

# TOP 7 REASONS WHY DIET PLAN & WORKOUTS ARE GIVING YOU TEMPORARY RESULTS



## REASON 1: FOCUSING ON WEIGHT LOSS AND NOT FAT LOSS

Faster weight loss/ more weight loss can be muscle or water loss. We cannot be sure, if we are losing fats, muscles or water by just checking weight. Isn't? Have you ever questioned this? ofcourse weight checking is important but we need some more evidences if we are losing more body fat or not. What's happening in most cases is that we are sooo bothered to lose weight that the overall health is ignored.

So, here's the thing you need to know - people with same weight, height, age or genetics can look drastically different. One might look thin, other may look fat. WHY?

Thin has higher MUSCLE MASS

Fat one has higher FAT MASS

What we must conclude is that, fat occupies more volume in the body and muscles occupy less space in the body. So, if you lose more volume i.e inches than weight be sure you are burning more fat :D

To understand more in detail- read my article << [Click here](#)

QUOTE- FOCUS ON HEALTH, NOT WEIGHT



'' CONCEPT OF WEIGHT LOSS VS FAT LOSS WAS SO CLEARLY EXPLAINED BY SHIKHA. WE NO MORE FOCUS ON INCHES. HAD A BRILLIANT SESSION WITH MAGICAL HEALTH. THANK YOU!''

- SHRUTI, DUBAI

## REASON 2: GOING LOW ON CALORIES

This is one of the most horrible ways of losing weight. Eating less i.e under nourishing yourself will only make you lose more water and muscles. This eventually will make you fatter.

Soup salad dinner, moong dal chilla diet, biscuit diet, green tea, green coffee, low fat foods, skimmed milk and what not is given to lose weight.

Most people/ maybe you too must be seeing bouncing back double the weight, right? It's all because you're under nourishing yourself.

QUOTE: BEING HEALTHY AND FIT ISN'T A FAD OR TREND. IT'S A LIFESTYLE.

'' OMG! I GOT SO MUCH FOOD TO EAT. I WENT CRAZY OVER THE MEAL PLAN BECAUSE I NEVER FELT HUNGRY AND MY ENERGY WAS HIGH TOO THROUGHOUT THE DAY. LOVED IT :D''

- JAINEE, MUMBAI



## REASON 3: BEING DEFICIENT

Eating less, not including right proportions of macro and micro nutrients would ruin the metabolism. What is metabolism? the capacity of the body to burn body fat even at the rest position. In simple language, burning body fat/ energy even when we are sitting on the couch.

Eating less or being deficient, has a direct effect on the metabolism (losing muscles will reduce metabolic rate). Eg: if you are the boss of a company and for many days your employees don't come to work, the efficiency/ productivity of your work would get affected right? The same way to raise metabolism i.e to burn more fats, we need to eat everything in optimal way.

## QUOTE: HEALTH IS NOT VALUED TILL SICKNESS COMES



'' I LOVED EVERY BIT OF MY PROGRAM. I LOVE CHEESE AND SHIKHA ALLOWED ME TO EAT IT :D I COULDN' T BELIEVE THAT FATS COULD HELP ME LOSE FATS. I ENJOYED MY WORKOUTS TOO. NOT A MONEY MAKING BUSINESS BUT A DETAILED PROGRAM. I LEARNT A LOT FROM YOU, THANK YOU.

- MAHEK, MUMBAI

## REASON 4: NOT SUPPLEMENTING

This is one the most difficult task for me to make people understand that supplementation is so damn important. They aren't steroids. They are natural and have no side effects << [click here to read in detail](#)

It's the medicines and steroids that have side effects, never the supplements.

During pregnancy a woman needs to pop in calcium and folic acid, isn't it a supplement too? Then, why do we hesitate to take protein supplements?

Unfortunately our body needs more proteins (in grams) and calcium or any vitamin in smaller quantity (in mg), and so, you won't find protein tablets because it's difficult to suffice our needs with a small tablet (which is in mg).

If you got to see, we are consuming wheat supplement on daily basis in our diet. Wondering what do I mean? Wheat is a grain, which is powdered and then packaged. What do you think you are consuming? Wheat supplement right? The powdered form of wheat grain is a supplement. Same way even whey protein is the powdered form of water that leaves out from cottage cheese (paneer).

Lack of protein is the biggest reason of obesity today, therefore, supplementing macros/ micros as per need is vital.

## QUOTE: A HEALTHY OUTSIDE STARTS FROM INSIDE

' ' I WAS SO SCARED TO TAKE SUPPLEMENTS INITIALLY. WITH SHIKHA I REALIZED IT WAS SO IMPORTANT FOR ME TO RECOVER MY DEFICIENCIES AND SUPPLEMENTS ARE NATURAL UNLIKE OTHER WEIGHT LOSS SHAKES. ALSO, LOSING INCHES IS MORE IMPORTANT THAN WEIGHT CHECKING CRASHED MY ADDICTION TOWARDS WEIGHT SCALE' '



## REASON 5: POOR WORKOUT SCHEDULE

If you know me for a while now, you must be reading about How important it is to exercise in the right way. Exercise is a science! We cannot choose random exercises to train our body. Sometimes zumba, then aerobics, then functional, swimming, gyming, the list is endless...Most of the people are just walking to lose weight. It gives temporary results and ultimately leads to knee or back problem. What is needed to be fit?

A- Strong Heart- so that we don't get tired easily

B- Powerful body- so that we can lift anything heavy effortlessly

C- Flexible- so that we do not get spasm in muscles

To train each factor we need a specific workout to stay fit. Cardio, weight training and stretching or yoga combination workout is vital to stay fit.

Cardio- improves heart rate

Weight training- improves muscle mass and most importantly BURNS FAT FOR 48HOURS POST WORKOUT. This is one of the most important thing we need to focus on to lose fat, improve knee or bone health & tone our body.

Stretching/ yoga- improves flexibility of the body.

NOTE: Yoga when done on advanced level helps one burn fat like weight training (working with your own body weight). Unfortunately, we find less professional who can train us the advanced levels and to master that it would take at least 4-5yrs. Therefore, weight training is the fastest way to burn fat.

If you want to read more on fitness component, read my other blog << Click here

QUOTE: THE MYTH THAT WOMEN SHOULD NOT WEIGHT TRAIN IS PERPETUATED BY WOMEN WHO ARE NOT STRONG AND THE SISSY MEN WHO FEAR STRONG WOMEN. IF IT DOESN'T CHALLENGE YOU, IT WON'T CHANGE YOU.



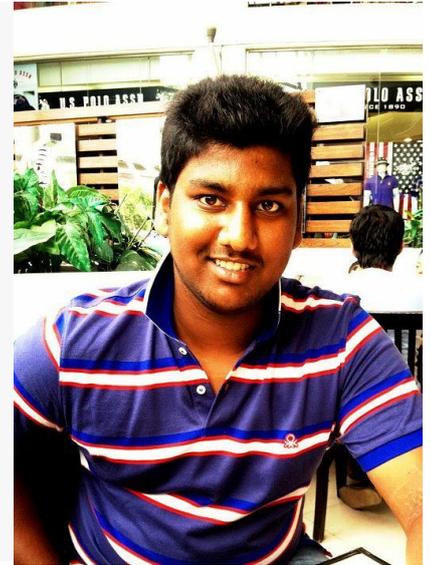
'' I DISCOVERED MY NEW SELF WITH MAGICAL HEALTH. WEIGHT TRAINING TRANSFORMED MY PERSONALITY. I BECAME STRONGER AND BEAUTIFUL. I 'M NOW ADDICTED TO IT. IT ALSO HELPED MY CURE MY GERD PROBLEM BECAUSE OF NIGHT SHIFTS. THANK YOU SHIKHA ''

## REASON 6: FOCUSING ONLY ON SPOT REDUCTION

Doing 100 crunches won't burn fat from abdomen or 100 squats won't burn fat from legs. Note one very important thing, when we exercise (any), it's the muscles that are working and not the body fat. After doing weight training, body goes in EPOC condition (burning body fat for 48hours post weight training) which will burn more fat from the place which has less fats first. Slowly it'll burn the fatter zone of your body. Eg: if you have more fats around tummy then tummy fat will take longest to burn fat as compared to other areas. How much ever crunches you do, abdominal fat will take its own good time to burn. Possibly it'll be the last thing to lose.

QUOTE: IT'S SIMPLE! IF IT JIGGLES, IT'S FAT.

'' SHIKHA TAUGHT ME THE WAY OF EATING. I ENJOYED MY  
FAT LOSS PROCESS WITH MAGICAL HEALTH''



## REASON 7: SWEATING IS BURNING FAT: MYTH

If sweating means burning fat, then we must not exercise, but sit beside heater or under sunlight. Sweat is water loss from the body to maintain the temperature of the body. When our blood gets warm inside while working out or sitting in a hot place, sweat keeps the body cool to maintain it.

Therefore, heat vibration therapies never work on anyone. Of course, when you lose a bit of water from the body, the weight would drop down. But that's not reliable because the minute you drink water again, your weight will shoot up.

QUOTE: RESULTS HAPPENS OVER TIME, NOT OVER NIGHT. WORK  
HARD, STAY CONSISTENT AND BE PATIENT.



'' I WAS SUPER THIN AND WEAK. I COMPLETELY TRANSFORMED MY  
HEALTH WITH RIGHT TRAINING AND EATING. MY SKIN IMPROVED,  
PERIODS GOT REGULAR AND PMS PAINS REDUCED TOO. I PRACTICED  
FIRST AND THEN PREACH TO ALL MY MEMBERS''

- MYSELF SHIKHA, NUTRITIONIST &  
THE FOUNDER OF MAGICAL HEALTH

## ACTION PLAN:

A- Getting the right eating pattern is sooo damn important. What I mean is, more than counting calories, if we focus on modifying the the macros as per need, half the problem of fat loss will be solved then and there. Look, carbohydrates are fantastic for health but when consumed in excess, leads to fat gain. We tend to avoid sugar and refined flours but we fail to understand that wheat, jowar, bajra, oats or any cereal is also a carb. Consuming that in excess won't give you fat loss. So eat the right carb, and limit the quality of that

B- Start your day with fats and avoid low fat variety- early morning is the time when our metabolism is high and our body needs food instantly. Therefore, started the day with healthy fats like nuts, ghee, any nut butter like peanut butter or almond butter or coconut milk or almond milk would spike up our energy levels and burn fats too. 90% of your fat loss would depend upon this step, so do try this.

C- Keeping a check on the frequency of the meals- eat every 2-3 hours, smaller meals instead of one large meal. The only reason is that it won't fluctuate your blood glucose levels which makes us over eat all the time.

Focus more on the the healthy fats for munching like almond milk, organic peanut butter, nuts (any), coconut, paneer, whole eggs, chicken, fish, fresh cream, ghee.

Include foods made from these ingredients to lose fat.

D- Join a gym & focus on weight training (you'll lose a lot of inches)- okay, I know you are super busy, have no time, you are working etc etc... but let me ask you this, How important it is for you to stay healthy? If you are too desperate to see the change, then I don't need to convince you but if you said " I want to lose but don't want to workout, then be sure, you won't ever see the change"

I have worked to so many health centres, bariatric centres and hospitals. What I've experienced is that there is no shortcut to stay healthy. Workout in the right fashion and eat well. That's it!

Think like this, if there no money left with you, will you not go out of your way to make money? Or if your son/ daughter is having difficulty in studying, won't you leave everything aside and start working on making him/ her understand?

When goals are bigger, the actions are bigger too.

Workout, and see the change, if you really want to.

E- Focus on progress, not perfection- doing everything consistently is important but if at all there is some break or if you eat something wrong, then don't be disheaertened my dear. It's absolutely fine! Just go back on track, you won't lose anything.

F- Focus on fitness than weight- Fat loss is the byproduct of good health. Train well, eat well, you'll experience inch loss (STOP CHECKING WEIGHT).

G- Happiness is the secret to fat loss- Happy hormones releases stress which blocks the anti bodies. Now you know why happy people always stay healthy!

YOU ARE MAGNIFICENT!  
TAKE A LEAP OF FAITH & START OVER.  
THIS TIME, CHANGE YOUR HEALTH FOR GOOD. BEYOND WEIGHT LOSS GOALS,  
- SHIKHA