



## Why is there a Weight Loss Struggle?

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### Opinion

Have you ever known someone who was in a weight loss struggle? You most likely have because there are about 150 million people in America who are trying to lose weight right now or have tried to lose weight at some point in their life. More and more people every day are trying to lose weight, get in shape and become healthier. So why is there a weight loss struggle with so many Americans? Wouldn't one think that losing weight would be very easy to do? Well for most people losing weight isn't so easy and having excess weight, trying to lose weight, or being unhappy about body size, contributes to probably 1 of the 8 top stressors people have nationwide. I will explain to you some of the top reasons for the weight loss struggle in this article. I have lots of people who contact me about weight loss especially since I offer weight loss/fitness coaching to anyone World Wide. It's amazing all of the reasons people tell me on what has held them back from losing weight, getting in shape and becoming healthier. Let me see if I can sum it all up for you on why I think many people have a weight loss struggle.

### How Strong Is Your Desire and Intention

Why do so many people know they need to take control of their health and their lives and they don't do it? Do people struggle because they don't know what to do or because they just don't do it? I would honestly have to say it is because they do know what to do they just don't do it. People may not understand exactly everything they need to do but what I am talking about is putting forth enough effort and actually taking action. What's it like being caught up in a weight loss struggle and what compels a person to finally take action?

If the Apostle Paul was speaking today about himself exercising and losing weight, he might say this: For I know what to do, but I very sadly do not do it. What I need to do, I hate to do, but what I don't do is what I need to do. As it is when-I don't do it, that I know it is not I who doesn't do it, but the rebellion and procrastination in me that do not do it, which is not good you see. Is it natural for me to be this way? I need to exercise and start eating healthier and this is what I need to do. I want to do these things but I don't do it. The struggle is real. Just you all pray for me please.

Apostle Paul continued "And yes I may be struggling to do these things but I do have a desire to do what is good, what is right, and what I need to do, yes I need to do all of these things, and to start exercising and eating healthier. I know I need to lose this weight too. For what I do is not the good that I need to do, but I hope soon that I will start to do all the good that I need to do because I need to now and it is right for me. Oh God please help me!!!" Although the Apostle Paul was talking about the battle against sin in the book of Romans (See Romans 7:15-20), we too, whether Christian or not, can take a piece from his writings at a deeper meaning behind why many don't exercise or eat healthier. We as people need a much stronger desire and

intention. When it becomes a strong enough intention and the desire is strong enough (when it is important enough to you) then you will make time for it. And when you make time for it, then you will find yourself naturally feeling ready to "get started on a program". If people have no one to hold them accountable to their goals then very often times they will never achieve them. And poor health contributes to and leads to stress and depression. I help clients anywhere worldwide lose weight, get in shape, and become healthier.

### Too Much Information and Not Enough Information

Over my years as a personal trainer, weight loss coach and a nutrition specialist, I have found very few people who are trying to lose weight actually had thyroid problems. So why is there a weight loss struggle? Most people don't really know how to eat properly or what to eat nor how much to eat. Unfortunately good education on diet and nutrition just isn't taught in junior high or high school and truthfully it needs to be. There is plenty of information on the internet nowadays to help people but almost too much info. If you go to Google and start searching for weight loss diets, exercise programs, and workouts then you will find literally millions of articles. It can be very overwhelming and confusing for people.

As a result very often times, having too much information, people don't end up doing anything or they are unsure exactly what to do. And if they do anything at all it isn't what will help them achieve results. It's just like being at the store shopping and trying to decide which item to buy. Omgosh there can be so many choices!!! You look at the choices on the shelves and there can be different sizes for the same item, different combinations, different strengths, different companies making the same item, value sizes, variety packs, this kind vs. that kind, and sometimes you can't decide which one to get so you leave and get nothing. Has this ever happened to you? A prime example of this is for toilet paper. They have jumbo size, 36 rolls, double rolls, mega rolls, and lavender scent; yes unbelievable. There are way too many choices.

And then too, many people are just simply uneducated. Unfortunately diet and nutrition are not taught as a mandatory class in high school yet. I'm honestly scratching my head on this. Yes I believe they should be; at least a basic class. So what happens is people grow up uninformed and trying to educate themselves via the internet. And again as I said, there is too much information available so it confuses many people. I have a new client starting next week and she is about 40 years old and she has never worked out in her life nor has she ever even stepped foot in a gym. Some people grow up and they have never really played much sports growing up as a kid and the only exercise they get in now is just walking on occasion.

So why don't high schools have a mandatory weight training class or fitness class to teach young boys and girls the basics? This is why people in America end up having major health conditions because they

never got into exercise or eating healthy. Many kids nowadays come from single parent homes where parents don't cook and kids half way raise themselves. And you already know how most teenagers are going to eat. Some people grow up and don't know how to eat healthy. Many people won't take an interest in eating healthy or exercise because they simply don't have the confidence they can do it right. If there is such a thing as doing it right. Many people have told me that they haven't gone to the gym because they don't know what to do; which is basically feared of doing it wrong. And who wants other people to see you if you aren't doing it right? The same goes for eating healthy. What should people buy in the grocery stores? What kind of diet should they follow? These are both intriguing questions that leave people often doing what is familiar to them and eating what they are used to when it comes to their diet.

### You Need More Discipline

As I previously mentioned one could also argue that many people know exactly what they need to do but they just don't do it. Why is that? Because most people lack the discipline required to succeed and achieve their goals and need to be held accountable. Most people I find need motivation and encouragement. It's also because people's lives are just so busy, demanding and hectic that many never seem to get to the place where they can sit down and focus on their health goals, exercise goals, or their fitness or weight loss goals. Many people are caught up with life, their jobs, looking for a new job, working 2 or more jobs, kids, kids' activities and kids sports, school and college, family commitments, hanging out with friends, church and church functions, starting their own businesses, marriage and relationships, and other things. So when do people make time to go exercise and workout? This is a BIG part of the problem you see. I am naturally much disciplined. I grew up playing sports at an early age and played football, basketball, and baseball through high school plus and coached football for 8 years. My high school, Wayne High School in Huber Heights, Ohio is a national football and basketball powerhouse and has always had very successful programs also including track. I also competed on the school's powerlifting team. Being disciplined like many things is a mindset combined with daily habits for success. Being disciplined is a mindset you need to be in to achieve your goals. Has there ever been a time when you had to be disciplined to achieve something? What was it and how did you get into this mindset? I hypnotize myself daily to stay in this mindset.

Many people in today's world also would much rather sit in front of the television being lazy or on their laptop, iPad, cell phones or playing video games or connecting with friends on social media than working out, exercising or cooking/preparing a healthy meal. When some people get to the point where they find themselves feeling ready to actually make a lifestyle change, their lives are so busy that they never really get to the point where they say "I can and I will" or even better yet "I have to or I am going to do. In other words their lives control them instead of them taking control of their lives. When as a person you begin to decide that now is the time to take action and you have an emotional reason then you will. Finding out the "why" and having an emotional reason why you desire to achieve your goals is extremely important. Your why becomes your purpose. For many it is to look better and feel better. For others it is so they can fit in their clothes better. For others there are health reasons. For some it is so they can play with their children or grandchildren.

Many people know they want to lose weight and get in shape and usually it is so that they can feel better about themselves or just look

better in general which makes them feel happier. Many people know they need to get started on an exercise program to improve their health and increase energy. There are many reasons why people need to get started exercising and working out but they just don't do it. Unfortunately many people in this world are procrastinators especially here in the United States. Why is it so difficult to take that first step and get started? I believe for most people, when it becomes important enough then nothing will stop them from taking the action towards exercising, losing weight and making a healthy lifestyle change and achieving their goals. How do you know when..... you feel like you think you need to make a healthy lifestyle change? What is it that happens in life that suddenly causes you to think that and feel that way? What's it like when you suddenly find yourself feeling like you need to lose weight and start making healthy lifestyle changes? It can be as clear as seeing yourself in the mirror. This is when very often time people begin to think about their life, their body, and their health.

When I look at all the things that need to be done on a daily and weekly basis to lose weight, it seems easy to me but for most people it's extremely hard. This is why I am the one who helps restore order and organization. I offer personal fitness training to my local clients and online personal training to anyone worldwide! I really take out a lot of the guess work that most people are doing and I customize a fitness or weight loss program for them to help them achieve their goals a lot easier and faster. I put my Online Personal Training clients on my Facebook group "Extreme fat loss and healthy lifestyle". Yes I offer online personal training (weight loss/fitness coaching) where I customize client's exercise programs, help them with diet and eating plans, meal planning guidance, cooking tips, nutrition, understanding weight loss 101, accountability, motivation and encouragement, plus my book "28 days to extreme fat loss" is free on PDF. My clients also receive 24/7 access to contact me anytime, they receive 4 coaching sessions a month, plus receive lots more! Lose weight! Burn fat! Gain more energy! Become healthier! Achieve your goals faster and easier! I will be all the discipline and accountability that you need to achieve your goals.

### The Procrastination Ends Today

Many people really don't want to or like to work out and exercise. Let's face it; many people in the United States are lazy!!! Part of that laziness is from being conditioned to be lazy. Many don't grow up very active or played minimal sports. With video game technology being so real it naturally increases the enjoyment people get from playing them. Many kids spend most of their time playing games or on their iPads. Some people had been going to the gym faithfully and then suddenly their workout partner dropped off, they got busy, got lazy, were working too much or got caught up in a relationship and now they have no one to go to the gym with. They have been procrastinating ever since.

I honestly covered more on why people procrastinate earlier in this article. I really just don't understand why still. Tomorrow is not promised to any of us. Nevertheless I have seen people with chronic illnesses and even some who were told they needed to lose weight, quit smoking and get healthier or they could die. And if that isn't enough to motivate someone to make a change then I honestly don't know what is. And very sadly, very often times it still isn't enough. We can't be procrastinating if we ever desire to achieve our goals. Let me ask you something if I may please. Just how important is your health? I wrote an awesome article titled "how important is your health?" Please click on the link below to read it. Eventually you are going to either start

working, exercising, and eating healthier or you won't ever at all so you might as well just get started now today. Now shouldn't you? What will your life be like 3 to 6 months from now if you don't get started today? If you are ever going to achieve your goals then despite how much chaos is going on in your life or isn't you absolutely must get started today.

### **Our Lifestyles Are Too Busy**

People get so caught up being busy and if you are single parent then you are extremely busy no doubt. There are kids, kid's appointments, kids sports and activities, your job, possibly a second job, a side business or starting a business, running errands, family activities and family obligations, hobbies, church and church programs, marriage and relationships, taking care of your pets, spending time with friends, school or college if you are attending, paying bills, cleaning the house and the list goes on and on. When is there time to work out and exercise?

People are so busy in today's world that getting them to take time out of their schedule just to work out and exercise can be very challenging; even if their health is at risk from not doing it. I've often wondered if people would rather die being too busy instead of living and finding time to exercise and eat healthier. And out of all honesty, I find many people are stressed from life or something going on in their life or depressed because of their weight and too busy to make a change so that they can feel happier about themselves. If it is important enough then people will make time to do it. So really it's a matter of "priorities". How much of a priority is this weight loss, health goal, or exercise/fitness goal? Where is it on a scale from 1 to 20 with 20 being the most important? Does your life reflect its importance? The most important question is "Why do you desire to achieve this goal?" You must determine a why and this why is your motivation. The why has to be strong enough to compel you to take action. Your why is like gas or oil that you need to put in a car to get it to run. Unless there is gas and oil then the car isn't running. Put your goals on the calendar and begin to make time for them. Develop a strategy of how you can and will do this. Become more organized with your valuable precious time. It's amazing how much time is wasted when people aren't consciously aware of it. I seriously shake my head when I see posts online about people saying they are bored. Begin to eliminate in your life anything taking up your valuable precious time that isn't helping you achieve your goals.

### **You Have Been Eating at Restaurants Too Much**

Fast food and restaurants are too convenient. Not only can people go to a restaurant or fast food restaurant and get meals fast in today's world, they can even get food delivered to their door from pretty much any restaurant now. If the company doesn't deliver it themselves there are services out there that will. This is what makes people lazy and not want to cook. It's bad enough that they can drive through the restaurant and just pick up what they want to eat; but even now at nicer restaurants people can order from them and they don't even have to cook.

And restaurants in general make it really hard on a lot of people to stay committed and disciplined to a weight loss program. Because there are so many choices out there and different types of restaurants that offer foods/meals that people like but that are not the healthiest. Very often these foods/meals that are not the best balance of protein, carbs, and fats that people need when they're trying to lose weight,

burn fat, and get in shape and become healthier. Now there are some good restaurants out there where people can eat at successfully and people can just as easily make some good choices out there and it can help them on their program by providing alternative avenues to cook and being able to give people some enjoyable foods they can eat as a treat or a reward. Some people feel obligated to eat out and socialize with friends. Does this sound familiar? And when people do they eat too much and typically unhealthy and are drinking alcoholic beverages. Drinking too much alcohol is literally poison for a weight loss program. Drinking alcohol causes your body to burn the alcohol first for energy and then the carbs sit and cause people to become fat. This is how a biochemistry student who is a personal trainer where I train clients explained it to me. So in other words, the two don't mix. Contact me if you have nutrition questions. I spent 10 years teaching our United States military and government personnel the principals of nutrition, weight loss, eating healthy, burning fat, plus more. Immediately begin cooking and planning your meals out. Take time and make time in your schedule to do this. Find time to go grocery shopping to buy food to cook. Take advantage of protein shakes and bars too! You already know you need to begin eating better to achieve your goals. Contact me today and I will help you customize and plan out your whole program!

### **We Have Too Much Technology and Other Interesting Reasons**

So what other reasons can I come up with? Let's start with having absolutely no motivation and no strong emotional reason to exercise and workout, no discipline to stay on an exercise and workout program or follow a good diet, lack of will power, cortisol production coming from stress leading to overeating (this also makes people not want to work out or exercise and very tough staying on a diet), not eating healthy enough and not working out, what people you hang around and associate with, too much technology (TV, phones, video games, social media, computers/tablets, movies online), people in a hurry and skipping breakfast, not enough consistent sleep patterns and inadequate amount of sleep every night causes the metabolism not to function properly nor does it help for our motivation to exercise and eat healthy, not consuming enough food and calories daily (I am constantly holding clients accountable to consume more calories), researchers believe that eating on the run and not planning meals is a big reason why people don't achieve their weight loss goals. Let's stay off the technology and get more focused. And if the people you hang out with are junk food eaters, love to drink, they hate to exercise, then you might have trouble getting started and staying on your program. I tell this to my hypnosis clients who want to quit smoking. Those who desire to quit smoking shouldn't be hanging around smokers. It will be too challenging to succeed. Should an alcoholic who is trying to stop drinking go out with their drinking buddies anywhere? In most cases I will tell someone no. You can always find some new friends.

### **You Need To Reduce Your Stresses**

Stress is also another big reason people struggle with losing weight and getting in shape. People can be stressed from many things and stress can lead to depression. People being depressed from life such as relationship or marriage that didn't work out, job stress, school or financial worries, etc. need to start being more physically active to achieve their goals. People can be stressed from not being healthy and still no motivation to get healthy. Even though going to work out and exercise is perfect for someone who is stressed, and many people know

this but they still don't do it. Many would rather lay around doing nothing and being stressed or depressed and becoming a victim of their own misery than to take leadership, self-accountability, and take action to reduce their stresses. Sooner or later you have to decide that enough is enough and it's time to make some changes. You need to find ways to reduce your stresses.

I have a friend who is having marriage challenges and it's apparently been going on for years. She just got a new job and she is so excited! She always messages me about how many steps she got in at work! She is so happy and I truly feel that the job is helping out her overall stress. Here is a link to a blog post I wrote titled "solutions for stress". I also listed a few more of my blog posts that are really popular. Now truthfully speaking, I write A lot more posts now on Linked In and I

will post that link below too. Usually I share my articles on my Facebook business page. Follow me!!! I have plenty of You Tube videos are coming soon!!!

I offer weight loss coaching and online personal training to anyone worldwide! I customize client's exercise programs, help them with diet and eating plans, meal planning guidance, cooking tips and suggestions, nutrition, understanding weight loss 101, accountability, motivation and encouragement, plus my book "28 days to extreme fat loss" is free on PDF. Clients also receive 24/7 access to contact me anytime and receive 4 coaching sessions a month. Plus receive lots more! Achieve your goals faster and easier! Lose weight and get in shape!!! When you contact me today please tell me you read this article.