



Why Quick Fixes and Diet's Don't Work!

It's officially spring and that means that there is only 12 weeks until summer!

This summer will you be happy with your energy levels? Will you be comfortable with how your body looks? Will you feel good about yourself and your fitness levels?

When I ask these questions to my clients a lot of them can say YES because they are doing something about it! My question to you is; what are you going to do about it this summer? Are you going to start taking control and begin to work on it now, or will you wait until it's too late? Then try quick fixes and fad diets to try and desperately get those results you want only to be disappointed (again)?



In this article I want to get you to start taking acting today to make sure your goals happen and also share with you my knowledge about why you will fail if you try the Quick Fixes & Fad Diets.

I'm sure you or someone you know has been there before. The winter kilograms have snuck up on you and you're starting to feel disappointed with yourself that you let it happen again. This year, let's make a change and help you lose weight the right way (and keep it off for good!)

When you go on a diet or use a quick fix, I can guarantee you that it won't work and that you are wasting your time! Yes in the short term you'll drop weight, you'll look great, you'll feel fabulous and then guess what? Your old eating habits are going to creep back into your lifestyle. You'll slowly put on 1-2kg but you'll ignore it because 'hey you're still looking great and feeling fine'. At some point life is going to get in the way (something major will happen) and you'll completely get distracted from your 'diet'. At this point, things start spiralling out of control and the weight piles back on. Then one day you realise... now you are heavier than when you started your diet in the first place.

Coming from a background of weight loss myself and having discussed it with numerous clients we've all been there and done that! We have waited until there is only 4 weeks until that major event and we have wanted to look fabulous so we have put our bodies through starvation, strict diets and crazy exercise regimes to get there. Anything to get that fabulous body – even if it kills us!



I'm sure you know what I'm talking about. It was the shake diet, the no carb diet, the low fat diet, cutting out all chocolate, and absolutely no alcohol – you name it, it's been banned. And once that event has passed somehow all that weight has just returned. This year – you have time on your side if you act now! Let's do this the right way and do it sensibly and slowly (so it stays off and you enjoy yourself why you're doing it!)





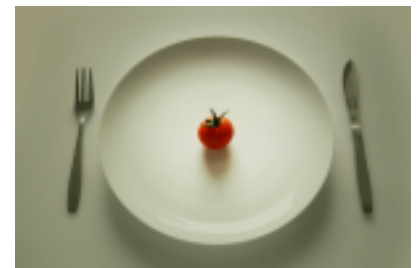
Here is why diets and quick fixes don't work:

When you diet you are affecting your metabolism.

As a rule, most diets are low calorie diets (some are less than 1200 calories which is the bare minimum for females!) When you eat less than your recommended calorie intake on a regular basis, it means that your body goes into starvation mode. When this happens your metabolism will slow down which is a big 'no no' when trying to lose weight. Your metabolism is your body's engine, it determines how many calories you burn. That means that if your metabolism has slowed down, your body has to work 2-3 times harder to burn the same amount of calories it would if it was functioning normally. (For example, let's say you normally burn 300 calories in 30mins on a treadmill. If your metabolism has slowed you may only burn 100 calories for the exact same session). Now you have to work 3 times harder to get the same calorie expenditure which is going to help you lose weight. That just sounds like too much hard work for no good reason if you ask me!

Diets are not realistic and you can't stay on them forever.

When you diet you are setting yourself up to fail! You cannot possibly stay on a diet for the rest of your life unless you plan on locking yourself away in your house forever. Particularly with the festive season approaching and there are an abundance of social functions to participate in! Diets are very restrictive in what you can and can't eat and as you know, most restaurants are full of foods you 'shouldn't eat' when you are on a diet. So unless you plan on eating lettuce leaves when you go out you will blow out on a diet (there is just way too much temptation around)!



You'll put the weight back on plus more.

Here is the most depressing thing. Once you've been on your diet and have reached your goal weight, I can guarantee that you're going to put that weight back on again. It's a proven fact with numerous studies showing time and time again, that once you've been on a diet within 12 months you will put all of your weight back on PLUS MORE! So why put yourself through all that pain and stress of eating horrible boring food that you didn't enjoy in the first place just to become fatter down the track and get more depressed with yourself?

Not to mention once you've piled all that weight back on, all of the self esteem issues and opinions of yourself are going to be negative and horrible. You'll beat yourself up and say to yourself things like "you've just failed again". "You lost weight and couldn't stick with it – what a loser!"

I'm here to tell you that's NOT the case at all! You just didn't do it the most effective way. This time, why not spend a little more time doing it CORRECTLY and in 12 months time look absolutely fabulous and feel like a million bucks!





So here is a quick summary of steps to take to get the jump on summer:

- Start being accountable to yourself – No more excuses. Keep it real!
- Everything in moderation. Eat your chocolate, but only have a piece or two rather than a block. Remember you're trying to lose weight so have some but in MODERATION!
- Start to record the food that you eat on a daily basis. Trust me, it absolutely makes a difference! You can do this by printing off one of my daily logs (<http://www.ar1.com.au/DailyLog.pdf>) or you can do it online at: www.calorieking.com.au
- Exercise! It's warmer so use it as motivation to get outside and move! It doesn't have to be in a gym. Try out Group Training (we're starting in October), go for a walk with the family or friends, join a dancing class, go for a swim, ride your bike – come on, be creative and get moving!
- Constantly remind yourself of why you are doing this. Hang the bikinis up on your wardrobe door so you see them every day or stick a picture of that 'event outfit' on the fridge.
I find it's really helpful to write a reminder task in your calendar so you don't get distracted and 'forget about it'.



Make this summer your best summer yet! You've got time on your side.
You need to make the commitment to yourself NOW and Make It Happen!

Happy Fitness.
Luv Amanda xx

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Here's what is included:

*** 3 x 30 min Personal Training Sessions**

*** 1 x Measurement Reports**

Call Amanda today to book your first session 0408 618 274 or amanda@ar1.com.au

After some extra motivation - check out our [Group Training](#) starting up in October 7th, or our "[Live Lean & Live Strong](#)" seminar on October 11th. Go to www.ar1.com.au for more details & to sign up!

