



Finn Fitness & Wellness

Lose weight, increase energy, and achieve health and fitness for the rest of your life.



WHAT IS KEEPING YOU FROM LOSING WEIGHT

People ask me all the time at Finn Fitness why is it that they struggle to lose weight in spite of every best effort to do so. There is no simple answer to this question as everyone is different, and we are each exposed to different influences throughout our lives. Listed below are some of the common reasons why many of us cannot lose weight effectively, and keep it off. These are not in any specific order, and some items may resonate with you more than others might.

NUMBER ONE: Poor Nutrition

We will never be able to out-exercise bad nutrition! Stop cutting calories. Stop skipping meals. Stop eating processed foods. If you are serious about losing weight – and keeping it off – seek out the expertise of someone who can coach you on how to determine how you should be eating. In a nutshell, to quote Dr. Sherri Rogers, stop eating C.R.A.P., which is an acronym for:

C – caffeine, cola, and corn (we actually added corn to the C list as it has been our experience that a large percentage of people are intolerant to corn when tested accurately with blood tests. The most highly subsidized crop in the world, corn by products can be found in everything from batteries to diapers. In the United States, corn is almost completely genetically modified at this point, nutritionally bankrupt, and universally contaminated

R – refined food and white rice

A – additives and alcohol

P – processed foods and pasteurized dairy

All of these foods serve to make us fatter, and no matter how much exercise or cardiovascular activity we engage in – we cannot out-train bad nutrition.

NUMBER TWO: The Wrong Exercise

Many people are over exposing themselves to cardiovascular exercise and are simply overtraining. It is important to remember that "work out" means we have to expend energy to get the job done. If we are already running on empty, working out will only serve to create an additional energy drain to our bodies' system.

NUMBER THREE: Doing Excessive Cardio

Many people are already tired. They are not getting enough proper sleep, and therefore should not be using up what little energy they have with traditional cardiovascular exercise. An over-reliance on traditional cardiovascular exercise will actually create a hormonal environment that is not conducive to building muscle or losing weight.

NUMBER FOUR: Cutting Calories or Skipping Meals

Consider this when using calorie cutting to achieve your weight loss goals: Within 24 hours of going on a low calorie diet, which the World Health Organization (WHO) defines as eating less than 2000 calories per day, we immediately deplete our brain chemistry which has been shown to increase fat storing (lipogenic) enzymes in the body. This is particularly important for women who already have three times the amount of fat storing (lipolytic) enzymes as fat burning ones. Any changes in brain chemistry can lead to unusual cravings, usually for sugary food items. Low calorie dieting could be especially damaging for anyone with a history of depression, anxiety, eating disorders, or alcoholism. Further, anyone with a history of chronic yo-yo dieting, calorie restriction or long-term use of most medications is likely to have severe nutritional deficiencies.

NUMBER FIVE: Poor Attitude

If we start a new exercise or nutritional program with a poor attitude, or stinkin' thinkin', to borrow a phrase from my mentor Paul Chek, we are certainly doomed from the beginning. It is imperative that we focus on the positive thoughts and think about what we are going to accomplish with our new-found health, and not upon what we are losing or giving up to attain our personal goals. A positive frame of mind is essential when making nutritional and lifestyle modifications if these are to become part of a lasting change.

NUMBER SIX: Lack of Quiet Time

Carving out some "quiet time" for reflection on a regular basis is essential for each of us, giving us the respite we need to identify what we want in our lives, and why we want it. Without it, we miss the opportunity for relaxation and introspection in order to listen to our innermost self. The absence of this quiet time will lead us to becoming mentally and physically fatigued, because we would be constantly pouring out our energy without taking time to "recharging our batteries," so to speak. We recommend sitting alone, quietly, in a darkened room – just breathe and be a witness to your thoughts – for at least 20 to 30 minutes every day.

NUMBER SEVEN: Adrenal Failure

The adrenal glands are linked to the function of nearly every major physiological system in our bodies. Should they be compromised due to chronic stress of any kind, we would have a very difficult time losing weight despite even the best nutritional and exercise efforts. The top three forms of chronic stress in the western world today are: emotional stress from the loss of a loved one, poor nutritional habits, and working long hours with very little proper sleep to recover.

NUMBER EIGHT: Thyroid Dysfunction

Our thyroid is a key regulator of our metabolism. When not operating efficiently, the thyroid gland will become a major roadblock to weight loss success. The health of the thyroid gland also directly affects how the adrenal glands function.

NUMBER NINE: Poor Relationship with Food

It does not matter what we are eating or when we eat it. If we have a poor relationship with food, we are not likely to be able to lose those extra pounds. It is important that we get in touch with our Self and our food. We must develop a healthy relationship with food first, and then we can worry about the rest of this list!

NUMBER TEN: Hormonal Imbalance

We can forget about losing weight if we have hormonal issues. It simply will not happen.

NUMBER ELEVEN: Poor Detoxification Capacity

Our bodies store toxins in fat. So if we have been eating the “Standard American Diet,” which is typically loaded with toxins, our detoxification system is likely overloaded. Therefore we most likely do not have the appropriate nutrition in our system for our bodies to run the natural primary and secondary detoxification pathways efficiently. Should this be the case, our bodies will not burn fat in order to prevent further overloading our detoxification system. This situation obviously is counter-productive in meeting our weight loss goals.

NUMBER TWELVE: Poor Sleep Habits

Our bodies typically handle physical and neurogenic/psychogenic repair while we sleep, between 10 p.m. and 6 a.m. Poor or disrupted sleep can lead to problems in virtually any physiological system in our body. Poor sleep can also lead to over-consumption of carbohydrates, and stimulants (such as caffeine and sugar), as well as creating additional problems, including unreasonable cravings, fatigue, and mood swings. All of these will sabotage our weight loss efforts.

NUMBER THIRTEEN: Lack of Purpose

It has been our observation and experience over the years that those who view their life as connected to the world as a whole with meaning and purpose, have a much easier time losing weight, most especially when following appropriate advice for accomplishing that task. If we do not have a clearly defined purpose for the use of our life's energy, we will most certainly be struggling to cope with chronic stress everyday. And chronic stress can easily sabotage our weight loss efforts.

NUMBER FOURTEEN: Making Poor Choices

Many people simply do not know the proper nutrition and lifestyle choices to make when it comes to trying to lose those extra pounds. Some may have none of the specific problems mentioned above, but simply make poor choices on a daily basis, and may sometimes go from doctor to doctor, trying to figure out what is "wrong" with them. The only thing "wrong" is that they have made a series of poor lifestyle choices, and may need some assistance in exploring healthier options. As Albert Einstein reminds us, the definition of insanity is doing the same thing over and over again and expecting a different result.

Well, there you have them, in no particular order, our top reasons why you are not losing weight as you expect. We certainly have the expertise at Finn Fitness to help you design a program that fits your body type and lifestyle. As always, we look forward to your comments, e-mails, and posts.

Finn Fitness & Wellness (707) 781-FINN (3466)

Visit our website at <http://www.finnfitusa.com>

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