



## 5 Reasons Why Your Diet's Not Working



It happens every year. Thousands of people across the country make a New Year's Resolution to finally lose that extra weight. According to the Centers for Disease Control and Prevention, over 64 percent of Americans are either overweight or obese. Most of those people, six months later, have abandoned their efforts because of frustration, lack of results or other setbacks.

If you've ever stepped on the scale and wondered why your diet isn't having the effect you hoped it would have, here are some tips and reminders to help you reach your goals and have the body you've always dreamed of.

### **TOO MANY CALORIES**

Weight loss is really all about simple math. If you burn more calories than you consume on a regular basis, eventually you will lose weight. Of course, that requires knowing how many calories you're eating.

Most people try to wing it when it comes to gauging how much they eat. But between snacks, liquid calories and changes in portion sizes, it can be nearly impossible to determine how many calories you're eating without checking food labels and keeping a written record.

If you just can't seem to get the numbers on the scale to move in the right direction, try tracking your calories – of every single thing you eat – for a full week. Look at food labels of everything you eat or cook with. You may be surprised with the number you come up with.

### **NOT WORKING OUT ENOUGH... OR TOO MUCH**

Remember the weight loss equation? Half of that equation involves burning calories. Sure, you burn calories through everyday activities like housework, walking to the store or raking your leaves. But when it comes to losing weight, you have to create an adequate calorie deficit if you want to see the pounds come off.

Start by figuring out what your basic calorie needs are by using a calorie calculator. The Mayo Clinic has an easy-to-understand one on their website. Enter your age, weight, height and average daily physical activity and the calculator will tell you approximately how many calories your body needs to maintain your current weight.

From there, you can create an accurate daily calorie goal. According to MedlinePlus, it takes a burn of 3,500 calories to lose 1 lb. That means if you create a calorie deficit of 500 calories per day, you can lose 1 lb. per week. Increase your calorie deficit to 1,000 per day and you'll push your weight loss to 2 lbs. a week.

Let's say, for example, the calorie calculator says you need 1,900 calories per day to maintain your current weight. If you eat 1,700 calories in a day, then exercise and burn 300 calories, your net calorie intake for the day would be 1,400 calories, giving you a deficit of 500 calories.

### **TOXINS IN YOUR SYSTEM**

Scientists are just now beginning to understand the effects toxins in our everyday environment have on our bodies. Even daily stress can release free radicals

into your system, breaking down healthy cells and potentially slowing down your metabolism.

According to the Endocrine Society, these toxins work to disrupt the body's natural fat-burning process, acting as true hormones in your body but blocking the action of other hormones that aid in losing weight, such as testosterone. Flushing these toxins from your system - in a safe, healthy way - may be exactly what you need to get your body over the weight-loss hump you've been stuck on for so long.

That's why Isagenix® has long offered *Cleanse for Life*® - designed to safely and effectively rid your body from the toxins you encounter on a daily basis. *Cleanse for Life* helps your body run more efficiently, giving you the best chance to burn fat and calories that can lead to weight loss.

### NOT WORKING OUT CORRECTLY

Any type of physical activity is important when you're trying to lose weight, but to really see the pounds come off, you'll have to hone in on the most effective types of exercise. That means combining cardiovascular exercise - the kind that gets your heart beating - with strength training.

Cardiovascular exercise is the most effective type of exercise to burn calories. To burn calories more effectively - burning calories from fat and not from lean muscle tissue - focus on your target heart rate zone. According to the American Heart Association, your target heart rate zone is between 50 and 85 percent of your maximum heart rate. To find your maximum heart rate, subtract your age from the number 220. Work out for at least 30 minutes within your target heart rate zone for maximum exercise results.

While cardio is important, strength training is also vital to losing weight. That doesn't mean you have to become a bodybuilder or even get huge muscles to accomplish your goal. Just doing some simple strength training exercises will help restore lean muscle tissue lost through exercise. Plus, muscle burns more calories than fat, meaning the more lean muscle you have in your body, the more efficient your body will be in burning calories to help you lose weight.

### NOT SNACKING PROPERLY

Sure, breakfast is the most important meal of the day, but what you do in between meals could make all the difference when it comes to losing weight. Snacks accomplish two major objectives in the battle of the bulge. First, snacking properly helps keep your metabolism up. Second, healthy snacks prevent you from getting hungry throughout the day. When you get too hungry, you are more likely to overeat at your next meal.

Proper snacking involves limiting your calories and getting a balance of nutrition groups like carbs and protein. That's why *SlimCakes*® from Isagenix are the perfect solution to your snacking conundrum. With 20 grams of carbohydrates and 2 grams of protein packed into just 90 calories, *SlimCakes* help curb your cravings and provide you with a heart-healthy snacking option. Best of all, one serving of *SlimCakes* is packed with 5 grams of fiber, 20 percent of the recommended amount per day.

So get your snack on with *SlimCakes* and start losing weight - finally - today.

