"The 5 Common Fitness and Nutrition Mistakes That Are Stopping You From Losing Weight"

How to get maximum weight loss and fitness results in minimum time
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1. Not Enough Balanced Meals With Enough Protein

The chances are, your meals are too infrequent, and not consistently balanced. Aim for a balance of lean protein, starchy carbs, salad vegetables and healthy fats at most meals.

You probably don't feel like salad vegetables for breakfast! However when most people describe their breakfast as one example, there are simple ways to make it more balanced.

Fruit could only be enhanced by adding some nuts and/or yoghurt. Toast would be better with eggs or peanut butter than by itself or with jam for example.

Eat balanced meals in a size that your energy needs demand and every 3-4 hours to maintain a steady supply of energy and nutrients.

Keeping up regular servings of protein throughout the day will help to maintain and promote healthy lean muscle tissue. This is especially important as people get older and are more at risk of losing muscle tissue and eating fewer calories.

Did you know that dieting actually causes your body to lose weight more slowly?

It's true, your body is wired for survival, so if you try and starve it from the essential nutrients, minerals and all that comes from eating food... Well it's not going to be too happy...

So everything you do eat while dieting is locked in and stored away with even more stubbornness than normal because your body thinks there's some sort of food shortage going on, so it tries to stock up and make the most of what little scraps are available. And remember, your body has been using this little survival technique for two million years now, so there's no use in fighting it. Diet and the food you eat burns off slower, it makes sense right?

But that's not the worst of it; not only is dieting counter-productive, it can also cause:

- Thinning of the hair
- Pale Complexion
- Dry skin and chapped lips
- Tooth decay
- Hair growth on the body
- Constipation
- Weakened immune system
- Headaches

(And more!)
1. Continued...

Restrictive dieting is just downright dangerous!

And then there's grumpiness, tiredness and a sluggish brain to deal with too!
It's simply not worth it (nor is it practical to walk around like a zombie every day!)
The only exception where I would recommend dieting is if you were severely overeating: but it's rare for me to need to do that. You see, surprisingly those little nuisance body lumps and bumps you want to get rid of are normally caused by the complete opposite of overeating...

That's right, if you want to really lose weight - you probably need to eat MORE!
Just as our bodies cling onto food when it's scarce; when food is in abundance our bodies don't feel the need to stock-up for the "famine" ahead, so let food, fats and other fuels move through our system almost as easily as they came in.

Of course what you eat is very important, but I'm sure you've heard it all before and are smart enough to know what's good and bad for you so I won't go over all that here as I want to keep these tips quick, easy and instantly usable for fast results.

Eating more is one possibility, chances are you also need to be eating more often... So exactly how often should you eat then?

1. Breakfast (an essential meal, you should never, ever skip breakfast)
2. Snack (Piece of fruit, oatcake, yoghurt, healthy shake, bar, etc.)
3. Lunch (Another essential, serving of protein with an easy dressing on salad)
4. Snack (Piece of fruit, ricecake, yoghurt, healthy shake, bar, etc.)
5. Dinner (Again essential, you can "pig out" - on healthy foods - at dinner time)

Not a bad deal right? You get to stave off hunger with snacks, keep energy high throughout the day, and tell your body - "hey, look at all the food I am giving you on a regular basis! And there's tonnes more where that came from too, so you don't have to store excess "survival fat".

Believe it or not, your body will heed your call and hold-up on fat stockpiling, which will allow you to drop pounds faster. Again, this only works if you're eating healthy food, and the right amount of it. I'm sure you'll know if you are... or not.
2. Not Enough Resistance Training

Resistance training or strength training can be done with a variety of tools, or simple bodyweight exercises. But you probably avoid doing anything too heavy or challenging for fear of growing massive overnight, right?

There are a few more ridiculous and misguided beliefs out there, than those that persist about strength training. And this can be true of the guys doing everything they can to get bigger and the women doing everything they can not to!

The main problem in my experience though is in women's beliefs in strength training, if they desire to get fitter, leaner and more 'toned' that is.

Being strong is simply part of a balanced approach to being fit and healthy.

Muscle mass is healthy, fat burning tissue, that is also protective against certain diseases and age related illnesses.

High levels of muscle mass can burn up to 200 calories or more every hour - at rest. That is to say you could burn up to 200 calories per hour doing nothing... that's burning a whopping 4,800 calories a day!

The reason for this is because muscle is a very big energy consumer.

Now the number of calories you burn at rest right now (known as your basal metabolic rate, BMR) will probably be somewhere around 60 calories per hour (about 1,500 per day)... however with a little muscle it's quite easy to get that up to 80, maybe even 90, and if you do the sums...

That means your body could burn an extra 400-700 calories per day, at rest! That's up to 4,900 extra calories you could be burning every week sleeping, watching TV, etc!

It's actually a lot of hard work to put on much muscle mass, and anything significant requires a specific and targeted approach to training and nutrition. This is not something that happens by accident!!

So unless you suddenly dedicate your entire training, nutrition and daily focus towards strength and muscle building, you are in absolutely no danger of becoming too big! Women would still struggle to put on size even with such a focus due to having less anabolic hormones in their bodies than men.

The bottom line is, include some good strength training in your programme.

You'll look, feel and perform better than before! You'll get toned without doing weak ineffective 'toning' exercises - don't buy into that rubbish! Be positive and reclaim your right to be strong along with all the other fitness attributes you desire.
3. Not Enough Sleep and Too Much Stress

Not getting enough sleep messes with your hormones, recovery and even body composition! That's right, not getting enough sleep will make you fatter.

Do what you need to do to get at least a good 8 hours sleep and you'll function more efficiently for it anyway.

Try to establish a routine around bedtime to ensure a good amount of quality sleep. To optimise the effects of sleep try to eliminate any sources of light.

Can you allow yourself at least 8 hours of sleep? Or are you coming up with excuses for why you can't do it? Yes, it goes against our fast paced 24hr culture, but sometimes you need to step back and reclaim your body and your life.

Listen, we know you know all about how eating right, getting good exercise and sleeping well is great for your physical and mental health; the fact is, reading this right now tells me that although you may have heard it all before, you aren't doing anything near enough...

And that MUST change if you're serious about achieving your health and fitness goals.

A good night's sleep also reduces stress, improves memory, increases alertness and reduces your risk of depression.

As for the physical effects, inefficient sleep can affect your ability to repair tissue from the likes of UV damage; and we all know that UV ages skin. Get enough sleep and you'll stay wrinkle free for longer, not enough and you'll start looking older than you really are!

Studies have also shown that people who get less than 7 hours sleep per day are more likely to be overweight or obese too... So more sleep means less weight gain.

We recommend you make 8 hours sleep per day the target, that's a full 16 hours you have left for everything else. Now you may think that's not enough, but when you consider that you are more productive when well rested, 8 hours sleep and then being able to work effectively the next day is more beneficial than getting 5 hours of sleep and then trying to do work, chores and what not late into the night when your brain has shut down and your concentration is low.

And consider this, sleeping is the easiest way I know for achieving such amazing health benefits! I'm sure you wouldn't mind a few more hours in bed, right?

Too much stress is also an enemy of fat loss. Being stressed leads to higher levels of cortisol and this puts your body in a state of muscle tissue breakdown and fat storage.

Avoid stressful situations when possible. Does this sound stupid?

Yet how many people voluntarily enter situations they know will be stressful (or plan - yes plan to be stressful), every single day?

More practical than having to avoid stressful situations is finding better ways of dealing with those that you do end up facing. Everyone will have solutions they find personally easier to get on with. Some kind of meditation or other activity that allows you to clear your mind and focus on the present is usually a big help.

Remember, you have a choice for where you are, and for how you are acting. The more you can feel that you are at that point of choice, the more you can do something about it.
4. Not Enough Interval Training

Interval training done at a higher intensity is a key ingredient so successful fitness and fat loss. To truly lift your fitness levels and turn your body fat into a fat burning machine, build up to including repeated high rates of work followed by rest up to 3 times per week.

You may need to take some time to build up some basic fitness before getting into interval training. Once you have done that you should still start at a lighter level before really working it.

Use easy movements that can be pushed hard - running, cycling, rowing, boxing, skipping etc are good choices. Bodyweight exercises (squats, press ups etc) can also be very effectively trained in this manner. Train at a level that forces you to recover, rather than being able to carry on. You should get momentarily out of breath and achieve a high heart rate.

Intervals of work could be generally from 10 seconds to a couple of minutes depending on your focus. Rest in between the work could also vary from 10 seconds to several minutes. Keeping the work to 30 seconds or under allows for a higher intensity level which is what we are after most of the time.

Interval training is definitely a choice that does fit in with people's busier lifestyles. You do not need very long at all to get a large amount of work done. It’s time efficient and scientifically proven to be very effective. With that said, it is very hard work, but what can you expect!
5. Not Having A Measured, Consistent and Accountable Approach

The best results happen when you know where you are and where you want to get to. You can then measure your progress along the way. This in itself can be very motivating, or provide a needed reality check. Have a measure of what you are actually doing - your performance - as well as the results you are achieving.

Give yourself the time to make changes rather than worrying about day-to-day fluctuations that are meaningless.

Consistency in your efforts is the key to long term sustainable improvements and results. Far too many people think they have a solid training approach or programme, yet in reality they are hit and miss or all or nothing with their efforts. They then wonder why what they are doing is not working!

When it goes for honestly measuring your progress, setting targets, and being consistent, who are you accountable to? Some people are quite good at managing their own efforts, and some people have training partners or teams that hold them accountable.

TALK TO US ..... 

if you have any questions or concerns about your health, we're just an email or phone call away. We're here and happy to help.

If you have a question about fitness, weight loss, health trends, or a supplement/nutritional product you would like checked out, email or call with your question and we'll do our best to address it in an upcoming issue (or with you personally).

0203 621 3058

/ashleygreenfitness

office@agpersonalfitness.co.uk