

A collage of diet-related items including oranges, a bowl of oatmeal with fruit, a measuring tape, and a scale. The background is a dark wood surface. A white circle with the number 7 is centered at the top. A semi-transparent grey rectangle is in the middle, containing the text. A yellow measuring tape is visible at the bottom.

7

**MISTAKES TO
AVOID IF YOU
WANT TO LOSE
FAT**



1

Choosing the WRONG diet

There are countless diets out there. Keto, carnivore, weight watchers, Atkins...just to name a few. Any diet will work if it implements a calorie deficit AND you can adhere to it for long enough. If you choose a diet protocol that you cannot adhere to long term, you are setting yourself up for failure. Choose the protocol/approach that feels the least restrictive to YOU.

Becoming Cardio Queen

2

The benefits of Resistance Training far out weigh that of cardio alone. Not just for sculpting lean muscle, but for fat loss too. Cardio has great cardiovascular health benefits so it is still important, however strength training should be the main player in your fitness game. The effects it has on your metabolism, general health, strength, longevity and more means not only will it have you transforming your body and reaching your goals faster than cardio alone would do but living a longer, healthier life also.

3

Being too aggressive with your calorie deficit

The more aggressive the calorie deficit the faster you will drop weight, BUT, at a cost. You will also lose more lean muscle and Metabolic Adaptation will set in faster. Basically, with consuming very little energy, your body will reduce your output to match (lower your metabolism- BMR and NEAT), to ensure you don't starve. When this happens, what was once your calorie deficit, now becomes your maintenance and weight loss stalls! Hello plateaus! The less aggressive we are with a deficit the further from this point we are whilst still getting results. Slow weight loss trumps fast weight loss for long term success!

Opting for extreme quick fixes or fads like detox's, cleanses, fasts...

4

Not only is there zero science behind these assisting LONG TERM weight loss but they can certainly be detrimental for your health and wellbeing. They can starve you from your necessary daily nutrient intake and set you up with a poor relationship with food. That aside, touching on earlier points, these approaches are also a unsustainable approach that you can't adhere to long term AND create an aggressive calorie deficit that has all the bad effects listed in my previous point. You don't need to detox, cleanse or fast. You just have to approach dieting in a sustainable way and be consistent.

5

Spending money on fat burners

Hard truth alert: fat burners will NOT work if you are STILL eating in a calorie surplus. No ingredient or potion can undo overeating. Your first priority is having EVERYTHING else RIGHT before looking into result-enhancing supplements. They can be an addition to your journey once everything else is lined up by helping increase your energy output either through feeling more energised so you work harder (caffeine for example) or by slightly heating you up (a thermogenic for example). We don't need to disregard them all together but certainly prioritise them correctly.

Underestimating daily movement outside of planned exercise

6

Quite simply, the more you move, the more energy you burn. Increasing your daily steps and general movement will hugely increase your output, helping you burn more calories. Studies have even shown those who fiddle more burn substantially more calories than those who don't and have an easier time staying lean. An unpopular truth is that you don't actually burn that many calories during a workout. Often less in fact than someone who is on their feet, moving around all day. So add those 2 things together and you are optimising your output to the max! Walk when you can. Move when you can. Being sedentary has nothing but negative effects.

7

Completely cutting out foods you LOVE!

Whilst to stay in a deficit you'll need to reduce the amount of some of your more calorie-heavy favorites, you don't need to cut them out completely. Look at your daily calorie goal as your daily budget and ALL foods cost you something. Some more than others. I guarantee your budget WILL allow for your favourites in moderation. They may take a bigger chunk out of your budget, leaving you less to budget with for the rest of the day or week but if it keeps you happy, on track and adhering to your long term approach to dieting, than why wouldn't you? A total cut of your favourites can increase cravings and result in binges. It is also indirectly labeling a food as 'bad'. This leads to a poor relationship with food setting you up for a lifetime of 'restrict then binge' mentality. There are no bad foods. Just some that have more calories than others and some that are more nutritious than others. Aim to fit into your daily or weekly calorie budgets; your personal protein requirements, sufficient amount of nutrients AND your happy-foods.

Bridget Hicks