

Top 7 Weight Loss Mistakes

Seven Mistakes People Make When Trying to Lose Fat

1. They fail to consider the consequences of their actions. Alwyn Cosgrove (one of the top trainers in the business) once told me, "I get my clients to think, "Will this help me or not? Is this a positive step or not?" If you can see that every action that you take is either helping you lose fat or stopping you from losing fat, then you will start to make better choices. So remember that everything you put in your mouth is either for or against fat loss. And every exercise choice you make is either for or against fat loss. "Get that", Alwyn says, "and you're a hit."
2. They neglect to control their insulin and blood sugar levels - 2 key factors in determining whether or not the body fat will come off. If you eat processed foods you are guaranteed to elevate your insulin & blood sugar levels. If you do that, your body sends the message, "Store fat!", and you won't make any progress. So avoid white-flour based bakery products, sugary drinks, and almost any carbohydrate snack that comes in a bag or a box.
3. They train like it's the 80's. Yes, I know. Eighties music is popular again. But that doesn't mean ineffective training methods from the 80's like light weights, low intensity steady state cardio, and endless low-intensity ab work should also make a comeback. That type of training should stay buried in the back issues of cheesy muscle magazines. Stick to strength training and interval training for efficient and effective body changing routines.
4. They don't take 30 minutes to plan their next day's food intake. If you fail to do this, you will set your fat loss efforts back by a minimum of 72 hours. Without a good meal plan, you are left to hunt and gather food in the modern world. And that's a recipe for fat loss disaster. You are bound to eat something processed if you aren't prepared. You will lose the fat burning benefits from yesterday's workout and it will take until the end of the following day to get back on track. An entire 72-hour period wasted.
5. They don't eat enough vegetables. We can thank John Berardi for making it common knowledge that you should eat fibrous vegetables at every meal to assist your fat loss efforts. By doing so, you'll control your blood sugar and insulin - thus supporting the optimal hormonal situation for fat loss.
6. They screw up their hormones with poor lifestyle choices. If you are out boozing and staying up late on the weekend, you are shutting down your fat loss and messing up the optimal hormonal environment for fat burning. I will talk a lot more about the optimal hormonal levels for fat loss, as I believe this is the underrated key to building your best body ever.
7. They don't plan and monitor their training sessions. If you are still going to the gym without a plan, then you are going to have a hard time losing fat. And if you aren't recording your workouts and eating habits, then you aren't losing as much fat as you probably can. To fix this mistake, start by getting on track with strength training and interval training. It's guaranteed to get you lean.

About the Author

The world of fitness has recently been experiencing a silver revolution as more and more grannies and grandads begin to take an interest.

Source: <http://www.productsherbal.com>