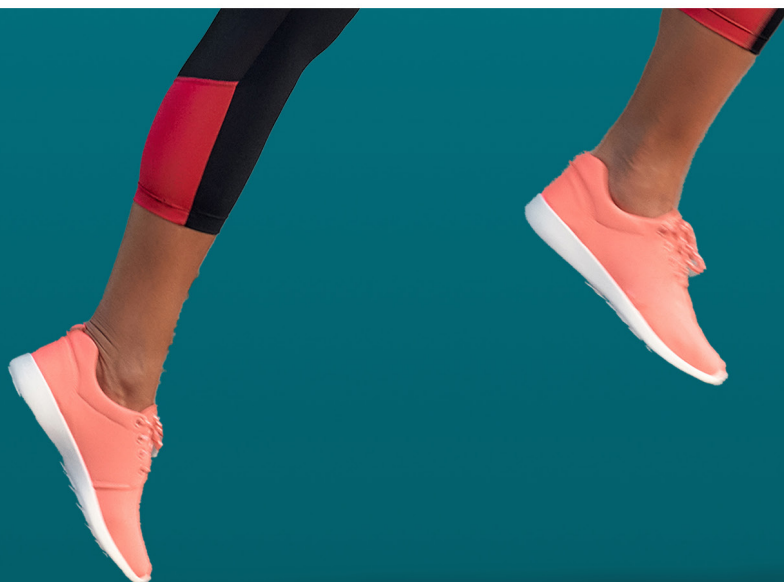


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Reasons You Do Not See Results From Fitness After 40



5 Reasons You're Not Seeing Results from Fitness After 40

And How to Fix It

by

PUREHEALTH[®]
RESEARCH

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Table of Contents

Introduction	4
The Best Secrets for Rebooting Your Body and Getting Fit Again . . .	5
Don't Do Too Much Cardio	5
Incorporate More Strength Training	5
Eat More Protein	6
Don't Restrict Your Calories Too Much	6
Get Enough Sleep	7
Work to Reduce Stress	7
The #1 Food You Should Eat to Speed Up Your Weight Loss.	8
Weight Loss Versus Body Composition	8
The Biggest Mistakes When It Comes to Food and Fat Loss	9
The Surprising Factor That Disrupts Your Hormones and Causes Sugar Cravings and an Insatiable Appetite	10
Improving This One Thing Can Make a Huge Difference in Women's Weight Loss and Health	12
Conclusion	13
Citations.	14
Resources	14

Introduction

Are you wondering why you are working out hard but not getting the desired results?

The truth is that many of us make mistakes when it comes to fitness. We often forget that what works for one person may not work for everyone. However, there are some tips that everyone can follow to begin seeing the results they want.

A large percentage of the population seems to be continuously on a diet¹. However, weight problems continue to escalate, so we seem to be taking the wrong approach to our fitness goals. Adapting your approach to fitness and weight loss signifies that you are resourceful and resilient.

We should remember that everyone is different, so different things work for different people. Our perception and the relationship we have with our bodies, exercise, and food are complex. We all bring our own perspectives to dieting and fitness. Some of the most popular diet and exercise habits could be the very reason someone isn't seeing progress.

If you find yourself constantly counting calories, weighing yourself, working out, and dieting, but you haven't seen the results you want, perhaps our tips will be helpful to you.

The Best Secrets for Rebooting Your Body and Getting Fit Again

We've compiled six tips to help boost your weight loss over 40.²

Don't Do Too Much Cardio

Women, in particular, are doing too much cardio. We're not talking about gentle strolls but strenuous cardio workouts.. You should keep your cardio down to approximately 30 minutes at a time.

*Too much cardio damages your metabolism.
It promotes muscle loss in addition to the toll
caused by aging.*

Less muscle means fewer calories burned and slams the brakes on fat loss. You want to build your muscle back up.

Turn your cardio into high-intensity interval training (HIIT) instead of steady-state cardio. HIIT is approximately a minute of high-intensity cardio followed by a rest period of about a minute.. The rest period is then followed by more intense cardio. The HIIT process helps to boost your metabolism and the fat-burning process.

Incorporate More Strength Training

Strength training over 40 trumps any other exercise you can do. It boosts your metabolism and builds muscle. Three or four times a week, you should participate in strength training.



Eat More Protein

You should try to get one gram of protein for every pound you weigh. For example, if you weigh 150 pounds, you should attempt to get 150 grams of protein daily. If you are over 170 pounds, you should go for a gram of protein per pound of your goal weight.

Eating protein is going to do two things. One, it's going to help you burn fat. Two, it will help you feel fuller all day, so ensure you are getting enough protein.

Don't Restrict Your Calories Too Much

No one should eat fewer than 1300 calories a day. Eating too few calories daily will slow your metabolism down and could lead to nutrient deficiencies and disease. When people eat too few calories, they tend to enter a vicious cycle of dieting, binge eating, repeat.

You won't be able to sustain low calories over the long term. It will cause you to enter the yo-yo dieting phase. When you retain sufficient calories, you have more energy for exercise, boosting your metabolism and weight loss..

Get Enough Sleep

If you aren't getting enough sleep, it can cause all manner of issues. Not getting enough sleep can make you feel hungrier throughout the day. It can affect your insulin production and be detrimental to your metabolism.

Work to Reduce Stress

If you are highly stressed, your cortisol levels can become too elevated, which inhibits thyroid hormone production making the thyroid work harder. Stress slows insulin production, metabolism, digestion, and detoxification contributing to poor sleep and poor eating habits. If you are feeling stressed, incorporate stress-relieving techniques into your routine. Reducing stress will contribute to better sleep, better eating habits, boosted metabolism, and better health.



The #1 Food You Should Eat to Speed Up Your Weight Loss

(Hint: It's Not More Veggies!)

Food is the most important thing when it comes to fat loss for women over 40³. Food is also the biggest struggle women have when it comes to losing weight. There is a lot of misinformation available when it comes to eating healthy foods and losing weight. Women tend to make various mistakes when it comes to food.

Weight Loss Versus Body Composition

Too often, people think about weight loss rather than fat loss. The diet industry perpetuates that idea. People want instant gratification. The diet industry, with fad diets and new diets coming out routinely, perpetuates the idea that you want to lose as much weight as possible as quickly as possible.

Losing weight as quickly as possible will not leave you with the body of your dreams. Often, people lose weight quickly and then gain more weight than they originally lost. Particularly over 40, losing weight too quickly contributes to muscle loss.

If we start to focus on body composition rather than weight loss, it will help us. Improving body composition is about losing fat while building muscle. Doing that will transform your shape, and improving your composition requires eating well.

The best way to achieve success with fat loss is to understand that you won't get instant gratification. You will need to put in the time and be patient. Remember, the slower the loss, the longer it stays off.

The Biggest Mistakes When It Comes to Food and Fat Loss

1. Calories in versus calories out. You want to burn more energy than you take in. It isn't just as simple as "calories in versus calories out."
2. Too much focus on scale weight rather than body composition. We pay too much attention to the number on the scale. You want to pay more attention to how your body feels and your measurements instead of the scale.
3. Trying to lose weight too quickly. This could be an extreme diet, extreme fasting, or low-calorie eating. These methods make your metabolism worse or lead to nutrient deficiencies and disease. The methods can also make your insulin resistant or raise cortisol levels. If you lose weight, you will gain it back, plus more.
4. Not eating enough protein. People seem to struggle to get enough protein in during the day. Eat one gram of protein per pound of weight unless you are 170 pounds or more. At that point, you should match your protein amount to your goal weight.
5. Not paying enough attention to your hormone health. If we're focused on calories in and calories out rather than the foods we're eating, we could be causing inflammation, which will keep us from losing body fat. Pay attention to gut health. If your gut health is out of whack, you need to pay closer attention to how foods affect you. Eat more whole foods and fewer processed foods to improve your gut microbiota balance. Impaired gut flora can prevent weight loss and increase hunger.
6. Knowing what you need to do but being unable to control eating. There can be several reasons that you can't control your eating. Women tend to do well during the day, but in the evening or on weekends, they go off the rails and begin to eat incorrectly. Sleep, stress, hormone levels, and mindset all play a role in the inability to take control of eating.



The Surprising Factor That Disrupts Your Hormones and Causes Sugar Cravings and an Insatiable Appetite

Everyone thinks of food and exercise when they think of getting fit. However, we tend to overlook a major component of fat loss and health that has nothing to do with eating or exercise. That component is sleep². If we aren't getting enough sleep, it can affect everything else on our fat loss journey.

Believe it or not, getting enough sleep contributes to our ability to burn body fat and how our hormones respond to the food we eat. Missing sleep can cause insulin and cortisol levels to become out of whack. That makes it more difficult to control eating habits and feel full and satisfied.

Not getting enough sleep can cause us to have sugar cravings. Lack of sleep can also cause us to experience insatiable hunger, which then leads to overeating. Overeating leads to feeling lethargic and unhealthy.





On the other hand, if we take the time to fix our sleep patterns, we can find improvement in other areas of our lives as well. For example, someone who is well-rested doesn't typically experience the same food cravings as someone who didn't get any sleep. It's suggested that healthy adults get between seven and nine hours of sleep each night.⁴ If you have difficulty getting enough sleep, you could benefit from learning about sleep hygiene tips to help you optimize your routine and environment to help you get the best sleep possible.⁵



Improving This One Thing Can Make a Huge Difference in Women's Weight Loss and Health

Many women don't handle food in a healthy manner; rather, they either overeat or undereat when trying to cut calories.³ Improving the way we think of food and look at weight loss can tremendously affect our ability to lose weight and keep it off.

The cycle of overeating or undereating can keep you feeling out of place in your world. If you take in too few calories, your metabolism will start to slow because your body is in starvation mode. In starvation mode, the body begins to store calories as fat to keep you afloat while you struggle to burn fat.

So, along with our sleep cycle, the most crucial thing to handle when we want to change our body composition and learn how to lose weight and keep it off is how we handle food. If we can improve the kinds of food we eat and how much, we can make tremendous progress toward changing our body composition.



Conclusion

Between yo-yo dieting and not handling exercise properly, women over 40 continue to struggle with proper weight management. We are too focused on decreasing the number on the scale when we should be worried about ensuring we live a long, productive, healthy life.

When it comes to working out, we are either doing way too much or not enough. Not to mention, we are often afraid to add strength training to our routine. However, we can see results with a ten-minute program if we incorporate the right kind of high-intensity interval training with strength training.

Our biggest mistake with food is not incorporating enough protein into our diets. We should strive to have protein with each meal for a daily total that equals our weight or, at the very least, our goal weight. Protein helps you to feel fuller longer while also working to burn calories.

If we want to succeed in our weight loss and fitness journey, we need to focus on adequate calories from the proper types of food.. Additionally, we must make sure we are moving our bodies by incorporating cardio and strength training. It is possible to succeed even after 40 if we are patient and willing to do the work.

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Resources

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