



20 MISTAKES YOU PROBABLY MADE IN 2015



HURLEY FITNESS



20 mistakes you probably made in 2015

Not understanding portion control

Getting to grips with portion control is VITAL for weight loss. I know it's confusing, a portion to one person is going to be different to that of another. However, use your hand! Your protein (meats, fish, beans, eggs) should be the size of your palm, vegetables the size of a closed fist, carbs (pasta, rice, potatoes, bread) – only a cupped handful and fats (butter, oils, nuts and seeds) the size of your thumb. Easy!

Too many complex carbs

These are the pasta, bread, rice and potatoes we eat. We typically consume FAR too much (about 70% of our diet) e.g. a plate of spaghetti (big plate with meat in the centre). We need to reduce this to 40%. Like above, the portion should be a cupped handful only.

Not enough water intake

Doesn't include coffee, teas, diet drinks, flavoured waters (even no added sugar ones). We need pure, normal WATER. It helps keep you fuller so you're less likely to snack. It helps shift and transport fat from your body. Your skin and brain will benefit too! Buy a reusable water bottle and sip throughout the day, make it a habit. Aim for 2 -3 litres.

Wrong intensity during exercise

We've all seen these people at the gym. Using a machine, reading a magazine = NO INTENSITY. To get results, you need to challenge the body. You must work hard, push yourself, create intensity. Difficult for most I know. But try joining a class or hiring a fitness coach.

Focusing on the wrong exercises

In simple terms, big muscles burn big calories! These are legs, back, chest and shoulders. However, they are therefore the most challenging!! As a result, people will avoid them and focus on smaller muscles like biceps, triceps, inner thighs etc. Learn and master (with great technique) squats, deadlifts, chest press, pull downs and shoulder presses. These sky-rocket your metabolism.

Too much focus on Calorie counting

A common error in my opinion. Reason being, it's impractical, tedious and often inaccurate. Retrain your focus to eating quality, non-processed, nutrient dense ingredients with each meal. Of course, be aware of calorie intake but be sure to think, protein, vegetables, water and protein portion control first!



Being afraid of fats

Fat is actually your friend, not the enemy. I'm talking quality fats like those in eggs, avocados, nuts and seeds, cold pressed olive oil, coconut oil. These help keep you fuller, preventing over-eating, and are packed with energy. Man-made fats in cakes, biscuits, takeaways etc. will bring your weight loss journey to a stand-still if eaten regularly.

Not treating yourself

You MUST reward yourself for your hard work. The guideline we often hear is 80% healthy eating, 20% treats. Having a dessert occasionally or a smaller takeaway at the weekend, for example, as a treat will keep you sane, reward your great efforts and will help keep you more focused on your goals than completely eliminating what you like. This is a recipe for failure!

Eating meals in front of the TV

Very common! Our brain needs to see the food we're eating, take in information about the taste, smell, colours. If we're focused on Eastenders, it can't do this. Digestion will not be efficient. Nutrients aren't absorbed. AND you're more likely to over-eat because the brain doesn't have that information.

Eating too fast

Slowing down our chewing relaxes our body, boosting the digestion process. More nutrients are taken in, we will feel fuller, accelerating weight loss. Eating quickly puts our body into a stress condition, meaning our metabolism and digestion slow down, and weight loss becomes even more difficult. Try it! Eating slowly is difficult for most, but practice makes perfect.

Not having any accountability

Typically, most people aren't accountable to anyone but themselves. It won't make much difference if you don't fulfil your promise to exercise after work. Only person getting hurt is you! But if we join a class with a friend, hire a fitness coach, even just telling family/friends your intentions, will immediately make you accountable and more likely to follow through on your goals.

Thinking you can out-train a bad diet

This means you will NOT lose weight by training hard and failing to clean up your diet. It's a common pitfall to OVER-ESTIMATE calories burned during exercise and UNDER-ESTIMATING calories taken in. It's why you may have plateaued on your weight loss. Commitment to exercising with intensity and focusing on quality nutrition = success.



Not enough vegetables in your diet

Vegetables are nutrient dense, calorie light, especially leafy, green and colourful ones (broccoli, kale, spinach, sprouts, carrots, peppers). This means you can fill up on them to replace the complex carbs you've reduced (pasta, rice, bread, potatoes). 50% of your plate should be filled with colourful varieties of these super-foods.

Skipping meals

Weight loss suicide!!!! Skipping meals you may think reduces calories, helping weight loss. WRONG! What it does, slows metabolism, catapults you into "starvation mode", and makes you hold onto your greatest energy source (FAT). The secret to lasting weight loss is regular, quality meals. Make especially sure you get a quality breakfast. Get up 20 minutes earlier to cook it!

Not getting enough rest/recovery

We don't get fit, lose weight, tone up in the gym. This process happens at home, while at rest, eating well to feed those muscles, and during sleep. If you've worked with the right intensity, you deserve to let your body recover to enable it to come back the next day with the same intensity!! Relaxation such as reading, meditation, even just enjoying 20mins of silence before bed will boost weight loss.

Training for too long at the gym

Have you sweated for up to 2hrs on a treadmill, wishing the calories away, hating every second? Well you don't have to! Keep exercise short and intense (that word again!) 45 - 60mins MAXIMUM. Any longer and our body becomes stressed, raising cortisol levels (stress hormone), killing your fat burning process. Any longer than this CAN actually make you put on weight!!

Not seeking fun with your exercise

Exercise isn't for everyone. But there is something each person won't mind doing, you just have to look! We know weights are great for weight loss but if you love dance then join a dance class. If you hate running, don't join a running group because your friend lost weight there. FIND YOUR OWN WAY. The fitness industry has a million avenues to cater for all types of people. Have fun with it.



No clear goal

Perhaps the most common mistake of all. Exercising or “dieting” mindlessly leads to failure. Are you exercising because “It’s what people do”? It’s expected? No goal in mind? Having a clear goal is powerful e.g. I want to get into my old jeans at the end of the month. OR I will lose 2 stone by the end of summer. Clear, definite, time-scaled goals are infinitely more likely to be achieved.

Not being honest with yourself

They say you can lie to everyone EXCEPT yourself. Forget the words that come out of our mouths Look deep inside Are you totally committed to achieving your goals? Are you eating as well as is required? Are you exercising with intensity? Do you desperately want to be successful? Do you really believe you will have success? Your true, inner thoughts will tell the REAL picture!

Poor daily habits.

Routines and rituals create great habits. Example: (Poor) Bed late, get up late, miss breakfast, rush to work, eat late, too tired to exercise, repeat! (Great) Gym gear packed, meals prepared for tomorrow, bed early, up early, healthy breakfast, lots of energy, gym after work, repeat. See the difference. Give yourself the best chance by committing to positive, daily habits.



Here's to guaranteeing 2016 as the best year of your life!

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