

10 reasons you are not losing weight while in boot camp

1. You are not drinking enough water. Take your body weight and divide it in half. That is how many ounces of water you should be drinking a day.
2. You are eating too much sodium. You should only be eating 1500-2000 mg of Sodium a day. So check your food labels and sports drinks. If you lower the amount of sodium you eat, you are sure to drop some pounds.
3. Don't expect a miracle. Healthy weight loss can be achieved fairly quickly, but you'll need to be patient. In addition, be sure to set realistic goals. Make sure that the weight you're trying to reach is a healthy weight for you, and keeping in mind that gaining pounds of muscle will help you lose fat, be trimmer, and look better even though you don't actually lose any weight..
4. It's important to recognize that both fat and cholesterol are necessary for good health and sustainable weight loss. Remember that weight loss is about calories, and while fat does have more calories per gram than carbs or protein, foods like ground flax, nuts, and avocados are all high fat foods that are touted for their health benefits. Most experts suggest 20-30% of your total calories be obtained from the consumption of healthy fats. Taking this approach will promote healthy weight loss by keeping you feeling full longer, and provide your body with the nutrition it needs to properly absorb and process nutrients.
5. Avoid sugar at all costs! You should only be consuming 30g-50g of sugar a day. There are 28 grams of sugar in 1 snickers bar, a 32oz sports drink can contain up to 76g of sugar and a 4oz juice box contains 12g of sugar. Sugar is hidden in everything (spaghetti sauce, soups, salad dressings, "health" bars, sports drinks, coffee drinks, cereal, muffins, and yogurt). Read your labels!
6. Count your calories!!! It may seem obvious, but eating more calories than you burn causes weight gain. What some people don't realize is that, after they start exercising, they may start eating more without being aware of it. Most people think they're eating a healthy, low-calorie diet but, unless you're keeping a detailed food journal, you just don't know how many calories you're really eating. If you are serious about losing weight you need to write down the calories you eat each day. If you are consuming fewer calories than you burn, you will drop weight. Reducing 500 calories per day from the calories you eat to maintain your weight can help you lose a pound of fat per week. Go to this website to see how many calories you should be eating in a day.
<http://www.healthyweightforum.org/eng/calculators/calories-required/>
7. There are many myths about fiber, but there is science to back up its helpful role in the diet. Fiber keeps the right amount of water in your intestines, making your digestive system work more efficiently and helping to keep you regular. Thus, just eating enough fiber may help you feel slimmer in just a day or so. There is also evidence that fiber in the diet can help prevent stroke and heart disease, ease the effects of diabetes, and may even directly help in weight loss.
8. Extra Cardio. You should be getting in at least 45 minutes of cardio each day. During your days off from boot camp you should be walking, riding your bike, jogging, or swimming. It would also help to get an extra 20 minutes of cardio in on the days you do boot camp.

9. If it seems that you're getting bigger after you've started a weight training routine, it may be because you aren't losing body fat as fast as you're building muscle, which is a problem some people experience when they start exercising. Genetics could also be playing a role here...some people put on muscle more easily than others. If that's the case for you, don't stop training! It is not uncommon to gain a **few** pounds in a month when you start an exercise program. Your first step is to determine if what you're gaining is actually fat or muscle. Muscle is more dense than fat, but it takes up less space...if you gain muscle, your scale weight may go up even as you're slimming down

10. Anyone just starting an exercise program will definitely see water weight on the scale. Many people experience an increase in weight immediately after resuming a heavy workout schedule. It's your muscles swelling with water and glycogen as they repair themselves after workouts.