

KEEP-CALORIES EFFECT

There are people “thrifty”. In spite of eating little and doing low-calorie diets, gain weight or can't lose weight. Why don't I lose weight?

- **Stress** is very important to lose weight. If you have stress, you can to gain weight, though you are doing diet. The stress release hormone cortisol. The actions of cortisol are: degrade the muscle mass and decrease the metabolism. This stimulate the accumulation of fat extra. Is an ancestors defensive mechanism in time of famine: it's



better to save fat reserves to survive. Now, the stress isn't caused by the cold, the hunger or the food shortage, is the crisis and the bad organization. Therefore, we eat with anxiety and gain weight.

- **Sleep deprivation.** A lot of researches has shown that people don't sleep good, have problems to weight maintenance or lose weight. This is due to nibble fat food and sweets. You need to sleep more hours or have time to take a little nap to burn more calories.

- **No maintain muscle.** This is a problem in women who chose walk 90 minutes a day and has low-calorie diets to maintain or lose weight. Every year, they tend to eat fewer. The explanation is that from 35 years old, we lose muscular mass. The less muscular mass you have, minor is the oxygen consumption and minor calories you need a day. The solution is include exercises routines with weightlifting, elastics, fit ball,...to gain muscular mass. We want to change the “cardiovascular-walker” to “strengthened women”. You can to eat more and removing fats easily.



- **Starve or not to eat sufficiently.** There are people who subsist with a inadequate breakfast and two little meals per day to lose weight. Is very important to have 5 meats per day to burn more calories and maintain the active organism, avoiding the establishment fats. When you starve between hours, you can to modify insulin and glucose levels in blood and contribute to accumulate extra fats.

W&T exercises