

THE 5 MOST COMMON MISTAKES WHEN LOSING WEIGHT AND HOW TO AVOID THEM

Hi,

My name is Tereza, and I'm a specialist in movement, nutrition, and healthy lifestyle. I work daily with clients who want to lose weight, get rid of pain, gain energy, and finally feel good in their bodies – without extremes, guilt, or unnecessary diets.

I created this e-book as a quick and practical summary of the most common mistakes that hinder people in their weight loss journey. I hope it helps you take the first steps in the right direction.

MISTAKE NO. 1: TOO FEW CALORIES = ADAPTED METABOLISM

Many people think the less they eat, the faster they'll lose weight. But the truth is, long-term starvation leads to metabolic adaptation to lower intake, and the body starts storing energy. The result? Stagnation, fatigue, and frustration.

➡ **Solution:** Learn to calculate your caloric needs and work with a slight deficit – avoid extremes.

MISTAKE NO. 2: EXERCISING WITHOUT A GOAL OR SYSTEM

Hours on the treadmill or random YouTube workouts might not bring results if they lack structure. Without a plan, progress stalls.

➡ **Solution:** Choose a program with a clear goal – fat loss, muscle gain, improved mobility – and stick to it for at least 6–8 weeks.

MISTAKE NO. 3: SKIPPING MEALS AND DOING DETOXES

Breakfast? Skipped. Lunch? Maybe something quick. Dinner? Craving sweets like crazy. This is the reality for many people. Skipping meals leads to evening overeating and hormonal imbalance.

➡ **Solution:** Eat regularly and in a balanced way. Every meal should contain protein, fats, carbs, and fiber.

MISTAKE NO. 4: OBSESSION WITH THE SCALE

Weight is not the only indicator of progress. You can lose fat, gain muscle, and the number on the scale might stay the same – but your body changes significantly.

➡ **Solution:** Track other indicators – performance, photos, clothes, waist measurement, energy, and sleep.

MISTAKE NO. 5: UNREALISTIC PLAN AND IMPATIENCE

We want results now. But healthy and sustainable weight loss requires time and patience. Unrealistic expectations often lead to disappointment and giving up.

➡ **Solution:** Set realistic goals and focus on consistency, not perfection. Even a small step each day moves you forward.

FEELING CHALLENGED?

If you found yourself making some of these mistakes – don't worry, you're not alone. What matters is knowing where the mistakes are and starting to change them step by step.

If you'd like help with nutrition, movement, or want a personalized plan that respects your lifestyle and goals – I'd be happy to help.

👉 Book a consultation here: info@balanceinmotioncoach.com

👉 Or message me on Instagram: @balanceinmotioncoach