



# The Top 5 Mistakes

## People Make When Starting To Lose Weight

Something as fundamental as Nutrition shouldn't be complicated. The problem is that there is an abundance of information on the internet about the "perfect diet," which causes people to feel overwhelmed by options. Our partners at Healthy Steps Nutrition have helped over 10,000 people attain and maintain weight loss, and we want to help YOU too!

Here are the Top 5 Mistakes we see:

### 1 INCONSISTENCY

Unfortunately, eating really well during the week doesn't make up for binging every weekend. Most clients we work with are frustrated because they work really hard to stay on track Sunday - Thursday, then "let it rip" on the weekends.

You really need a plan that promotes consistency. Have a treat on the weekend, then move on. Don't go completely overboard and have to start over on Monday.

### 2 TOO RESTRICTIVE

You don't have to cut any food group out of your diet to see lasting results. If your diet has more foods on the "can't" list than the "can" list, it isn't sustainable. Focus on what you can have; healthy substitutions add up and can make all the difference.

Here's the truth: there isn't a quick fix. It's hard work. It takes time to change your habits and take control of your health.

### 3

## NOT TRACKING

Tracking progress shows success and success leads to motivation. We know that clients are 50% more successful when they track their food, yet this is one of the toughest things to get clients to do.

If you are just starting, jump on a scale and test your weight and body fat percentage. Grab a tape measure and at least measure your waist circumference (around your belly button). Then download MyFitness Pal and just take an inventory of what you are eating.

Do this for two weeks, then retest your weight and body fat. See what you can accomplish by just starting to track!

### 4

## NO SUPPORT

We understand it's tough to do by yourself, which is why we spent over 10 years figuring out how to support clients on their journey to health, and thousands of dollars creating the exclusive HSN app.

When we look at people who are initially successful but then slip back into old habits, they tell us it was gradual. They found themselves with their clothes getting tight again and want something that is simple and sustainable.

If you know you have a competition or race coming up, you are more likely to train harder. When you have a nutrition coach providing support and accountability, you are more likely to be successful.

### 5

## BECOMING PARALYZED/GETTING "STUCK"

The internet and social media have created thousands of overnight "nutrition celebrities" and "experts." With so much conflicting information, and endless options, it's easy to become overwhelmed and just go back to what we were doing before - and if we are trying to lose weight, what we were doing before probably wasn't working. Don't let your fear of choosing the wrong plan overwhelm you to the point of inaction. The truth is, the science behind nutrition and behavior modification goes well beyond a picture of someone with abs or a 7-day detox. It's frustrating to see the abundance of gimmicks out there, and even worse, what people have been tricked into before reaching out to us for help.

**Do you find yourself struggling with these mistakes? We want to help.**

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