**REASONS WHY YOU ARENT LOOSING WEIGHT**  
  
Your awareness of food intake isn’t strong: Consider tracking your meals it can help balance blood sugar, keep you full and balance your meal more appropriately.  
  
You are eating too little protein:  
Aim for 20-35% protein. Quality protein is essential for weight loss. Boosting protein intake can help to increase your metabolism. It also helps with Ghrelin which is a hormone that regulates appeteite  
 **Excess calorie intake FROM FOOD OR DRINK**  
  
**You aren’t eating whole foods:**  
You are consuming processed foods more than real whole foods like fruits and veggies  
  
**Decreases in exercise or overall activity**   
You have become more sedentary thru the day, or less active thru daily regimen. Adding in resistance training can help to build muscle and target fat loss. It also allows you to burn more energy thru the day.   
  
**Binge eating**: Restricting meals or a certain food group, and then over   
  
**Sugar intake is too high:**  
Sugary beverages are significantly fattening items in the food supply. Your brain doesn’t compensate for the calories in them by making you eat less of other foods.Even fruit juices are problematic and should not be consumed in large amounts. A single glass can contain a similar amount of sugar as several pieces of whole fruit.  
  
**Poor Sleep quality:**the link between not getting enough sleep and an increased risk of obesity is well-established, although the reason for this link is still being debated. Insufficient sleep in children can lead to metabolic irregularities as discussed earlier, skipping breakfast in the mornings, and increased intake of sweet, salty, fatty, and starchy foods.  
  
Sleep affects appetite. While we often think of appetite as simply a matter of stomach grumbling, it’s actually controlled by neurotransmitters, which are chemical messengers that allow neurons (nerve cells) to communicate with one another.

The neurotransmitters ghrelin and leptin are thought to be central to appetite. Ghrelin promotes hunger, and leptin contributes to feeling full. The body naturally increases and decreases the levels of these neurotransmitters throughout the day, signaling the need to consume calories3.

A lack of sleep may affect the body’s regulation of these neurotransmitters. In one study, men who got 4 hours of sleep had increased ghrelin and decreased leptin compared to those who got 10 hours of sleep. This dysregulation of ghrelin and leptin may lead to increased appetite and diminished feelings of fullness in people who are sleep deprived.  
  
**You are eating too many carbs.**   
Creating balance within meals help lead to weight-loss. Meaning balance in protein carb, fiber, fat! Tracking your meals can help with this!   
  
**Water intake is low:**   
In one 12-week weight loss study, people who drank half a liter (17 ounces) of water 30 minutes before meals lost 44% more weight than those who did not. Drinking water has also been shown to boost the number of calories burned by 24–30% over a period of 1.5 hours   
  
**Alcohol intake:**  
it may be best to stick to spirits (like vodka) mixed with a zero-calorie beverage. Beer, wine, and sugary alcoholic beverages are very high in calories. Also keep in mind that the alcohol itself has about 7 calories per gram, which is high. Moderate drinking seems to be fine, while heavy drinking is linked to weight gain  
  
**Medical issues**: Hypothyroidism, PCOS or Apnea