

Women Only Boot Camp Explains Why your New Years Weight Loss & Fitness Resolutions

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1. Lack of Belief – The encouraging attention you receive from telling your family and friends that your going to start “Boot Camp” this New Years, doesn't mean you actually believe you will. Most women seeking fat loss are familiar with the New Years resolution program: talk about it, maybe do it for a while and then stop. That limits the belief that it's possible this time around. Although you may have the best of intentions, being able to recognize that your past doesn't equal your future and previous failures were actually the result of dubious marketing methods selling ineffective technologies combined with an understanding of "what really works" will increase your belief.

2. Thinking aerobic exercise is all you need – Most women believe that an exercise program means a commitment to Aerobic or “Cardio” exercise. The aerobic classes in health clubs fill up; the "cardio area" often has a waiting list. Without, however, a concern for muscle (meaning resistance training), aerobic programs can actually train your body to feed off of your muscle for energy instead of fat, which leads to metabolic slowdown. Aerobic exercise is an essential piece of the puzzle, but it is not the whole brownie.

3. Not Eating Enough - this year all of the new years diets are based on nutrient avoidance or calorie deprivation. Whether you try to live on nothing but protein and fats, ice cream, or pre-packaged meals, if you do not take in adequate nutrients to maintain metabolic function, metabolism will slow and weight loss will be temporary at best.

4. Failing to recognize the impact of both fat and sugar - Frequent consumption of simple sugar from any source, alters pancreatic function resulting in extremely limited fat release and positions the body to very effectively and efficiently add more fat to your body. Not recognizing or learning about the downfalls of fat & sugar is another path to a failed New Years Resolution.

5. False expectations – Eat anything you want and lose weight like crazy, take these supplements and your fat will melt away, buy this piece of exercise equipment and workout 5 minutes a day to lose all the weight you want are all promises made by not so truthful marketers capitalizing on the women of America's want for weight loss. These promises lead to a mistaken belief that it is possible to lose fat quickly and easily. We teach people to judge their fat loss progress in stages First, it's essential to stabilize blood sugar and the evidence that its "working" is a consistent elevation in energy and mood. Secondly fat release cannot be judged by the scale. Once you learn why and understand, that the body is not capable of shedding more than about two pounds of fat per week with any regularity, you'll understand why unrealistic expectations lead to a failed New Years Resolution.

[You can find this press release here](#)