

The Secret to Your Fitness Success

By Joe Carabase – America's Quick Fat Loss Expert

You show me someone who consistently eats right and works out hard (for longer than six consecutive months) and I'll show you someone fit. Big parts of America's obesity problem are Yo-Yo workouts and *Yo-Yo Diets*. That is, short periods of time eating right or working out right, followed by eating like crap or being sedentary.

I've found success in all aspects of life can all be traced back to one thing; momentum. When things are going really well, it is generally easier to keep them going. When things do not go right, it's easier to give up. In fitness, the #1 momentum killer is weighing yourself more than once a month.

If you are currently at home, go to your significant other or someone else who lives in the house and ask them to hide your scale and to not tell you where it is OR just throw it out. If you are at work, do this as soon as you get home.

If your weight fluctuates week to week, that weight is generally water weight! So whether you lose a few or gain a few on the scale, it has nothing to do with your body fat percentage.

One of the first reasons people experience an initial quick weight loss with a low carbohydrate/calorie diet is that they lose water weight by depleting their muscle glycogen stores. Muscle glycogen stores are basically stored carbohydrate in all of your skeletal muscle. A significant quantity of water is also held in the muscle cells of the body along with the glycogen. When you deplete your muscle glycogen stores, you also lose a good bit of water weight. This is not necessarily a good thing, since your performance in the gym will suffer and your muscles will appear flat. It is common for people to notice that their muscles appear smaller (kind of shrunken) when they go on a low carb diet.

Most people equate weight loss with hitting a plateau, yet the two really have nothing to do with each other. A plateau is when your progress stops. "Progress" NOT "weight loss," if you peeled the *goal onion* all the way down to your core desires, its not to lose weight. Would you rather lose weight or shed body fat? Or feel confident about yourself? Or develop toned arms? Or fit into your skinny jeans that have been buried in your closet since college? Or have a flat stomach? I could literally go forever with the actual, CORE desires people have – all of which are not weight loss!

So, how do you prevent a plateau?

In your workouts, do a little bit more each workout. This could be more reps, a progression of an exercise, more total sets – just keep improving. I believe it's Dan

Kennedy who said *Anything worth doing, is worth measuring*. Most people complain to me that they hit a plateau, yet have no clue what works, exercises, sets and reps they've been doing – they just know their weight has not changed. If you are not measuring it, you cannot change it.

ACTION Step: Buy a \$2 notebook or download a notebook application on your smart phone and start recording every aspect of your workouts. Make it a goal to do something different each workout and keep the difficulty progressing.

In regards to your eating habits, eat right 98% of the week and enjoy your weekly cheat meal. This will keep your metabolism from slowing down.

ACTION STEP: If you are having issues with your eating, start logging your eating! Either use the same notebook as mentioned above, download an app or take pictures of everything you eat and drink. Keeping track of this stuff will help you make positive change.

Always move forward, even when you fall off track. A bad meal or missed workout is not the end of the world; always remember to strive towards gaining **momentum** – no matter how many times you need to start over.

Your Fitness Coach,

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