

#TEAMASIF EXCLUSIVE

5 MISTAKES STOPPING YOUR FAT LOSS



1. Eating 'healthy' but not in the right quantity

Even healthy foods can lead to fat gain if consumed in excess. Nuts, fruits, or even brown rice add up when portions are not controlled.

➔ SMART SHIFT: Track your portion sizes and aim for balanced meals.

2. Over-relying on cardio

Cardio helps burn calories but doesn't build muscle. Without strength training, your metabolism may slow down.

➔ SMART SHIFT: Include 2–3 days of strength training weekly.

3. Ignoring protein intake

Low protein diets lead to muscle loss, poor recovery, and constant hunger.

➔ SMART SHIFT: Aim for protein in every meal – dal, eggs, paneer, chicken, or tofu.

4. Crash diets and quick fixes

Drastic diets slow metabolism, cause cravings, and rarely last long term.

➔ SMART SHIFT: Focus on small, sustainable changes instead of extreme restrictions.

5. No habit or lifestyle foundation

Relying only on diet plans without building habits makes results temporary.

➔ SMART SHIFT: Prioritize sleep, hydration, stress management, and consistent routines.

You don't have to figure this out alone.

Most women keep repeating these same mistakes for years – until someone guides them the right way.

If you're serious about losing fat in a way that fits your lifestyle, I offer 1:1 exclusive coaching where I personally guide you step by step.

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Let's create a plan that finally works for you.

