

3 Mistakes That Will Make You Regain The Weight

No Matter How Much You Lose

#1: Not Having a Post-Diet Plan



I always ask the same question when I receive a new client:

"Do you want to just lose weight, or do you want to lose weight AND keep it off?"

It might sound sarcastic, but it's a genuine question. Everyone needs to sit down and think about this before losing weight.

Some people just want to lose weight for a single event like a vacation or a wedding, and that's totally fine. In that case, we only plan out the weight loss itself. What workouts to do, what nutrition to follow, etc.

However, they have to accept the fact that **they're much more likely to regain the weight back later**. Again, some people are fine with that, and as long as they know, that's okay.

But if someone wants to lose weight AND keep it off, you need an entirely different plan. One that covers both the weight loss AND the maintenance.

Some important questions to ask yourself:

- How will I maintain my fitness even when life gets busy?
- How will I balance eating healthy with social gatherings like holidays and eating out?
- How strict should I be with myself moving forward?
- If I'm struggling, where should I go for help/information?

These are just a few of the most important parts of a post-diet plan.

Without it, it's very unlikely you'll keep the weight off longer than a year.

#2: Doing What 80% Of People Are Doing



If 80% of people regain their weight, why are you doing what 80% of people are doing?

Most people get their weight loss information from social media. While there are accounts giving great information, there are far more accounts spreading bad information to make a quick buck.

You can spot these accounts when:

- They use hyperbolic statements (ex. "This is the **ONLY** way to shred 20lbs of fat in 2 weeks!!")
- Their brand puts their niche above everything else (ex. "Here's why keto is the best diet and why every other diet sucks")
- Most of their evidence comes from before and after pictures.

Now that doesn't mean these accounts are automatically bad, but the 80% who don't succeed will blindly follow what their favorite influencer tells them to do, or they do whatever their friends or their coworkers are doing.

If you want to succeed, you have to do what the 80% aren't doing.

Here's what the 80% are **NOT** doing:

- 1) Doing their own research:** They're just doing whatever's popular or whatever their favorite influencer tells them to do.
- 2) Seeking long-term success over short-term gains:** They're always seeking the fastest and easiest way to lose weight, even though they'll never maintain it.
- 3) Creating a post-diet plan:** Just like we mentioned earlier.

You can see a lot of success by avoiding the 80% who fail long-term and instead following the 20% who succeed.

#3: Relying on Manual Calorie Burn



This might sound confusing.

"Aren't you supposed to burn calories to lose weight?"

Yes, you are, but there are two main ways to do so:

Manual Calorie Burn: The calories you burn from movement and exercise.

Automatic Calorie Burn: The calories your metabolism burns 24/7 no matter what you're doing.

The difference between manual and automatic is like comparing matches to a kitchen stove.

If you're trying to boil water (i.e., burn bodyfat) with matches, you run into two problems:

- It takes a lot of your time.
- As soon as you stop, the water will start cooling down.

In other words, if you're relying on cardio and HIIT classes to lose weight, you're using matches to boil water.



As soon as you stop, you'll start gaining body fat again.

Now what would happen if you had a kitchen stove instead?

- Takes much less time.
- You can leave it on in the background while you go about your normal life.

So, with a faster metabolism (kitchen stove), you don't have to work out as often AND you'll still burn calories even when you're not working out.

Now brings the question; how do you speed up your metabolism to automatically burn calories?



The easiest way is to use strength training more than cardio.

Many people (especially women) think they'll look bulky if they lift weights, but that's not true. I've trained dozens of women – all while **only** using strength training – and none of them got bulky.

The only reason you'll see a bulky female lifting weights is because she's been lifting weights for DECADES. So again, you won't accidentally get bulky. You'll only get bulky if you decide to dedicate yourself to that 10-year journey.

In summary, make sure most of your exercise comes from strength training so you can automatically burn your calories, not manually burn them.