
4 Reasons Your Client Isn't Losing Weight



CONSISTENCY AND PUTTING IN THE TIME

Consistency is the most important factor in weight loss. Period.



RECOVERY

The magic of your workout happens during the recovery from that workout.



CARB TOLERANCE

Being carbohydrate intolerant could be what is derailing your client's weight loss.



HORMONE THERAPY

The natural hormonal response to exercise can regulate hunger signaling, resulting in eating habits that promote weight loss and improved body composition.