



by YOUR NAME

Mistake #1: You're Eating Diet Foods

This is something most people never get right. In order to get the right texture and taste, the manufacturers of the particular "food" have to take other ways to replace these ingredients that are not "healthy" with chemicals. These chemicals are definitely not healthy and even some sweeteners have been reported as cancer causing effect.

Diet foods are often more expensive as people think they are healthy, they must be good. In reality diet foods often are mixed with chemicals to replace some natural ingredients with chemicals that are in fact cheaper for the manufacturer.

Don't be fooled by the diet industry about Diet Foods, because they are actually going to make You more fat than thin.

Mistake #2: Small Portions, Tiny Calory-Intake

If you think that eating small portions will make you thin, then you are wrong about that.

Your body is very adjustable and it will adjust to the diet you are eating. If your intake is normally 2000+ calories per day and then you decide to reduce that intake to 1500 calories per day, then your body will quickly adjust to that and will burn that amount of calories.

What this means is that if you decide to eat less and hope you're going to lose weight, then you are dead wrong there.

Mistake #3: You Skip Breakfast

Skipping breakfast is deadly because this is literally the most important meal in your day. After the night your body has been not eating for a long period of time, your metabolism is low. After you eat a healthy breakfast, your metabolism will go back up.

If your metabolism is active, it will also burn energy.

So never skip a breakfast.

Mistake #4: Water Consumption Is Too Low

Your Body is 90% of water that's why you need to have a healthy intake of water everyday. If you are on a diet, you should keep an extra eye on your amount because if you don't drink enough water, your body will start storing water because it thinks that it's not going to get enough.

This is basic body health 101.

Mistake #5: Salad As Main Meal

Sure, a salad has a smaller calory amount. But after you've eaten a salad you're pretty hungry quite soon. So you do this on a daily basis, you're lying to yourself that you can maintain your day active and not feel hungry.

Afterall a light meal does not make your metabolism burn your energy as if you've eaten a good steak! A balanced meal should keep you from eating those snacks!

Mistake #6: You Workout Hard In Order To Lose Weights

Let's face it. If you're told that the harder the workout, the more weight you lose. It's not true. Or maybe if your workout is burning 5000 calories, then maybe. But why workout too hard and not see little to zero results?

A workout is good for your health and it'll firm up your muscles, but doesn't get your weight down effectively.

Mistake #7: You're Not Setting Any Goals

If you don't set any specific goal such as 7 pounds in two months, then you're not going to lose weight. Because setting goals is also very important in your weight loss jorney. It's all about setting realistic goals. If you set a goal of 30 pounds in 30 days, then it's not going to work. And you'll be dissapointed afterwards and give up your whole idea of losing weight.

If you set up realistic goals that you can achieve, then it's more likely going to happen. Once it happens, then you get a positive exprience and can set another goal that is going to make you even more thin.