

Top 10 Reasons Why You Can't Lose Weight

1. You train once a week at a gym or with a personal trainer. You work in an office job, sit on your butt all day and then go home to sit on your butt. On the weekend you may go for a walk. A walk isn't going to get any weight off. Nor is one session per week.
2. You've got an injury. You have a sore neck, shoulder, whatever it is. You think that's a reason not to exercise. You have legs don't you? Stop using an injury as an excuse, work around it.
3. You're tired. You are tired, I am tired, everyone is tired, suck it up and get on with it. Dig deep within and learn to push yourself.
4. When you do exercise, you're working out aimlessly. Reading a magazine while sitting on a bike, holding on the handles on a treadmill while eyes glued to the tv, punching the pads while checking out the guys in the room next door. You have no focus. Give your workout 100% of your attention. Have a plan and go hard. If not, save the gym membership and go wonder around the park.
5. You do yoga or pilates. They have lots of benefits but you are not going to lose weight.
6. You don't like to exercise. We all don't like something. That's life. Some people don't like cleaning the house, some people don't like having a shower, and some people don't like going to work. You have to do things you don't like sometimes. Again, just get on with it and do it.
7. You're stressed. You have one family drama after the other, this week it's your over bearing mum, next week your dad is sick, next month your almost breaking up with your boyfriend. Deal with it, stop complaining and get in some exercise.
8. You train and then go to the coffee shop for a muffin, or banana bread, or a chocolate milkshake. You've just consumed more calories than you burned. See the problem?
9. You buy yourself a juice from a popular juice bar. Again, full of calories, you are drinking a meals worth of calories in the drink and probably more. Fruit is calories. Fruit juice is even more calories.
10. You order a caesar salad. The dressing is fat, the bacon bits are fat, and the croutons are fat. You are not being healthy. You may as well order a big mac.
11. Bonus reason. Your busy, you have long work hours. Worst excuse! You're busy but you still have time to watch TV and you still have time to check facebook? Get up an hour earlier or go to bed an hour later. Problem solved.