

# WHY AM I NOT LOSING FAT?

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**Inactivity/not enough activity/ plateau or wrong type of exercise**

**Lack of sleep**

**Lack of nutritional density**

**Portion Control Problems**

**Body in starvation mode/ fad dieting**

In need of a change of exercise type/duration/intensity.

Overtraining - which can prevent inch loss

If you are experiencing a plateau speak to your personal trainer. You might be .....

Speak to your personal trainer about matching your fitness goals to the correct exercise prescription for your body.

Increases hunger levels

Emotional eating

Tiredness & mental health issues

Insomnia

Blocks growth hormone essential for fat loss

Lose muscle mass =Slower metabolism

Not enough protein

Unhappy gut bacteria

Hormonal chemical imbalance

High fasting or Out of control blood sugar levels

Metabolic Syndrome (a cluster of risk factors increasing risk of heart attack/stroke/type 2 diabetes

Metabolic syndrome diagnosed by having min 3 of the following:  
 High Blood Pressure.  
 Waist circumference 35+ for women 40+ for men.  
 High Triglycerides.  
 Low HDL cholesterol  
 High fasting blood glucose.

Eat Food

Insulin resistance

Make insulin

Feel tired and hungry

Sugar stored as fat

Cells resist insulin

Not refuelling post exercise

Constant hunger

Tiredness and mental health issues

unhealthy relationship with food

Eating disorders

Unhappy gut bacteria

More energy going in than being used-portion sizes too big

Not enough energy going in for vital bodily functions. Body tries to hold onto fat to self preserve. (starvation mode)

Unhappy Gut bacteria

Little nutrition absorption = lots of effort no results

Lack of nutritional density

Leaky Gut Syndrome(widespread inflammation and hormonal disruption)

Increased insulin resistance

Constant hunger

Hormonal/chemical imbalance

Hypothyroidism

Tiredness

Increased insulin resistance