



The Top 5 Ways to Sabotage Your Weight Loss

FREE REPORT

The weight loss journey can be long and stressful.

It's longer and more stressful if you don't know what kind of mistakes to look out for.

I wanted to share with you the top 5 mistakes I see my weight loss clients make so that you don't get stuck in the same ruts.

#5) Focusing on Supplementation

Don't get me wrong, I believe there are benefits to taking supplements. However, they are probably not the best bang-for-your-buck change you can make if weight loss is your goal. Especially if you're just starting out.

To say it another way, it's okay to use supplements, but I don't want it to be your main focus until you've figured out every facet of diet and exercise.

Instead, try to find a more global change you can make. These tend to lead to more long-term progress (a.k.a. the type of progress that sticks).

For example, instead of looking for the magic diet pill that doesn't exist, try to go for a walk a couple times a week.

When can supplements be helpful? They are especially effective for people who dread the idea of doing anything more strenuous than taking a pill.

For example, if you're a smoker, eliminating that habit is the most important change you can make for your weight loss. When you catch yourself going for a cigarette, substitute a small protein + fruit/vegetable shake instead.

#4) Trying to Go All-In

A common misconception in the weight loss world is that you need to change EVERYTHING you do in order to start losing weight. This is not necessary.

Consider this: adding 5lbs to your deadlift is a very modest jump in weight for one day, but if you do that once every week, you'll be deadlifting over 250lbs by the end of the year.

If you'd like a more in-depth discussion on just how influential small changes can be over time, read *The Power of Less* by Leo Babauta, which [I reviewed on my blog](#).

Very few people can handle the All-In approach to weight loss. It's safer to assume that you are NOT the exception to the rule and start with small, manageable changes.

For example, if your entire diet is a mess and you don't work out at all, maybe it's best to take the next two weeks and go to the gym for a half hour after work on Monday, Wednesday, and Friday.

As an alternate example, if the gym is too intimidating, just try to reduce (or eliminate) the number of soft drinks you have each day.

#3) Lack of Social Support System

Sometimes the people closest to you are the ones holding you back.

People aren't usually terrible on purpose, but watching you lose weight and become the person you want to be makes those around you feel badly about themselves.

Put yourself in their shoes: you guys used to be similar, and now you're leaving them for greener pastures of lifetime health.

Try to include as many of your closest friends and family in your weight loss journey. Make it a team effort and things become much easier. Now, not only are they less likely to bring you down, but they're more likely to bring you up! You're turning the negative into a positive.

Now, I'm a realist. Not everyone you know will want to join you. People at work will still make wisecracks that may make you uncomfortable. Avoid these people when your willpower is weakest (see point #2).

If all else fails, shrug off their attacks and remember why you're doing this in the first place. It's for you, not for them.

#2) Failing to Plan Ahead

Have you ever found yourself on the drive home from work absolutely **freaking out** in rush hour traffic? You haven't eaten in 5 hours and that SOB just cut you off.

When we're tired and hungry, we turn into animals. Instead of waiting to make bad decisions, you can use moments of clarity to plan ahead.

For example, if you know you're going to be hungry after work, bring a snack that you can have before you drive home.

As a second example, if you know you're going to be out and about all weekend, pack some healthy meals that you'll be able to have on the go. Will you be able to heat up food? Do you need a cooler to keep it fresh?

As a third example, if you have trouble deciding what you're going to eat, set aside one day per week where you'll plan out every meal. Bonus points if you package everything up so that it is as easy to cook as possible.

As a fourth example, if you're going to a friend's house and you know they're going to try to send you home with the dessert they made, prepare yourself to politely decline. The other option would be to accept, then throw away said dessert, but I always recommend opting for the truth.

There are endless ways that planning ahead can help you, and that's why this point is so high on the list. I've seen many clients fall off the bandwagon solely because of lack of planning.

I've tried to give you many examples to jog your thinking a little, but the only way to know how to effectively plan ahead is to go experiment.

#1) Not Finding a Coach

A coach can serve many roles.

In the initial stages of your weight loss journey, coaches are good for giving you direction, social support, and helping you find the most important things to work on. Sometimes, all you need is an exercise partner. Other times, you have to hire someone.

In the later stages of your weight loss journey, coaches are good for guiding your progress, showing you what to focus on after you've made some initial gains. This is where their expertise comes in. Human biology is a broad and complex topic. If you were sick, you (hopefully) wouldn't try to self-medicate; you would go see a doctor. Why wouldn't you pick up a trainer to help with your weight loss?

Contrary to what I make it sound like, you CAN make progress on your own. But it's easy for this progress to stall out if you don't know exactly what you're doing. That's why I recommend finding a coach. And that's why this is #1 on the list.

A good coach can take you to the next level.

They can free up your time so that you can spend it with your family.

They can help you become the person you want to be.

If you need a coach, I'd be happy to help, just send me an email (lance@lancegoyke.com).

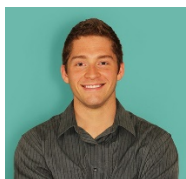
Recap

Here are the top 5 things to do to avoid sabotaging your weight loss:

1. Find a coach
2. Plan ahead
3. Get social support
4. Make small changes consistently over time
5. Put supplements on the backburner

I enjoy communicating with my clients, so if you have any questions, I'd love to hear them. Just email me (lance@lancegoyke.com).

Your's in health,



Lance

