAT right there is where your body will never see changes. I suggest a minimum of 6 weeks with one diet before hopping onto something else. You don't need any detox juices or teas. You just need consistency

Reason #2 You're Not Tracking Your Food/Measuring Correctly

No matter how you cut it, to lose fat there NEEDS to be a calorie deficit in place.

Eat more calories than maintenance: Gain weight

Eat less calories than maintenance: lose weight

Eat enough to sustain: Maintain weight

Simple.

Finding how much YOUR body should be taking in is key in seeing progress. How would you know how much food your body should be taking in by guessing? Chances are this just wont work if you are seriously looking for fat/weight loss specific results.

Logging food can also force yourself to develop a sense of intuitive or mindful eating. It allows you to play around with the macros in a given day and do it in a way that works for you. You don't NEED to eat 5-6 small meals a day if that doesn't work for you. Who says that is the end all and be all? You can eat 2-3 meals a day! Whatever works for you here, goes. When you get used to logging your food and seeing the portions in front of you, you are more likely to look at food and automatically know just about how much protein/carbs are in it. I don't want you to be measuring and counting macros your whole life, so doing it short term with the goal of fat loss can force you to think about food in terms of quantity and portions.

Logging food can also be a huge eye opening experience when you actually track the calories that are on your plate when you go out to dinner or even just have a home cooked meal. The calories can rack up without you ever having known so tracking gives you a sense of just how much you should be eating for your body. You may be shocked at just how much that extra slather of almond butter on your rice cake or 'small' sprinkle of cheese on your chicken can add up!

Logging food plays right into this! It takes work, practice and patience. I suggest scanning common food labels that you eat into apps like [MyFitnessPal](#) so then they are in there and you can tap and track!

Ask me to help you set up your macros as well!

Reason #3 You're Not Lifting Enough

Many people have the misconception that they want to lose weight so they hit the treadmill for their long runs or join in on 3 spin classes a week to crank up their calorie burn. These forms of exercise are great, but the only mode not when it comes to fat loss.



Bottom line. If you want to rev up your metabolism and fat burning, you **MUST** elicit a response within your body to create a new stimulus. The more muscle you have on your body, the more efficient it will be at fat burning and to do this, you need to lift heavy. Heavy for you.

If fat loss is your goal, you must create a demand for change in your body using resistance where you feel challenged. It doesn't matter what body type you have, you must challenge your body to produce progressive overload, which is just the gradual increase of stress placed upon the body during strength training. In essence this concept allows your body to do more over time; whether that's add sets or reps, volume, intensity or frequency.

And NO, women, this will not cause you to get 'bulky' as if this is still a myth! It will create sexy, feminine lines and a more efficient, fat burning machine of a body.

Reason #4 You're Eat TOO Many Processed Foods.

The quality of the calories you are ingesting **DOES** matter. I am not suggesting that you get rid of it completely, not in the least! I am suggesting that when you are aiming for a goal of fat loss, keep the processed foods to a minimum. 80% of your diet should consist of real, whole, unprocessed foods.

The more you have these unprocessed foods in your diet, the more you will crave them. AGAIN, I am not suggesting that you get rid of them all together, but maybe set out for a day or two where you can enjoy certain processed foods and then keep most of the day as unprocessed as you can

Reason #5 You're not Sleeping Enough

Who doesn't love sleep? This item on the list is probably the most overlooked but one of the most important factors. Stress is bad for our health. We know this.

We also know that the body functions best when well rested. Think about the last time you had a horrible night's sleep. Chances are you were unproductive at work, irritable, edgy, forgetful, mindlessly snacking all day and forget that quality workout you had planned.

When the body doesn't get enough sleep it can experience stress which will thus force you to store more fat. When we are tired, we also have a tendency to grab food that may not be the healthiest so you could be taking in extra calories without even knowing it! In addition, sleep deprivation makes us way hungrier than being well rested so you are more likely to stick to your solid nutrition than mindlessly eat! Getting adequate sleep also helps to stay focused and on task during the day so you will be more productive and energized for your workday and workout! Adequate sleep equates to adequate cortisol levels which keep the body in a happy place, physically. Too little sleep and cortisol rises meaning fat loss becomes way harder.

