



## 5 Reasons Your Fitness Program Isn't Giving You Results

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You've taken the plunge and signed up for some sort of fitness program. It might be a membership at a big box gym, or a monthly class pass to a local spin studio. It could even be dusting off some workout DVD's and breaking a sweat in your living room. **The important part is: you're making the effort to get fit!**

However, it just doesn't seem to be working.

You're not getting the results you had pictured or hoped for when you first started.

Are you wasting your time? Did you go for the wrong "kind" of exercise?

What gives?!?

It's actually quite common and it can lead to frustration and quitting completely.

Before you throw in the towel for good, check out the most common reasons why people miss out on results in their fitness program. Fixing any of these 5 things can make a world of difference!

1. **You're Not Doing Enough:** Let's be real- some folks believe that as long as they're standing within the 4 walls of the gym, it counts as "workout time." NOT TRUE. Examine exactly how much time you're spending *doing actual exercise* on a daily and weekly basis. If the answer is 30 minutes on the elliptical 3 times per week, its NOT going to yield a reduction in body fat, a "toned" physique, or a flatter belly. In order to make significant changes in your body's composition and appearance, you'll need to put in an hour of ***smart*** training 4-5 times per week.
2. **You're Doing Too Much:** When we finally decide to DO something about losing weight & getting in shape, there tends to be a strong need to do it as FAST AND QUICKLY AS POSSIBLE! Immediate and instant gratification are the way of the world today, but they do *not* translate into the health and fitness realm. Unfortunately, folks who seek results ASAP usually get wrapped up in some form of overtraining.

If 1 hour of exercise 4-5 days per week is good, than 2 hours of exercise 7 days per week **must** be better & will get quicker results, right?!?!

**WRONG.**

The work happens in the gym, but the results happen while we rest. Recovery and rest is absolutely critical when it comes to results. Doesn't matter if you're looking to shed 50lbs of fat, or put on 10lbs of muscle. If you push your body beyond its limit, it will buck you and refuse to change. Stop feeling like a lazy failure when you take 1-2 days off from training per week- you need it!!!!

3. **You're Doing the Same Thing Over & Over:** When starting on a quest to drop body fat, lose weight, and get fit- ANYTHING will work at the start. Anything that is a new challenge to your body will produce an effect. This applies to running, spin, weight training, Zumba, CrossFit, circuit training, and more. If its new, it will work.

However, if you continue doing the same thing over and over, week after week & month after month, the returns will diminish.

The body is quite smart and always tries to figure out how to do something using the path of least resistance. **Once the body becomes familiar with the exercise, it will burn the *least* amount of calories necessary.**

You may burn 500 calories doing a brand new circuit training program that lasts 45 minutes. Two months later, that same program will still take you 45 minutes, but if you've changed nothing about it, you'll likely be burning half the calories. You're getting a 50% return on your investment of money, energy, time!

Diversifying your training regimen- including multiple types of exercise- and continuously progressing will yield the best quality results.

4. **You're Not Eating to Fuel Your Training:** You knew it was coming, didn't you? Failure of an exercise program to produce results doesn't only stem from the program itself. Proper nutrition is half the battle when it comes to being fit & healthy. Actually, it has been argued that nutrition is even **more important** than exercise, when the goal is weight loss (specifically fat loss). So, there's no ignoring this key variable. **You must, must, must pay close attention to your nutrition if you want to see results.**

If you're eating too much or too little, you will not see results. Each person's body needs a specific amount of calories and nutrients to create the desired change. Adding muscle requires a specific nutritional approach. Losing weight requires an approach that is entirely different.

Additionally, **eating whatever you want, as long as it fits within your daily calorie allowance, will not work.** If you're eating the *wrong types* of calories, you could be putting your goals even further away from reality. Getting the right type of protein, fat and carbohydrates is critical.

5. **You're Doing a Program Made For Someone Else:** This is probably the MOST IMPORTANT of the five reasons. In order to see the best possible results in the most time efficient manner, your training program must be customized to YOU and your needs/goals. We expect that attention is paid to our individuality in other areas of life. For example:

Would you accept health advice from your doctor, if she/he didn't bother to ask what your illness was?

Would you wear an outfit that was custom made for someone else's body?

Would you accept a job that was created for someone who has a completely different education and skill set?

None of these instances would be very successful. **Taking a “cookie cutter” workout plan and assuming it will produce individual results is one of the biggest reasons why people spend lots of time, money, and energy on a fitness program, only to have zero (or very minimal) results.**

Using the cookie cutter approach is called “working out.” That means movement simply to create a sweat with no plan beyond that.

Following an individualized “training program” is *much different*. This means adhering to a well thought-out plan that is put into place for a specified amount of time for the purpose of achieving a specific goal.

An individualized training program takes into consideration **your** baseline of fitness, **your** injury history or health considerations, **your** goals, **your** timeline for those goals, **your** preferences & more. It also progresses, changes, and adjusts according to **your** fitness level progression.

It's the absolute best way to get results when it comes to a fitness program.

There are hundreds of options out there when it comes to selecting a fitness program. If you are thinking about committing to a program to get fit, be SURE that you keep the above tips in mind.

And if you're currently enrolled in a fitness program that isn't producing results- MAKE A CHANGE! Make the investment of your money, time and energy worth it! You deserve it!