

THE TOP TEN MISTAKES

40+ WOMEN MAKE WHEN TRYING TO LOSE WEIGHT

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YOU fitness

Losing weight is tough, especially when you're juggling a busy life alongside hurdling towards Perimenopause!

Many women dive into weight loss with the best intentions but make common mistakes that slow their progress.

Avoid these pitfalls, and you'll find yourself on a more sustainable, effective path to feeling stronger, healthier, and more confident.

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MISTAKE

1 Trying to do everything at once

When motivation strikes, it's tempting to overhaul your entire lifestyle overnight—cutting calories, hitting the gym daily, and eliminating all your favourite treats. But this "all-or-nothing" approach often leads to burnout.

What to Do Instead:

Decide where and what type of training you would like to do.. it has to be something you half enjoy lol otherwise you will never commit.

If you are choosing to start a gym, consider the environment, the type of people that go there, is it somewhere you will feel comfortable and supported?

Focus on one small change at a time. For example, start by increasing your protein intake or committing to 2-3 workouts per week.

Build habits gradually. Once you've mastered one, move on to the next step, look at your nutrition, drink more water daily etc. Try not to rush to things, remember you are building a healthier lifestyle, that will become a new way of life that will support a healthier future.



MISTAKE

2

Eating too little

Lose weight = Eat less - right? Yes, thats true but that doesnt mean starve yourself!!

Many women drastically cut calories to lose weight quickly. This often leads to weight loss stalling, low energy, low mood, cravings, and eventual binge-eating.

Yes to lose weight/body-fat - you need to eat in a calorie deficit. Which means Eat less calories than you burn!

What to Do Instead:

To do it the right healthy way, you need to find out what your defecit calorie target, there is some calculations invovled .

1. **Click HERE to use a BMR & TDEE calculator to determine how many calories your body needs.**

https: //myfitnessroad.com/calculate-bmr-tdee

2. **Aim for a moderate deficit (20-25% fewer calories than your TDEE) for sustainable fat loss.**

3. **Ensure you're eating enough to fuel your workouts and daily activities.**

MISTAKE

3 Cutting out the foods you enjoy!

For me this is the **one of the biggest mistakes!**

The **food you love and enjoy** is part of who you are its part of your **culture**, your **childhood, relationships** and so much more....

I still eat certain foods today that my **mum** cooked me as a child.... I eat foods that I enjoy with my **family** and **friends...**

So, asking me to **give up those foods** because they are so called bad is going to be **very hard!**

So don't!!!

The trick is to **increase your nutrition knowledge**, how many **calories** is in the food you are eating, is it higher **protein**, **carb** or **fat**??

Once you increase your knowledge, along with sticking to your **deficit calorie** target, you will learn how to still eat the foods you enjoy and by also finding **healthier alternatives!**

For example – **chips!** I used to love deep fried fat chips with lots of salt.... Now i make my own from **potaotes** and cook in the **airfryer!**

Again, stick with foods you enjoy and look for healthier alternative, less sugar, low salt, less fats etc...

Cutting out the foods you enjoy!



Food Swaps

White Bread	Wholemeal bread or Sourdough
Pizza	Make your own & add your own toppings
Hamburger	Lean mince, mix with egg, onion & seasoning of your choice to make your own.
Chips	Use white potato or sweet potato, cut into chips - sprinke of oil and air fry to cook.
Chocolate	Eat a fun size bar or square or 2 of dark chocolate (70% or higher cocoa content)
Fizzy Lemonade	Use flavoured sparkling water.

MISTAKE

4

Not tracking food

Like they say you can't know where you're going unless you know where you've been!

With **weight loss** you can't lose weight until you know how many **calories** you're eating. You can't lose in the right way unless you know how many **calories** the body needs...

Remember **calories is fuel** for the body, Calories keeps the body moving.

Food gives our body the fuel it needs to function optimally!

To get the best results you can't just guess what to eat and hope for the best!

You need to keep yourself **healthy and well** during your **fat loss** to make sure you don't burn out, get sick or deprive the body from the right **vitamins and minerals!**

So, you need to work out how many calories your eating – how much calories will put you into a safe deficit...

And stick with it!

Know what a calorie is? (It is a unit of energy)

What are Macros - Protein, carbs and Fats - macros categories everything we eat and drink fall in to. Looking at food you can't guess what is it or how much salt, sugar etc it has...

But if you track your food – you will learn!

– How many calories am i eating
– What % of each macro am i eating
– How much salt and sugar

And how to make better choices
Use the free app My fitness pal – To track your food!

You can type or scan the bar code to log everything you eat and drink!

Before you start planning - **Track all your food and drink for 3 days – also use a calorie calculator to find out how many calories your need to eat – then the rest is easy!**

MISTAKE

5

Not using a mix training approach

Women are afraid of to lift weights – they think that they will build muscle and will bulk out like a man!! This is a **myth** – women do not have the same **hormones** as men, so it is impossible to grow or build muscle like one unless you take **enhancement drugs!!**

A good mix between both **cardio and strength training** – is the best way to build a **strong and toned body** with **curves** in all the right places!

Lifting weights is not all about lifting heavy – you can still **build muscle** using **lighter weights** and **dumb-bells only.**

Mix Strength training & Cardio will turn your body into a **fat burning machine!**

CARDIO can be anything from walking, jogging, running, cycling, swimming ! Don't skip it and do something you **enjoy!**



MISTAKE

6

Training too little

Again, the **mistake** most people do is they start training with all the good intentions of training a few times a week then before you know it, you're training once a week or few times one week and nothing the week after!

To make real changes you need to be training **consistently** at least **2 times a week**. Choose the days and times that fit your lifestyle and schedule.

Along with your good mix of **resistance (strength)** and **cardio** training you need to be **active** outside of your sessions. The more you move the more you **burn!**

So don't expect to train once or twice a week and get results – you need to do **more!** Your training sessions don't need to be long – anywhere from **15-30 mins** is enough depending on your goal.

Your training sessions don't need to be all in the **gym – walking** is a form of exercise and is a great **fat burning** exercise too. **Running** is also a great exercise – its **free** and can also be done anywhere!

Schedule out sessions that fit with your lifestyle and watch how good you start to look and feel!



MISTAKE

7

Over-eating at the weekends

So, we have started our **journey**... we're **training regularly, eating well, hydrating, getting the steps in...** it's all going well, from **Monday to Friday night**... then it's the **weekend!**

We fall off the **wagon** – no training, steps are less, take-aways, alcohol!!! And before we know it all that week's worth of good training and eating well – is undone!

I have seen girls loose **3lb** in a week and put it all back on over the weekend!! Back to **square one** every **Monday morning! Sabotaging** themselves every weekend and staying in that continuing loop of losing and gain the same few pounds and never progressing!

Don't let the weekends ruin your progress – **plan!** Look at your **daily calories** – if you know you're going to eat or drink more at the weekend, then **bank those calories**. Eat a little less during the week and save those banked calories for your **Saturday night takeaway or alcohol!**

Plan meals – have an **off-plan meal! Saturday night** nice meal out with your partner of friends coming up. – try to work out what you're going to eat in advance and make it work within your calories and if you must drink alcohol - make smart choices, low cal drinks such as spirits with low cal mixers...no wine LOL its full of sugar!! sorry 😶

Plan an extra training session – a another way of balancing out your calories.

Over-eating at the weekends

Plan a long walk on Sunday – if you've over indulged Saturday – **walk it off on a Sunday!** Get those **extra steps in** – **Long Slow Steady State cardio** is the best type of exercise for **burning fat!**

And if you do fall off the wagon over the weekend – **don't panic come Monday** and starve yourself! Just get right back on track and eat as you normally would on your plan using the **banking calories method…**

Example you have worked out your calories to **1600 per day** – **1600 calories** are you set calories 7 days per week.

If you reduce your calories to **1500 daily** per day saving **100 calories** per day, then keep those 100 calories each day which will give you **500 extra calories** (Monday- Friday 100 calories x 5 = 500) add those to your usually daily target of **1600** giving you a total of **2100** (1600 +500) calories to enjoy on **Saturday night.**

This is an easy method to use but you must be tracking all food and drink via the **My Fitness Pal app.** – to keep your intake **accurate**.

MISTAKE

8 Not cutting down on Alcohol intake

Alcohol – most of us love a wee drink! It's a way to **chill out, socialise** and **let loose** after a hard week of work!
But a**lcohol** can be **calorific** – depending on what you drink! These are **empty calories** with no **nutritional value** at all to the body!

I'm not saying **give up drinking** – again I'm all about **lifestyle changes** not punishing yourself!

What you could do is change what you drink – some alcoholic drinks contain as much as **300 plus calories per drink!**

1**0 drinks a night = 3000 calories** consumed within a few hours...

Swap your **beers and wines** for a **spirit** – **vodka and gin are 70-80 calories** – and don't ruin it by adding a sugary mixer!

Try adding a low fat or no sugar mixer – such as **soda water** or **tonic water!** These can be flavoured and still be very low in calories!

Again, if your taking alcohol – have it in your plan try to work out how many drinks you're going to have and make sure you fit it within your calories!



MISTAKE

9

Not being consistent

We've heard it a million times! And not just in the fitness world!

Consistency is key!

Well, it's said so many times – because **its true!** The more you do something the better you get at it – or the **more it works!**

With fitness – it's true right across the board – the more you train the fitter you become, the heavier you lift the stronger you become

The more consistent you are with your training the **faster you will reach your goal.**

Being in-consistent by:

– Not eating right

– Not sleeping well

– Not drinking enough fluids

– Not moving enough

– Skipping training sessions

– Overeating at the weekends

– Drinking too much alcohol



You will not make changes and constantly go back to square one!

Stick to your plan – if you say you're going to train 3 times a week -**Do it!**

If you say you're going to drink 2 litres of what a day, **Do it!**

If you say you're going to do 10,000 steps a day – **make it happen!**

Keep ticking off the list – that's when the changes happen!

MISTAKE

10

Not training smart or getting support

A **mistake** I have been guilty of myself in the past. When we decided we want to **lose fat** and start **exercising** and decide to go the **gym** and start training alone without **guidance, support or a coach.**

We go to the gym and realise we don't know how to use any of the **equipment** – so first thing we do is jump onto the **treadmill** or **bike!** These are great pieces of equipment that work our **cardio system** – (heart and lungs) and yes **cardio** type training is important for fat loss but too much cardio without **resistance training** is not going to help you get the body you want. Too much cardio can cause you to **lose your natural body shape.** To maintain and **build muscle** and get a nice shape to your body you need to have a good mix of **cardio and resistance** type training.

Spend time with a **coach** - there are many options, in the **gym or online**.

Learn the **basics,** learn good **form** and **technique,** get more **confidence!!**

Then you will be **unstoppable!!**

But if you are a 40+ women who feels like you've lost yourself a bit?

Tired, unmotivated, nothing in the wardrobe fits right...

It happens. Especially when you've spent so long putting everyone else first.

But it's **YOUR** time now.

My Programs are designed to help you feel like you again.

You don't need to be fit to start. You just need to be ready for change.

You'll get:

- **Simple, doable workouts** (for all levels)
- **Real-life nutrition support** (no diets!)
- **Coaching & accountability** every step of the way
- A community of **supportive women** on the same journey

Come **join us at You Fitness!**

I would love to help you.

Marlaine xo


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