

There are a number of possible reasons why your Weightloss might become stalled during your Weightloss journey. Check the list below for some of the most common reasons and solutions to help you get back on track.

Possible reasons

- Not drinking at least 2 litres (8 cups) of water every day.
- Being constipated or not taking the fibre supplement.
- Certain medications may affect your weight loss – have you started any new medications? Give your body a chance to adapt to the new medication and ask your doctor for advice.
- Are you exercising? You may find your shape changing rather than the numbers on the scale.
- Are you eating after exercise? Ensure you include your [extra foods](#) only on the days you are exercising.
- Are you menstruating or pre-menstrual? This may affect the reading on the scale, especially if you are retaining fluid.
- You may be experiencing a weight plateau, this is quite normal, contact us on 080-SLIMMER or info@tonyferguson.co.za for solutions.

Foods that may affect Weightloss

- Foods from the “[foods to avoid](#)” list e.g. potato, bread, rice, pasta, breakfast cereals, or legumes such as baked beans, chickpeas, kidney beans or cannelloni beans.
- Fruit juice – commercial or freshly squeezed.
- Alcohol over and above the weekly [treat allowances](#).
- More than 2 [fruits](#) per day or higher carbohydrate fruits.
- Having 3 meal replacements per day.
- Mixing shakes with milk rather than water.
- Too many [protein](#) serves.
- Honey or sugar added to warm beverages or shakes.
- Excess [dressings, sauces, mayo, gravies](#) etc. or those with greater than 5g carbs per serve.
- More than the suggested amount of treat options or having them too often.
- Not consuming sugar-free versions of products e.g. having regular jelly or soft drinks.

Check out the “[Why am I not losing weight?](#)” video on [our YouTube channel](#) for more.

If you can't find where you're going wrong, send us your [7 Day Food and Activity Diary](#).

