
Fitness Tips

by Cari Draft Elliott, BS, CPT - ACE-Certified Personal Trainer

***Question:** I feel like I work out a lot compared to my friends, and I did lose 5 pounds a couple of months ago, but now I'm just staying the same. What else can I do besides workout to lose this weight?*

Without knowing exactly what you're doing when you're "working out," I can think of a couple of things that you can check immediately:

1. Are you varying your workout routine at all since you started? Your efforts to slim down could be stalled because your body is in a fitness rut; the exercise isn't as challenging as it used to be, and your body has adapted to it. Change your cardio activity, and vary the intensity and duration of your workouts. Switch things up, keep it interesting!
2. How are your eating habits? Reach for fruits and vegetables instead of processed foods, drink as much water as you can, don't cut out ANY food groups entirely, eat healthy foods all day long and try not to concentrate on having three set meals each day... the list goes on & on. Try writing down what you eat for a week; if you have to put it in writing, you'll be more likely to think twice before eating something you KNOW isn't good for you.

There can be many other reasons for your stalled weightloss, but these two reasons can be good ones to check first!

Cari Draft Elliott is an ACE-Certified Personal Trainer who makes "house calls"! Please check out her website at www.oneononefitgirl.com and email your questions to cari@oneononefitgirl.com.
