



Top 5 Weight Loss No – No's

Number 1

Not taking time to plan meals and snacks!

As a long term weight loss plan it is important to maintain, a planned out nutrition programme where you know what you are eating and what type of foods. People who want to lose weight but have no plan of what they are eating, when they are eating and are more than happy to pop to the shop to have a low energy, high calorie sandwich and crisps will struggle a lot more than someone who has a constant supply of energy from eating GI good foods, low in calories and eating foods that suit their life style!

Number 2

Maintaining your exercise and exercise plateau

Goals, Goals, Goals! Setting new goals and sticking to them, all ways training with variation and training partners will ensure you maintain exercising and keep yourself on the straight and narrow!

Eg, Monday – Train with buddy. Tuesday – Rest. Wednesday – Train with PT. Thursday – Rest. Friday – Train with buddy. Saturday – Group Exercise

4 Days on, 3 days recovery! 4 Quality sessions + 3 days of Rest = Results



Number 3

Getting over hungry

This is the toughest of the 5, when you are stuck at work or you are pushed for time, it is easy to start getting over hungry so when you are free to eat next, you will want to over indulge. This is when you need to make the right choices. Instead of refined starches going for protein fixes such as a chicken breast or tuna, will keep you fuller for longer!

Number 4

Carbohydrates after 5pm

Although there is no proper proof of no carbohydrates after 5pm, is a great mind set to get, to start incorporating more protein in the diet and relying on bad/ low energy carbohydrates to fill you up. Instead looking at bringing in more types of vegetables to aid your protein.

Number 5

Skipping Breakfast

Skipping breakfast is the perfect way to set you up for a mid morning crash in which you go for the high in sugar snacks or drinks. Instead replace it with a bowl of porridge for slow release energy, fruit and low fat yoghurt or scrambled egg and wholemeal bread.

Good luck!