

### 3 reasons you are not seeing results

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I was at this golf tournament once and got to talking with some guys in the clubhouse when the tournament was over, it's funny how a new person who finds out what I do for a living quickly changes the conversation into an interview about fitness. Usually I get the "How Do I lose this" or "What's the best exercise for..." But this time one of the new people I met at the golf tournament asked me a very good question that actually has 3 good answers. He wanted to know why he isn't seeing any results. I'm sure this may be a question many of you are also wondering.

"I've been working out almost every day, I've lost 2lbs in 5 months, I'm about to quit" he said.

I was surprised that he even lasted 5 months without seeing results, he was clearly dedicated to getting results but was nearing his wits end. I could see the frustration in his face, and he was hoping I was going to give him a magical answer that would solve everything. Unfortunately there are numerous factors why people may not see results. But I did tell him something that hopefully helped him and will hopefully help all of you.

There are 3 basic possibilities that are putting the kibosh on your results.

#### 1. Your program Sucks

If you have a program that just isn't intense enough, or is too long or just has the wrong template for your goals, then it's likely you won't see results.

Solution: Change your program to something more intense or seek out a professional to help you out.

#### 2. You've adapted to the program

many times people will start a program and see great results for 4-8 weeks but then see nothing further. This is usually because your body has adapted to your current program and it's no longer forcing your body to change.

Solution: Take a week off then change up your program or possibly increase the intensity

#### 3. You really are not following the program

I see this one all the time, more so with nutrition programming than anything else. Bottom line, the less consistent you are with the program to less consistent your results. If you add in exercise on days you are supposed to rest that's just as bad. Not following your program correctly can absolutely sabotage your results.

Solution: Create a rewards system (that doesn't involve chocolate) that gets you motivated and excited to complete your program 100%. I've had clients use points systems that allowed them to go shopping only if they got a certain amount of points. I had others reward themselves with a spa day if they stuck to it for 8 weeks straight. What ever motivates you, do it.

Note: A rewards and punishment system can work too, as long as you are positive about it. Rewarding yourself for doing well and punishing yourself for doing bad can drain you emotionally if you aren't careful about it so be cautious if you take this route.

Happy Fitness

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