



Why is the diet not working?

- **You don't plan ahead**
Organisation is key. Spend some time one day a week to plan your meals, especially if you're going to be on the go. If you're not prepared you are more likely to succumb to unhealthy options.
- **You don't stick to it for long enough**
It can take longer than you think for the benefits of a diet change to show. Really, you should stick with a diet change for at least 3 weeks before deciding that it isn't working.
- **You don't consume enough calories**
Too few calories can slow down metabolism. Regularly eating fewer calories than your body needs can cause your metabolism to slow down. Several studies show that low-calorie diets can decrease the number of calories the body burns by as much as 23%
- **You're depriving yourself too much**
If you choose a diet that is very restrictive you may set yourself up to fail. Everyone is different, some people find it harder than others to stick to a restrictive diet. If you know that you would find it difficult to eliminate a lot of food at once, you will be better off with a step-by-step approach.
- **You reward exercise with food**
It is very easy to feel smug after exercising and eat way more calories than you have burnt 'because you've earned it'.
- **You consume artificial sweeteners**
Artificial sweeteners can raise your insulin levels and lower your blood sugar, which may stimulate hunger and move existing calories into storage in your fat cells.

- **You hang out with unsupportive people**
Your chances of obesity increase if you are surrounded by people whose goals are not aligned with your healthy lifestyle. I'm not suggesting that you dump good friends but it is good to be aware that being with people with unhealthy habits is unlikely to help you with your efforts.
- **You are not keeping a food diary**
Keeping a food diary will help with awareness of what you are eating and to refrain from foods that won't look good in your food diary.
- **You're not using a digital tool for tracking and feedback**
You don't want to become obsessive about your diet but at least for an initial period it is helpful to run your food diary in an app that enables you to analyse macronutrients and micronutrients to give you a useful insight.
- **You're following a plan that's not for you**
Everyone is different. What works for one person, doesn't work for another. If you have tried something for a month and it isn't working and makes you feel unhappy, try a different approach.
- **You are having too many healthy snacks**
You may have found some snacks that seem healthy and comply with your diet but the risk is that you are overconsuming on these snacks because you feel they are guilt-free.
- **You only watch what you eat on weekdays**
Once you have reached your goals, you will be able to maintain your weight and health with the occasional cheat day but it will not be easy to achieve your goals if you undo all the good work by indulging on the weekend.
- **You don't prepare for stress**
Everyone experiences stress sometimes and when you're on a diet you are particularly vulnerable when stressed. Think of some strategies to help yourself when feeling stressed. You could be prepared to do something that makes you feel good, like putting on a face mask, listen to your favourite music, have a relaxing bath, etc.
- **You're not eating mindfully**
Take your time to enjoy your food. It will help you feel more satiated and when you slow down eating you will give your body time to respond to satiation signals.
- **You're not drinking enough water**
Studies have shown that pre-meal water consumption significantly facilitates weight loss in overweight and obese older adults.

- **You go food shopping when you're hungry**
If you go shopping when you're hungry, you are much more likely to buy too much and also to pick less healthy options.
- **You're not moving enough**
You cannot out-exercise a bad diet but regular movement and exercise will facilitate weight loss. Increasing muscle mass will increase metabolism and high intensity interval exercise will improve hormonal balance.
- **You're not losing weight but you are losing inches**
Maybe you're too focused on the scales. If you exercise you are likely to build muscle tissue whilst losing fat. You will lose inches but the weight loss on the scales may not be what you expect it to be.
- **You're not getting enough fibre**
Soluble fibre can help you lose fat. Nourishing the friendly bacteria with fibre in the intestine is known as a prebiotic effect, and is believed to be very beneficial for health and body weight. Soluble fibre may help to reduce appetite.
- **You're not eating real food (not getting the nutrition you need)**
If you are not getting the nutrition your body need, you may experience cravings which will make it hard to stick to the diet.
- **You're drinking sugar**
Maybe you think that juices are healthy but they are high in sugars and will cause your body to produce insulin to manage the raised blood sugar level. Insulin is your fat storage hormone.
- **You're not getting enough sleep**
If you are tired because of lack of sleep you will feel hungrier.
- **You're on medication that inhibits weight loss**
Obviously, there is only so much you can do about this. Check regularly with your GP that you still need the medication that you are taking or, if you suspect that the medication is hindering weight loss, ask if there is an alternative that may not have this side effect.
- **You have a medical condition that drives weight gain**
Again, not something that you can do much about. Try to treat the cause of the medical condition and rest assured that you are still experiencing the other benefits of your healthy diet.

Do you feel you need some help with achieving your health goals? Book a free discovery call [here](#) to find out how I can help you be successful and feel epic.

