

# Why have I gained weight since I started exercising?

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There could be a few reasons. The most common is overindulging because “I just worked out, I can have that brownie...etc.” While it is true that the workouts are burning calories — that is what is most beneficial for weight loss — adding frequent “treats” will be counterproductive.

Some folks state that they are famished after their workouts. This is problematic because it often leads to eating the first available thing and not necessarily the healthiest. If this is the case it would be helpful to evaluate your eating patterns. Perhaps a small meal before the gym would help and having a small healthy snack available immediately following exercise may curb that urge.

Also be sure to consume adequate water before, during and after workouts to curb the hunger.

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