



## 6 Weight-Loss Mistakes

March 2018

### 6 Weight-Loss Mistakes!

1. **Cheat days;** Employing cheat days as a way to stay motivated is a common tactic while on a strict diet. But entire cheat days can be a trigger to get (and stay) off track and derail healthy habits. I would recommend a treat meal instead of a cheat day. It's much easier to re-establish healthy eating habits after one meal versus an entire day of indulgent eating. Another issue for many dieters is alcohol, my clients can forget to count alcohol calories. One glass of wine each night can supply an extra 100 calories per day (and 700 calories per week. These calories add up over time and can slow weight loss.
2. **To many rules;** Losing weight is hard enough without having to follow a bunch of strict rules. Try to follow what's realistic and sustainable for you in the long run.
3. **Not eating enough;** When dieting, many people think the less food you can eat, the better. I find my clients skip meals because they're too busy. My answer? Find the time. Wake up earlier, plan and prep your meals, bring workout clothes to work. Do whatever it takes to keep your commitment to yourself and your health.
4. **Thinking short-term;** Weight regain is rapid after ending a seven- or 21-day cleanse, and fasting for too long can slow down metabolism, making it difficult to keep the weight off. Don't fall for the trendy diet fix or cleanse. Instead, stick to a diet that's rich in fruits and vegetables, whole grains, lean protein and healthy unsaturated fats. Drink plenty of water, cut back on alcohol and soft drinks, and let your liver and kidneys do the cleansing.
5. **Food diary;** Not keeping track of your intake is a common weight-loss downfall. keeping a food diary will not only keep you honest, it also keeps accountable and provides a realistic picture of your overall intake.



6. **Focusing on weight only;** One of the biggest mistakes my clients make is to measure success only by the numbers on the scale. Not everyone loses weight quickly, and success comes in many forms. Cutting portions, not snacking throughout the day, learning to say 'no, thank you' without feeling deprived, learning to say, 'yes, thank you' without guilt, and balancing out meals are all measures of success that take a lot of work and deserve applause.

## Evie's Eats - Tomato & Basil Chicken

(Serves 4)

### Ingredients:

- 4 small chicken breasts
- 3 tomatoes, chopped
- ½ Spanish onion, diced
- 1 clove garlic, minced
- Handful of basil, chopped
- 1 teaspoon of olive oil
- 1 teaspoon of balsamic vinegar glaze
- Salt and pepper to taste

### Method:

1. Bake, grill or pan fry chicken with a little butter or oil.
2. While chicken is cooking prepare topping by combining tomatoes, garlic, onion, basil, oil, vinegar, salt and pepper in a bowl. Mix well and refrigerate.
3. Once chicken is cooked, spoon tomato and basil mixture on top and serve. Enjoy!



## Quote of the Month - It Always Seems Impossible Until It's Done!



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Take control your life, be happy! – rock on!

Till next month... *Evie*