



I am exercising & not **LOSING WEIGHT**

Why, & what to do about it?

Low cal the diet clinic will answer your questions and will correct all the misconceptions you knew about diet and exercise.

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DiETING..?

our approach is highly
AUTHENTIC



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You are working out hard, but still your exercise routine isn't delivering the perfect body. The answer:

You are hooked on cardio training:

Many people overestimate the power of cardio training. Cardio is a notable way to elevate your heart rate & burn calories, however pushing yourself to your limits on the treadmill won't significantly lift your buttocks or bring definition to your arms. For that, you need Resistance training: Adopting weights or the practice of cross training. Women often fear muscles will make them appear bulked up, but this is rarely the case provided you keep your weights low and your reps high. Note that weight training has a more effect on metabolism than aerobic exercise (ie cardio exercise), as you continue to burn fat even after exercising.

You eat more calories than you are spending:

Overestimating the calories you are burning compared to the calories you are taking is a common problem for people who are working out still not meeting their goals. Typically, you burn less than 400 calories for an hour of a low impact aerobic class, so eating a bar of chocolate or a piece of dessert cancels out a large percentage of the calories you burned.

To lose ½-1 kg a week aim for a 500-800 cal deficit a day. And don't take too much notice of the calorie counter on gym machines since that number can be largely overestimated.

You are trying to mimic the shape of someone else:

Everyone has a natural body type that is genetically predetermined. To achieve a leaner better proportioned body you must recognize your body type and adjust your exercise plan accordingly. You can never change your body type; however you can improve the shape through correct exercise: for example, an hour-glass type body should focus on doing low impact high reps work for both upper and lower body as this type has a tendency to bulk up easily.

Your abdominals are not getting defined:

You may well have a 6packs, but these muscles are never going to look impressive if they are hidden underneath a layer of fat. For your abs to be visible and your tummy flatter, you need to refine your diet and eat foods high in proteins (the healthy ones) and complex carbohydrates as well as to perfect your sit up techniques. The trick is to engage your lower abdominals by drawing up the muscles of the pelvic floor and pull your navel back toward your spine when you sit up (it's the action you do when pulling up a too-tight pair of jeans).

You get your timing wrong:

Learn to listen to your body to determine the most productive time to exercise. There is no reliable evidence to indicate that calories are burned more efficiently at a certain hour of the day but a good timing can influence how you feel when working out and enhance your performance. Note that working out before sleeping is a helpful way to strengthen your muscles since your growth hormone will be in action afterward.

Your body is not getting any rest:

Resting contributes to a well performing body. Intense exercise can cause stress on the body, actually stopping you from losing weight. Also hitting the gym after a stressful day puts further stress on the body causing it to produce the stress hormone cortisol. Cortisol encourages the body to store and accumulate fat especially around the belly. The secret is to have exercise-free days.

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You have been doing the same exercise since ever:

Once you fall into the comfort zone of exercise, it fast becomes the dead zone. Do the same workout relentlessly and you risk body boredom. As a result you'll use less energy, burning fewer calories. In addition routine forces muscles to stop responding. The answer is to keep your routine fresh, doing something different every session. Or even employing the services of a personal trainer, they will help provide new ideas to help develop your workout.

Your technique is wrong:

Learning the proper techniques for both mat and gym machines allows you not only to remain injury-free but to boost the efficiency of your routine. A common mistake, for example: On the exercise bike people often lean forward which stresses the back and enforces a rounded shoulder posture. Or during launches people tend to have their knee upon the feet which might injure the knee. The solution is to have a refresher tour of the machines from one of the gym staffers or have sessions with a well experienced trainer.

You are not snacking:

Fatigue can occur when your diet fails to supply enough fuel and your energy reserves deplete. This is when you start to feel sluggish and muscles become weak. The rule is: Two hours before your session, eat a snack of complex carbohydrates with a little protein, such as a slice of wholegrain toast with a scrapping of labneh or light cream cheese. These will help fill up glycogen stores.

Dehydration also causes you to burn up your carbohydrate supplies at a faster rate resulting in feeling tired mid-session. So drink 500 ml of water just before exercising and top up your fluid level with 100-300 ml every 10 to 15minutes. Best post-workout food to replenish your glycogen stores are food with high glycemic index. (Best choice: bananas)

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MYTH BUSTING:

Many nutritional misconceptions we know and apply are simply not true!

Working out on empty stomach burns more fat

You have just read that exercising without proper fueling leads to fatigue and decrease in work out efficiency. In theory, because your blood sugar and muscles carb levels are low after an overnight 'fast', working out before breakfast forces your body to use fat as its main fuel. But exercising on an empty stomach is a bit like trying to run your car without petrol. You need carbs in your system to start your engine and to keep it strong to sustain the exercise and burn more total calories. Your muscles prefer to run on carbs, as does your brain!

Faster is better!

According to a study published in the *Journal of Strength and Conditioning research*, findings suggest that spending too much time doing tempo runs just above your lactate threshold can actually have a detrimental effect on performance. It's better to opt for a more regular easy hard distribution load (i.e. increasing the amount of low intensity training).

Common questions asked:

Should I go longer?

The further you walk or run, the more calories you burn. **You get the most benefit by adding distance to your workout, whether you walk or run.**

Should I Add Weight?

You will burn more calories per mile at every speed by weighing more, but it is a very small difference and not worth the risk of strain. Every extra pound means more pounding on your feet, ankles, knees and hips. It is better to walk or run further than to add any weight.

Should I Walk or Run?

If you enjoy running, you can burn calories in less time and be done with your daily workout sooner. Many people enjoy the higher heart rate and the burst of happy brain chemicals it produces. But for others, running is a grind that they have to force themselves to do. In order to get any benefit from a workout, it has to be one that you enjoy and will do day after day. If you love to run -- run. If you hate to run but love to walk -- walk. You will just need to spend more time walking to go the distance you need to burn the calories you want to burn.

Best Tip: Add running intervals to your walking workouts.

Sleeping less means you burn more!

Studies have confirmed the connection between short sleeping and weight gain: Women who slept five hours per night were 32% more likely to experience major weight gain and 15% more likely to become obese compared to those who slept seven hours. Sleeping less affects negatively metabolic rate, it also causes additional release of cortisol, the stress hormone, stimulating hunger and sweets craving.

If you diet all week, you can have the week-end off!

This is exactly what people love to hear: You can eat whatever you want!!! However the week-end off myth (i.e. eating more for two days will boost your metabolism and help you lose weight on the long run) is not really a good idea. Its 30% of your time, eating whatever you want on the week-end will cancel out the effort of five days. Plus this time off will encourage you to binge. Nor can you trick your body by eating at different times of the day.



A good diet is a diet that makes you lose weight fast! It's Risky.

As rapid weight gain can put a stress on your heart and joints, Rapid weight loss can damage your liver and cause gallstones, hair loss and most important muscle loss and weakening of your metabolism.



In starvation mode(i.e. on very low calorie diets, your body hangs to fat and only breaks down muscles. **½ -1 kg of fat is the ideal rate of weight loss.**

My genes have already determined my weight. There is nothing I can do, so I let go!

Unfortunately this is not a get-out-jail-free card. Actually we can have a genetic predisposition to becoming overweight, however it's only a predisposition, and it's not something set in stone. Environmental factors play a major role in determining our weight (lifestyle, nutritional habits, exercise...) Baring this in mind, you will find you are motivated to do something about it.

Am getting old, my metabolism is slowing down!

Best excuse to weight gain!

Metabolism is the amount of calories you burn to maintain vital functions. Its easy to blame metabolism for everything but while activity levels, age and genes all have an impact, the real governor of metabolism is muscle tissue. The more muscle you have, along with a good activity level, the higher your metabolism regardless of age. The best way to boost your metabolism is to build muscle mass, eat regularly and don't go without ' the longer you go meals' or 'the starvation diets' the more your metabolism will slow down to conserve energy. Also very important: drink more water. More than 70% of bodily functions take place in water. Not enough makes your body stress out.

A last word for graduating students who eventually end up gym-avoiding and work prioritizing persons:

If you want more reward for your efforts at work, simply switch the computer for the gym!!! Just know that all people at the top, when asked, you find that no matter how packed their schedule is, they all make time for exercise. Actually working out is a career-boosting trick;It's not only about the endorphins that exercise produces, however doing something physical gives you more appreciation to your body and your own capacities. You are literally getting stronger. By working out on a regular basis you are not only training your ambition muscle but you become that sort of person who does things. Also it teaches you to manage your time. Exercise doesn't just take weight off your body; it takes a weight off your mind. Now that's power training!