



Z L R F I T N E S S
DISCOVER YOUR INNER WARRIOR

Why won't my weight go down?!



An informative guide on the relationship with the scales and the mindfield of weight loss!

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weight/weight loss***
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Now, for most of us and especially women when we embark on a fitness journey we tend to fixate on the losing weight part!

Partly because society has taught us that to be healthy we must be skinny, thin and always be on a diet!

WRONG!

Now, let's say we don't fixate on weight for a second and focus on the other bits that matter....

- **Being healthy!**
- **Creating a healthy mind & body!**
- **Improving your body composition!**
- **Creating a toned physique you can feel your most confident self in!**
- **Feeling strong and confident!**

It's important to be cautious and remember that no matter how much weight you lose this doesn't mean you are going to be happy **AUTOMATICALLY!**

Especially if you continue to chase a number, it's time to change this mindset!

Let's dive in and look at some factors that can hinder weight loss progress and why we experience those fluctuations with the scales!

Social Occasions/Alcohol

Fluctuations

Water Retention

Stress

Water

Weight Loss

Nutrition

Menstrual Cycle

Sleep

Sodium-

included in alcohol section.

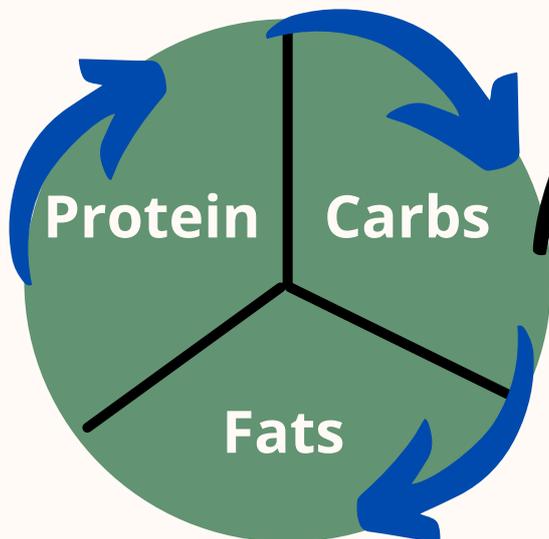


Nutrition



Now, you cannot expect to see weight loss if your calories are all over the place.

With that being said getting the right balance of calories and balanced meals is crucial to seeing your weight come down.



All 3 work in unison for weight loss to happen!



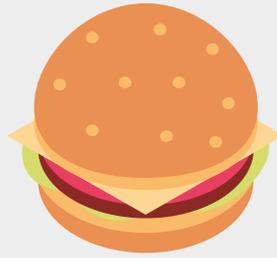
A well balanced meal should always contain protein, carbs and fats!

A common mistake many people make is they take their calorie deficit too low at the beginning. For example always thinking less food is best! **WRONG!**

The important thing to remember about weight loss is you ideally want to be in as higher deficit as you can to encourage weight loss! From there you can keep reducing to get to the goal comfortably! This avoids taking any drastic measures that most try to take!

This stops your body from staying at maintenance. On top of this you are giving your body a nicer place to diet from.

Social Occasions/Alcohol



We all love heading out for a meal and drinks with friends!

It is very important to remember that life is for living! We work hard in the gym to enjoy these moments for example birthdays, parties, meals out, family gatherings etc.

However, what you can't expect is that by partying, going for meals out, or even drinking every week for your weight to go down.

Meals out tend to be higher in fat and calories so therefore can lead to over consumption. Alcohol is another one that is pretty much empty calories so therefore, you can be out of your calorie deficit pretty quickly after a few glasses of wine!

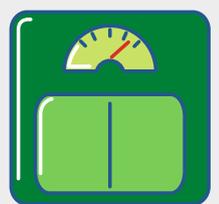
As I have said I am all for enjoying your meals out, going to a party or even having a few drinks.

Be aware that these things don't encourage weight loss and can hinder weight loss progress.

As long as it does not become a regular weekly thing where you are always indulging then it won't affect your weight loss goals too much.

Getting a balance on this would be making some smarter choices when having meals out, and even cutting back on how many alcoholic drinks you indulge in.

Now with regards to your weight coming down if you indulge no matter which day this happens it can have an effect on the scales not budging for that week. This is because meals out cause higher sodium levels. Alcohol is a dehydrator and this can also have an effect. You may wake up and feel flat but remember you are dehydrated! Try to bear these factors in mind next time you step on!





Stress

Cortisol: It is often called the "stress hormone" because of its connection to the stress response, however, cortisol is much more than just a hormone released during stress. Understanding cortisol and its affect on the body will help you balance your hormones and achieve good health.

Taking care of your stress can be one of the biggest challenges you will encounter on a weight loss journey.

The more stressed you are, the less your weight will budge and it's very important you understand this one.

By lowering your stress levels you allow your body to relax, recover and this in turn will encourage weight loss.

Now, I'm sure if you have been a client for a while something I talk about a lot is a hormone called cortisol! Please see the definition at the top. When the body or you are stressed cortisol rises which can cause weight gain.

Cortisol can help control blood sugar levels, regulate metabolism, help reduce inflammation, and assist with memory formulation. It has a controlling effect on salt and water balance and helps control blood pressure. In women, cortisol also supports the developing fetus during pregnancy. All of these functions make cortisol a crucial hormone to protect overall health and well-being.

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Cortisol

(cor-ti-sol)

Stressed out? This hormone is released during times of stress, increasing heart rate, blood pressure, blood glucose, respiration and muscle tension in response. It also temporarily shuts down the body's systems that aren't needed in the face of crisis, such as digestion and reproduction.



[Click here for further reading on Cortisol](#)

How to lower stress levels:

- Eat a healthy balanced diet of protein, carbohydrates, fats along with consuming fruit & veggies! Avoid saturated fats and processed foods!
- Try to exercise for 30 mins each day whether this be training in the gym or even simply going for a walk in the fresh air!
- Try to do deep breathing exercises; this should be done for 5 minutes up to 3-5 times a day!
- Try to reduce caffeine intake; this can set hormones off balance instead of balancing them which is actually where the problem lies!
- Get sleep; 7-8 hours a night allows your body to recover best!
- Write in a journal; good and bad thoughts as this rids negativity and aids in positivity!
- Indulge in hobbies such as reading, listening to music etc!
- Don't lead with fear; this can cause us to feel more anxious therefore rising cortisol levels—refer to the deep breathing!

Don't try to do all of these steps at once try 1-2 at a time! Then slowly you will notice the benefits and eventually build a new habit!

Water Retention



Dehydration is one of the biggest factors that can hinder weight loss.

Think of it like this when you go to the Sahara desert your body automatically goes into survival mode. This means the body will retain/preserve as much water as possible to ensure survival.

When we do not drink water to help our body we are convincing our body that it is in the Sahara desert.

The body will then automatically preserve water which means you end up with water retention.

This can make you feel bloated, inflammed and sometimes very uncomfortable. Something to note this also can affect weight readings when jumping on the scale.



Water



Doing day-day activities requires energy and hydration. You will find that while you are doing activities such as going to work, walking, cleaning your house or working out in the gym you will lose water.

Therefore, we need to replenish what we are losing so we do not become dehydrated.

A good amount every person should aim for is 2.5 to 3 litres!

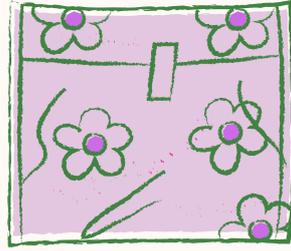
Then eventually you will find that once the habit is built regularly drinking will become so easy to do!

Reasons to drink more water :

- stops dehydration and water retention
- helps your organs to function
- provides you with lots more energy
- aids the weight loss process
- keeps you healthy
- helps with your stool
- removes toxins and by waste products in the gut
- reduces inflammation and bloating
- promotes better digestion



Menstrual Cycle



Broadening on from water retention and bloating the menstrual cycle is a great continuation from this.

Getting your period is a really terrible time for all women. We get bloating, cramps, headaches etc.

However, the week before and during is definitely one of those times where you should definitely not be stepping on that scale!

Your period can simply make you weigh a little heavier due to the inflammation and bloating.

Try to not fixate or worry about your weight during this time of the month. Once your off give it 4-5 days before you jump on.

You have to really take these things into consideration with the scales and try to not let it rule your life.



Sleep



Sleep is another huge factor that can hinder weight loss and stop the scales from budging!

Sleep is a great recovery tool, however when we don't get any it can cause many problems with your weight, offset regulation of hormones and your brain (cognitive function).

The recommended amount of sleep is between 7-8 hours per night. Sleep helps your body to recover, maintain a healthy weight and aids cognitive function.

Sleep can also have a massive effect on your reproductive system.

Sleep is great because it regulates and balances normal function of hormones. However, if you don't get enough it can offset and disrupt the normal function of hormones.



Ghrelin: Ghrelin is the hormone responsible for hunger.

Leptin: Leptin is the hormone responsible for keeping you full.

When we don't get enough sleep Ghrelin will rise causing you to feel hungrier which leads to weight gain.

When we do get enough sleep leptin helps to keep us full, meaning you are less likely to overeat helping you maintain a healthier weight.

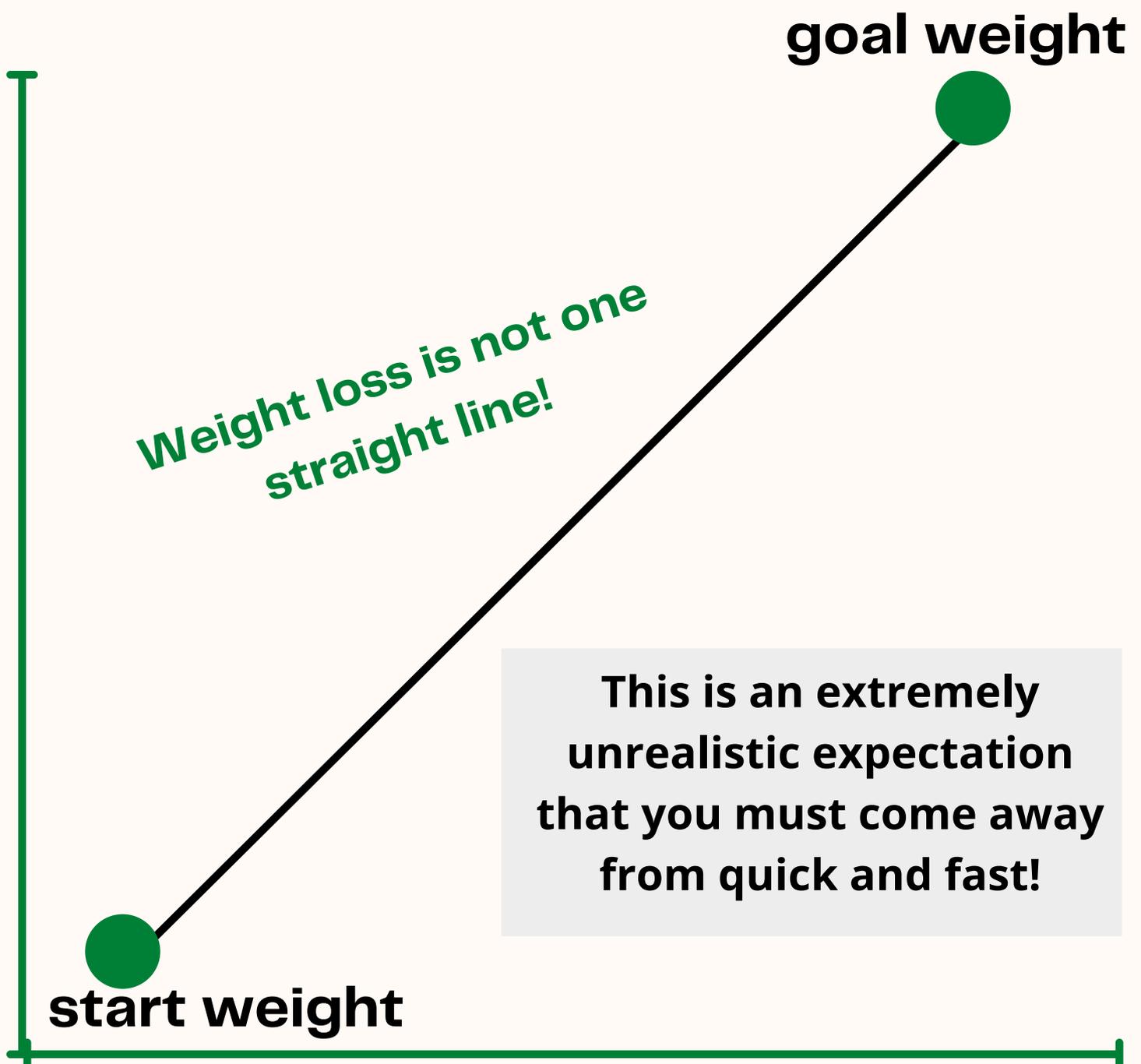
Always bear in mind that if you aren't sleeping chances are those scales aren't going to budge!

Those that are healthiest tend to sleep for 7-8 hours a night which keeps them healthy, gives them good recovery, helps regulate normal function of hormones, supports cognitive function & helps them to maintain a healthy weight long-term.



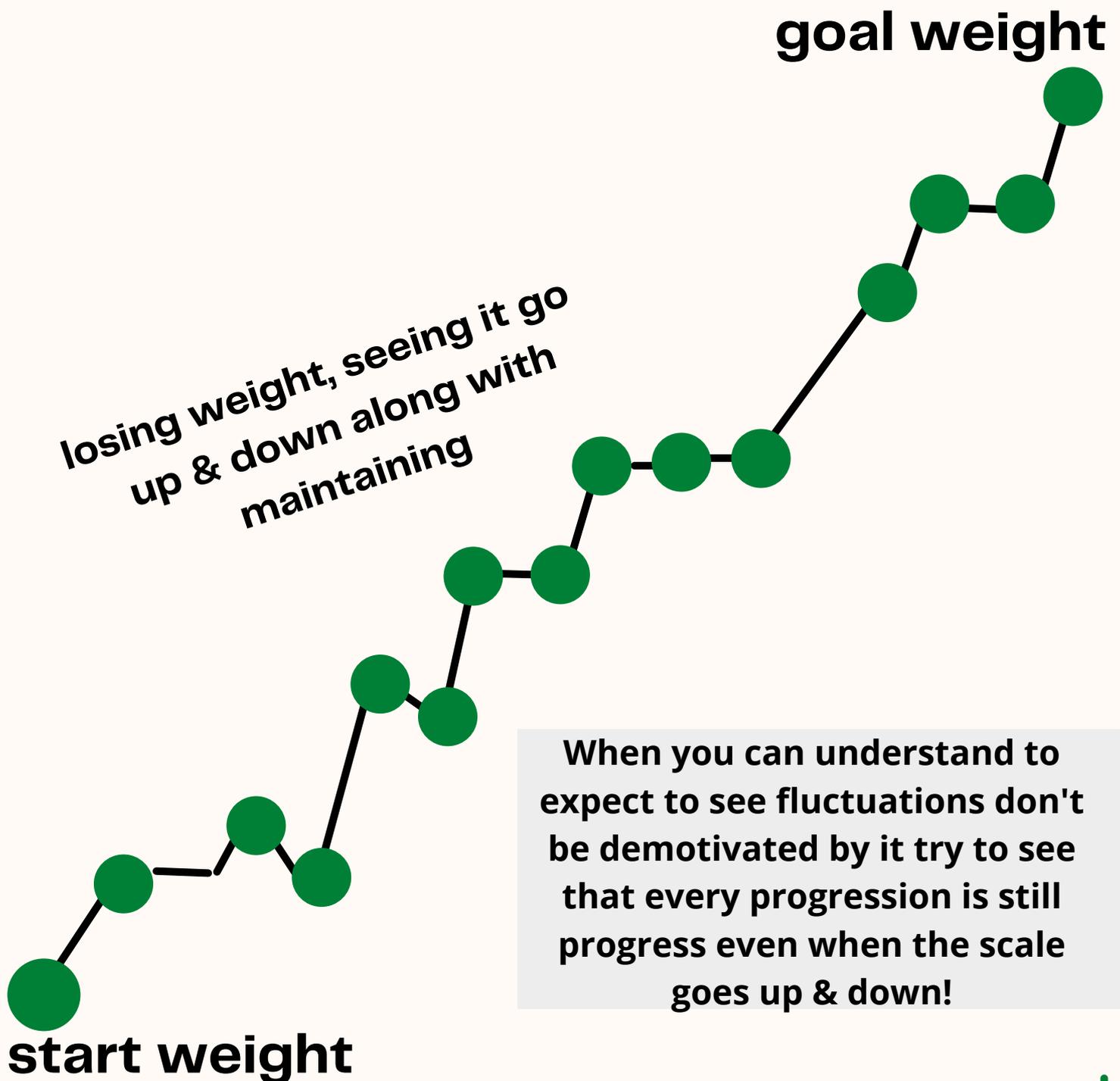
Fluctuations

What most people expect to see when they want to lose weight.....



Unfortunately, this is not always the way the body works! **It's not just one clear line!**

Here is a more clearer one!



Final Reminders...



Just because the scales aren't shifting week on week doesn't mean you're not losing weight!



Try to weigh on a day where you've had at least 4 active busy days! I always go with a Friday because on weekends we tend to move less!



Remember to bear all the factors we have gone over today in mind every single time you decide to weigh yourself!



The scale is one tool to measure progress and if you aren't keen on that there are many other ways to track your progress!



Be patient on your journey; weight always accumulates over time. Therefore, it takes time to lose!



Expect to see multiple fluctuations in your weight; it is completely normal!!!



Best reminder of all if it makes you sad don't go anywhere near it!



The scale is not the be all and end all!



Remember, that the scale does not dictate your worthiness as a person. It is just a number and that is all!



Being body confident and happy in yourself is what truly matters regardless of weight! The only time to worry is when your health is drastically at risk!



Sometimes, the temptation to weigh ourselves is strong and I understand.



Always remember the scale can't congratulate you on the little things you've changed which in turn lead to the best results!



It is always possible to stay the same weight but have a completely different body composition.....

What you see here is 2 pictures of someone that weighs the same weight in both but 2 different body compositions!



**This is why relying on the scales can be very misleading!
If we listened to the scales all the time then no one
would think they are progressing!**

**Keep taking photos as this is a great way to measure
your progress! Don't forget there is lots of tools you can
use!**

**I hope you have found this guide helpful and will
use it when you have those little scale blips!**

Zo x