My trainer said that I am not eating enough and that’s why I can’t lose weight. Is that possible?

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The idea of eating less and working out more can be flawed. There is a bare minimum of calories that your body needs to function daily (Basal Metabolic Rate, or BMR).

If your caloric consumption drops below what your body needs to survive, it initially results in weight loss but not necessarily fat loss.

If your body does not get enough calories repeatedly or for extended periods of time, it takes what it needs from muscle, bone and tissue.

This is why crash diets often fail or result in additional weight gain.

Calculate your BMR at a site like www.my-calorie-counter.com and make changes to your nutrition that can help you achieve your goals and maintain or improve your health.

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