

7 COMMON PITFALLS FOR SUSTAINABLE WEIGHT LOSS

1. THE MACRO MISCONCEPTION:

MANY DIVE INTO WEIGHT LOSS WITHOUT GRASPING THE PIVOTAL ROLES OF PROTEINS, CARBS, AND FATS. IT'S NOT JUST ABOUT COUNTING THEM BUT SOURCING THEM FROM NUTRITIOUS RESERVOIRS.

2. THE CALORIE-CLIPPING TRAP:

A DRASTIC CUT IN CALORIES MIGHT SEEM LIKE A FAST TRACK TO WEIGHT LOSS, BUT IT OFTEN BACKFIRES, SLOWING YOUR METABOLISM.

3. THE EXERCISE IMBALANCE:

EXERCISE IS ESSENTIAL, BUT MODERATION IS KEY. THE RIGHT BALANCE CAN SPEED UP WEIGHT LOSS, BUT TILTING TO EXTREMES MIGHT STALL OR EVEN REVERSE IT.



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4. THE ALL-OR-NOTHING DIET

DILEMMA: OVERLY RESTRICTIVE DIETS AREN'T SUSTAINABLE AND CAN ROB YOU OF ESSENTIAL NUTRIENTS. EMBRACE A WELL-ROUNDED DIET INSTEAD.

5. THE LOW-FAT ILLUSION:

LOW-FAT OR "DIET" FOODS CAN BE WOLVES IN SHEEP'S CLOTHING, PACKING HIDDEN SUGARS OR OTHER HEALTH-HARMING INGREDIENTS. EMBRACE WHOLE FOODS.

6. THE PORTION PREDICAMENT:

EVEN HEALTHY FOODS CAN TIP THE SCALE IF NOT CONSUMED IN MODERATION. UNDERSTAND PORTION SIZES AND KEEP AN EYE ON YOUR PLATE.



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7. THE 'GOOD VS. BAD' FOOD

FICTION: LABELING FOODS CAN LEAD TO GUILT, CRAVINGS, AND BINGEING. REMEMBER, MODERATION IS THE KEY.

DISCOVER THE TRANSFORMATIVE POWER OF THE TURNFIT METHOD

REAL FAT LOSS, NOT JUST NUMBERS: FOCUS ON GENUINE FAT LOSS, PRESERVING MUSCLE STRENGTH, AND MAINTAINING A HEALTHY METABOLISM.

TAILORED JUST FOR YOU: A PLAN CRAFTED TO YOUR LIFESTYLE AND ASPIRATIONS, ENSURING IT'S NOT JUST EFFECTIVE BUT ALSO SUSTAINABLE.



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NO OBSESSIVE COUNTING: GET THE NUTRITION YOU NEED WITHOUT GETTING TANGLED IN THE CONSTANT NUMBER GAME.

BEYOND FADS & QUICK FIXES: SAY GOODBYE TO FLEETING TRENDS AND EMBRACE A METHOD THAT PROMISES AND DELIVERS LASTING RESULTS.



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YOUR JOURNEY BEGINS WITH A CALL:

KICKSTART YOUR TRANSFORMATION
WITH AN INITIAL ASSESSMENT AND
DIVE INTO A HEALTHIER FUTURE.

GUIDANCE EVERY STEP OF THE WAY:

OUR EXPERT TEAM IS HERE TO ENSURE
YOUR PATH TO FITNESS IS CLEAR AND
ACHIEVABLE.

TAKE THE REIGNS OF YOUR HEALTH:

THIS ISN'T JUST ABOUT LOOKING GOOD;
IT'S ABOUT FEELING GOOD AND TAKING
CHARGE OF YOUR HEALTH.



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EXERCISE FOR A HEALTHIER YOU!

*IMPROVED PHYSICAL FITNESS TO
ENHANCED MENTAL WELL-BEING*



HEALTH IS WEALTH

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