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I put together this checklist of the most common reasons your weight loss may be on hold while on the Body by Vi™ program.

Please note that there could be a myriad of other reasons, including health related reasons, that would be just out of my league to even address (metabolism, thyroid, fibromyalgia, etc...). Make sure that you review any significant dietary changes with your Doctor, especially if you are under care.

If after going through this list, and following these simple tweaks, you are still not successful, it may be worth a visit to your doctor to evaluate what else could be going on. Do understand that healthy weight loss is 2-3lbs per week (better yet, consider using %'s instead when comparing to others' weight loss).

And last but not least, I certainly don't assume that if you can't lose weight with this there must be something medically wrong with you! Please know that although this program works for so many people, I am sure there will be some folks that it simply doesn't work for. There are many other ways to lose weight. I am only suggesting that if you've tried other programs, including this one, and you are still having trouble, you might consider escalating that, just to be safe.

Thankfully that is the minority of our clients. So take a look at this checklist to evaluate which changes you may need to make to kick start your fat burning again! You do NOT need to implement all of these. Do as many as you can. It should help regardless. Good luck!

Are you eating enough or too much?

- Weight loss occurs when your body can effectively burn the calories you consumed in a day in order to perform its basic daily activity. If you eat more than you can burn, it stores the overflow...as fat. If you eat A LOT LESS than your daily goal (which depends on many factors, including activity level, height, gender...), it stores what you eat to use later as needed (starvation mode).

- **ACTION:** This is not a liquid diet. Make sure you are eating food with your shakes. Visit <http://www.MyFitnessPal.com> and find out what YOUR daily calorie total should be. Then focus for about 1-2 weeks on entering **everything you eat** (Including your shakes!) either on the online tool or download the app to your phone.

It's totally free, very easy to use and you will be SURPRISED what hidden sugars and extra calories you will find in your favorite foods.

Check the daily totals to assess what you need less or more of in terms of protein, fiber, fat, sugar & sodium. All these are important and this tool will summarize it all into columns that will show you "goals" vs "current" for each one. Adjust as needed. IT'S EASY! 😊

Are you mixing your shakes with milk (any kind)?

- Did you know that even fat free milk has sugar? 12g per 8oz!! Now, that's not so terrible in comparison to the added benefits of milk. However, if you are trying to accomplish weight loss, reducing your dairy intake (milk, cottage cheese, etc...) may make a difference.
- **ACTION:** Try switching to a non-dairy product. I highly recommend unsweetened almond milk. It has zero sugar, 40 calories and tastes very similar. Your shakes will also have a nicer smoothie like consistency. Regular almond milk, coconut milk or even soy milk that is dairy and lactose free, would also do the trick.
- *Note: If you are mixing your shakes with juice, consider a lower calorie juice the next time you shop and instead of 8oz of juice, do 4oz of juice and 4oz of water. I buy mine at Costco. 100 calories /8oz.*

What are you adding to your shakes?

- Even though fruit is good and healthy, too much fruit can add unnecessary sugar to your meal. So don't just rely on "calories". Take a

look at where those calories are coming from... calories are calculated from the sugar, fat, carb and protein in food (and alcohol).

- **ACTION:** Try reducing the amount of fruit you add to your shakes. Find out exactly the sugar content and calories of the fruit you are adding and see which ones you may need to add LESS of (or eliminate altogether for a while). Your shake calories should be close to 300 for most women when consumed as a meal replacement.

Are you drinking enough water?

- Most of us aren't used to eating one full serving of fiber. The shakes offer that full serving PLUS if you are adding fruit, then you are adding a little more. You need to flush out your system with water! (Otherwise you will feel bloated & gassy ☹).
- **ACTION:** Make sure you are drinking plenty of water throughout the day. The recommended amount is 64oz a day (8 cups of water).

What do you eat for breakfast every day?

- Most people either skip breakfast altogether or grab a bagel, a piece of toast or a "bran muffin". What your body needs to awaken its metabolism (which goes to sleep at night) **is protein!** None of those items have protein. Your shakes DO have protein!
- **ACTION:** Make sure you are drinking your shake within 30-60 minutes of waking up. Blend in a banana, or eat the banana on the side with your shake for added nutrients and approximately 14g protein, 12g of fiber and all that potassium!

If you were ok mixing the shake with milk (because your problem maybe was too much fruit), then milk also is a great source of protein. Another idea is to boil 12 eggs the night before and peel them. Grab two in the morning and eat on the go as a snack before or after your shake. *I*

haven't put eggs in my shake yet, so I am not sure how that would taste!
😊

Are you exercising? 😊

- Now I left this for last because even though exercise is so great for your health in general, usually, this is not the reason why you are not dropping pounds. However, your metabolism may just need to be kicked into gear and exercising will do just that.

In addition, when you exercise, you will build muscle, and muscle BURNS calories (even after you are done exercising), vs fat which tends to store those calories instead.

If you ARE already exercising, then you may actually notice inches lost before "weight" loss. That is because as your fat turns to muscle, it actually occupies LESS space in your body (even though it might weigh the same). Remember 5lbs of muscle weighs the same as 5lbs of fat. 5lbs are 5lbs.

- **ACTION:** Add 20-30 minutes of some exercise activity 3-5 times a week! It can be anything that at least makes you sweat a little 😊

Also consider taking measurements of your waist, hips, and chest and track those weekly. Hey, if you are looking HOT, who cares what the number on your scale says!!! 😊

I would LOVE to hear about your success on my FanPage below after you implement some of these. Everyone will benefit from your review! 😊

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