

## **Why Aren't You Seeing the Results You Want?**

A lot of people mistakenly believe that they need to have a highly complex training program with an elaborate list of supplements and an iron will in order to get into shape. This is why people will spend so much money on personal trainers, on gyms, on creatine, on protein shake and on programs like 'Insanity Workout'.

But that shouldn't be true. In reality, as long as you stick to a relatively decent training program and you're consistent, you should see results. Even if you are just doing a few press ups every night, this should be enough to bring about *some* positive change in your body. Could it be better? Sure. But it should be enough to do *something*.

So if that's what you're doing and your training is genuinely consistent... why aren't you seeing any results? Well, there's a few reasons...

### **You're Not Giving it Your All**

The first and most likely cause here is that you aren't giving your training enough effort. It's not enough to simply go through the motions when you lift weights or perform CV; you need to really push yourself and you need to work hard enough to feel the burn or the pump in your muscles and you need to feel the sweat forming on your body.

One big mistake you might be making then is leaving the TV on while you train! This can distract you from your workout and prevent you from really focussing on and engaging the muscles while you're lifting or moving.

### **The Rest of Your Life is the Problem**

If you're training as hard as you possibly can and you just can't seem to shift those last few pounds, then you might need to take a look at the rest of your training regime. What you'll probably find is that you aren't as active the rest of the time as you could be.

We are not designed to be largely stationary 24 hours a day and then to workout intensively for 30 minutes. If you really want to be healthy and fit, then you should be constantly resting *or* training. Take a look at your routine then and see where you could fit in more walks, more runs or perhaps an exercise class.

### **Your Hormones Are Getting in the Way**

If you have the wrong hormone profile, then your body will be prone to burning fat and muscle for energy rather than storing it. That makes you an ectomorph. Or perhaps you're someone who stores fat very easily and can't lose any weight.

This could be caused by some kind of medical condition. Speak with your doctor about the possibility that you might be suffering with low testosterone, hypothyroidism or polycystic ovaries.

Even if you aren't clinically 'unwell', it may still be the case that you have low testosterone, low T4, or poor insulin sensitivity. Luckily, there are normally things you can do about this situation. One of the best options is to train more regularly. Another is to eat more. Fix your hormones and you'll make training much easier.