





## *Extreme* WHY AM I NOT LOSING WEIGHT

There are a number of possible reasons why your weight loss might become stalled during your weight loss 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 a 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 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 at [info@tonyferguson.co.za](mailto:info@tonyferguson.co.za) for solutions.
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### FOODS THAT MAY AFFECT WEIGHT LOSS

- Starchy foods e.g. potato, bread, rice, pasta, breakfast cereals, or legumes such as baked beans, chickpeas, kidney beans or cannelloni beans.
  - Alcohol.
  - 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.
  - Not consuming sugar-free versions of products e.g. having regular jelly or soft drinks.
  - You may be experiencing a weight plateau, this is quite normal, contact us at [info@tonyferguson.co.za](mailto:info@tonyferguson.co.za) for solutions.
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