

THE TOP 5 KILLERS OF FAT LOSS

1. ALCOHOL

Drinking alcohol makes it substantially more difficult to lose body fat for the following reasons:

- There are calories in alcohol,
- Alcohol leads to poor food choices,
- Alcohol reduces the motivation and desire to exercise,
- Alcohol disrupts the amount & quality of sleep,
- Alcohol can negatively impact your mindset in the days after consumption.
- Alcohol can increase anxiety in the days after consumption.

Control your alcohol consumption by choosing in advance a drinks budget that will allow you to have fun without hindering your progress.

2. LACK OF SLEEP

Research shows that a lack of sleep increases hunger, increases cravings, and weakens willpower.

After only 1 night of reduced sleep, you will likely crave more high calorie foods.

Prioritise 6-8 hours sleep per night.

3. WEEKENDS

Remember, there are 7 days in a week, not 5.

You might be 'good' Monday to Friday, but weekend calories also count.

Keep structure and routine to your weekend eating and continue to exercise.

4. SNACKING WITH YOUR HANDS

When you have a taste of this and a little bit of that, the calories can easily add up across the day.

There is a strong correlation between eating with your hands and mindless snacking.

Experiment by not eating with your hands for a week.

5. LACK OF ACTIVITY

If you're not following a proper resistance and cardiovascular training program, you are hindering your fat loss progress as well as your long term health & fitness.

Schedule your workouts into your diary as non-negotiables.

Get off your butt and move more.