

The 7 Common Causes of Fat Burning Failure

1. **Too few calories** is a common mistake dieters and athletes make. In the quest to be leaner, we deprive our body of basic caloric needs triggering our body to store fat for fear we may not get enough nutrition. You must eat to lose weight!
2. **Exercising too hard or too long** causes your body to switch from burning fat to burning carbohydrate as its primary fuel source. You must exercise at the right intensity and duration to burn fat.
3. **Not enough water intake** causes a reduction in cell volume. Cell volume is directly linked to burning fat.
4. **Inadequate protein in your diet** reduces the amount of carnitine – your fat shuttle – which makes it more difficult for you to burn fat. Carnitine transports fat into the cell powerhouse for burning.
5. **Stress levels too high for too long** cause your body to release hormones that force you to store fat. Prolonged stress can lead to overfatness. So take time for yourself to unwind and do what you love.
6. **Skipping breakfast** is a huge no-no in the fat burning quest. Eating a breakfast high in energy consuming foods blended with protein stabilizes your blood sugar and reduces insulin levels. You will have more energy and feel like exercising.
7. **Unreasonable weight loss expectations.** Most of us have been brainwashed by the infomercials stating you can lose 6 dress sizes and 50 lbs in 30 days or less. It just isn't true or healthy. A healthy weight loss is .5 – 1.2 pounds per week or 2 – 5 pounds per month.

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