



8 Reasons Why You're *NOT* Losing Weight

Discover where your weak spot is and kick start your weight loss

1. *Not Enough Exercise*

Diet makes up for the majority of effort for weight loss but if you're fat burning has come to a halt it's possible that you are not exercising enough. Exercising helps to ensure that you are burning more calories than you consume. If you do exercise on a regular basis then it may be time to crank up the intensity or change your old stale routine. Genie Complete offers effective slimming, toning & cellulite programs to fast track you into great shape, so there is no excuse!

2. *Weekend Blow Outs*

Eating healthy during the week and having a treat at the weekend is what the majority of nutritionists recommend, but 'treat' doesn't mean 'pig out'. It's not a competition to now consume in 2 days what you have missed out on the previous 5!! Limit yourself to one treat per day. If you intend to drink a lot of alcohol, just remember it is full of empty calories, and drink a glass of water per glass of alcohol to prevent dehydration. If you know you have a blow out on the horizon then try to hit the gym a few extra times to make up for it.

3. *Stress Makes you Eat*

Everyone has heard of 'comfort eating'. Some people use it as an excuse even when they are not stressed! If being miserable and stressed makes you turn to food, you need to sit down and make a list of other things you could be doing to occupy your mind. If you're starting to feel down then go visit a friend, go to gym or just keep busy. Eating sweet things like biscuits is only a temporary fix, but has long term repercussions on the hips! If you have to eat then opt for a sweet apple or some natural dried fruit.

4. *Night Time Binger*

Some people make up for the calories they missed during the day at night time. Big Mistake! Firstly, by not eating at regular intervals during the day you are slowing down your metabolic rate and your capacity to burn fat. Not eating in the day makes you more inclined to be starving by the night time, and with a low blood sugar level you will grab anything that falls out of your cupboard. The only way to fix this is to start the day with a healthy breakfast and then a healthy lunch. This will leave you feeling satisfied all day and full of energy. Try and aim for 5-6 small regular meals throughout the day starting with breakfast.

5. *Eat Like a Man*

Sometimes cooking for the other half means you end up with a bigger portion on your plate too. You may be wondering why you are eating the same, but your stomach is growing and his isn't. Men tend to be able to eat larger portion sizes than us as they carry more lean muscle tissue, meaning they can generally eat more and not gain weight. Yes I know it's not fair! Start by consciously making an effort to put less food in the pan, limiting your portion size to one cup of veg and a protein portion the size of your palm. Keep carbohydrate portions to a minimum.



6. Eating on the Run

Being unprepared and eating on the run leaves you open to weight gain, as you are restricted to what ever is available (usually a candy bar). Constantly being on the go can also mean that you are not leaving enough time for your food to digest fully, which in turn could lead to other health problems such as irritable bowel syndrome. Preparation is the key here, putting aside 5 minutes each night to pack a tupperware and cooler bag. Just 5 Minutes! This will ensure you eat far less convenience foods and probably save a few cents too.

7. Job to Entertain

Some jobs involve having to entertain clients on a daily basis which probably entails eating at restaurants. Running up the company account may sound like fun, but unfortunately you're probably running up your calorie count too. Try to be in control of where you eat, selecting restaurants that you know offer healthy alternatives and smaller portions. To keep calories minimal, opt for protein based dishes accompanied by a salad, leaving out the carbs. Refrain from devouring the bread rolls, as delicious as they may be. Ask for 'no basting' when it comes to meat and always ask for any dressing to be placed on the side in a separate dish. Avoid dishes that are covered in a sauce, as it's very likely to be a cream base. Drink lots of iced lemon water rather than juices or soda. If someone insists on you having alcohol then just make up a technical medical term why you can't. After all they don't have to live with the flab, you do!

8. Lacking Protein

If you have changed your diet and reduced your protein intake drastically this may have decreased your metabolism. Protein also balances your sugar levels and helps your liver break down fats. Try and aim for a portion that's about the size of your palm at each meal. If you are vegetarian or vegan, ensure you are getting enough protein sources.