June 2015

Why are my Results at a Standstill?

Welcome Back Summer! It's easy to put your goals and your health on the back burner when summer comes. We get busy with BBQs, baseball games, trips, and fun. Let's make a promise to ourselves to have fun AND stay focused on our goals and our health this summer! No reason we can't do both.

Whether your goals are to lose weight, gain muscle, maintain fitness, it can be tough. It requires dedication, willpower, and perseverance. Sometimes we stray off the "healthy living" path and maybe gain a little weight, which we can account for. But sometimes, despite all of our hard word, our results come to a screeching halt. Why?? There are actually many reasons for this, some of which may surprise you!

1. You Don't Get Enough Sleep

When you lack sleep your body produces more ghrelin (the hormone that makes you want to eat more) and less leptin (the hormone that tells you that you're full). Getting a good night's rest also helps you feel more energized and less irritable, which means you will be less likely to reach for a chocolate bar for an energy burst in the afternoon.

2. You're Eating 'Low-Fat', 'Fat-Free', 'Sugar-Free' Foods

You may think you're making the right choice when you put these in your grocery basket, but you are more likely causing more harm to your body than good. To make up for the fat or sugar these varieties lack, companies often add in other ingredients to enhance the flavor or texture of these foods. Unfortunately, these ingredients are usually hidden sugar and chemicals. This isn't always the case for unflavored foods like milk, natural yogurt, and cheese; but flavored versions of these as well as other packaged foods. Often it's better to get the real version of the food and focus on portion size – which brings me to our next point!

3. Portion Sizes are Off

This is a big one for a lot of us. It may not always be so much what you eat, but how much you eat. Portion sizes (especially in restaurants) have gotten bigger over the last few decades and this causes people to believe they have to finish everything on their plate even if they are feeling full. If you are eating out, ask for a to-go box with your meal and put half of it away at the beginning. If you're at home, eat off smaller plates and pay attention to when you are feeling full.

Refreshing Summer Desserts

Fruit is perfect for a refreshing and sweet treat on hot summer evenings. You can do so much with berries, peaches, apples, melon, etc. Here are a few of my favorite ways to enjoy fruit as a healthy treat:

~ Plain Greek yogurt w/ either a teaspoon of honey or pure maple syrup, topped with fresh berries and a few chopped almonds for a little crunch.

~ Try grilling pineapple, peaches, and banana! Grilling really brings out the sweetness of the fruit.

~ Frozen grapes or oranges.

~ Strawberries and apples drizzled with a little warmed up peanut butter and a few dark chocolate chips.

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4 Social and Peer Pressures
Maintaining our willpower and staying on track with healthy eating and working out can be easier when we are alone, but what about those happy hours and get-togethers you are invited to? You don't have to be the friend that never participates because you are afraid of falling off track. Be smart about it. If you only go out every once in a while, then enjoy yourself when you do. If you notice you are going out or going to get-togethers often and that's where you notice you have less willpower and self-control, then try lessening those occurrences or be smarter about them. Have a healthier potluck, go to dinner at a healthy café. You CAN do it.

5. You're Drinking Your Calories
It can be easy to forget that not just food has calories. Sodas, juices, alcohol, these all have calories that aren't doing much for our health. Try replacing some of those drinks with un-sweetened teas and water infused with fruit.

6. You're Building Muscle
Sometimes gaining weight isn't a bad thing! If you have been lifting more weights and notice some weight gain, it could be muscle mass and not fat. Muscle gives us nice shape and definition, and increases out metabolism. This is why I always say to take measurements and compare photos of yourself rather than relying on the scale.

Embarking on and maintain a healthy lifestyle isn't and won't always be easy, there are going to be ups and downs and we are all human. You will have setbacks, but what's important is that you KEEP GOING. Always have your goals in focus. You will get there!

Bootcamper Birthdays!

We've got a lot of Bootcamper birthdays this month!
Please help me wish a very happy birthday to fellow bootcamper's Tiffany, Anne, Bridget, Cherie, Chelsea, and Linda!