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Are Your Results Hampered by Doing Too Much?

We tend to think that if something's good for us, we should do more of it. I meet so many people who have fallen into one of these traps, and a simple tweak is all it takes to get them on the road to some serious results. If you feel you're doing everything right but you're not getting the results you want, I'd bet one of these is where you're going wrong.

Of course, it's not the case all the time, but often it is the simple ideas which make a world of change to the results we see; take a second to think this through and see if any could apply to you. It can be really hard to take the leap of faith, start by committing to doing a month (or even two weeks) and see how you feel, then decide whether to continue.



In the same way you can't cheat weight loss (ready made, processed food ain't going to make you fit, lean and healthy, no matter what it says on the label!), you can't fool your body - it knows what's coming in and whether there's anything to store, and it knows if it needs to down regulate anything less crucial in order to spend energy on the immediate tasks in hand. The result: probably not feeling great, perhaps not looking great, and definitely not the effect you were aiming for.

Calorie restriction

I'm not changing my stance on calories, but clearly if you eat less you will lose weight. Restrict too far though (and actually, you can get this effect if you restrict in the wrong way too), and you'll screw up your hormones and offend your gut. The fix? It can be a long road to come back from long term severe calorie restriction, but you can do it. Increase your intake to a normal amount (ask me for advice if you need help, it can be really hard to know what's the right amount if you've been

counting calories for a long time), make sure you're having tonnes of nutritious food, and just wait it out.

Health food

Yes, chia seeds, raw chocolate, kombucha and kefir are indeed fantastically good for you. If you have too many, they still give you too much energy though, and that energy will still be stored as fat if it's not used.

The fix? Why are you eating each healthy supplemental food? If you've got a good reason to keep it in, keep your intake to a sensible amount and make sure they're part of your meal, not an addition to your energy intake.

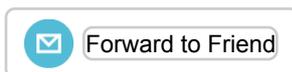
Exercise

Exercise is great for you, just simply keeping moving is way more effective for keeping us healthy and strong than we realise. Structured exercise (ie a workout) is great for getting you into shape for whatever you choose - but too much puts you at a higher risk for heart problems as you age, you'll get nagging injuries, feel a bit 'off' for no real reason, get regular colds and bugs, start finding trouble sleeping etc.

The fix? Work out what you actually need to do to achieve what you want to achieve (again, ask me for advice, I know what exercise is needed to successfully hit a variety of targets), and change your workout habits to match that. If you feel you want to do more (for any reason other than because you think you ought to do more!), add in a few slow walks, some very light Pilates / yoga and maybe some meditating too.

Until next time, enjoy staying healthy!

Best wishes,

A handwritten signature in red ink that reads "Heather". The signature is written in a cursive style and is positioned above a red flourish that extends to the left and then curves back towards the right.

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