



ADVANTAGE SPORTS UAE

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THE TRUTH ABOUT YO-YO DIETS



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Hello!



Welcome to my monthly educational book. This book will be your bible over the coming weeks! In case you didn't know, nutrition will count for about 80% of your results. That's right 80%! There is an important lesson to be learned from the story below...

You see I used to have a client, let's call her Lisa. Now Lisa trained very hard and never missed a training session and so with all this effort and dedication to her training she thought that the scales and the measuring tape would really be moving in the right direction at her weights and measurement day.

I will never forget the look on her face when she found out that she lost only 1lb and half an inch from her waist. She was disappointed and so was I.

"You have read the information on the importance of nutrition and you have been using the recipe book I gave you?" I asked. It turned out she never read it because she thought she already knew about nutrition and that her personal trainer wasn't going to know more than she did.

Sometimes we learn the hard way! I'm pleased to say that once Lisa had become fully aware of the importance of nutrition for fat loss, we were able to make some important changes. 28 days later she was 14lbs down and almost 2 dress sizes smaller.

As the saying goes, **"When the student is ready, the teacher will appear."**

And you are ready! That's why you are reading this!

Testimonials



I can highly recommend Maria Inglis team, I'm training with one of her PTs and I have lost 2 stone since November! I can honestly say that the professional approach, injected with humour, allows the sessions to be tough but fun. I have not reached my goal yet, but I will reach it months earlier than I had expected! Happy to answer questions if you have them. Thanks Maria! #endorsedwithpleasure

Cathy

I absolutely recommend coaches mentioned by Maria. They worked with me for over two years. He really knows his stuff and is both friendly and very patient! He is also knowledgeable in working with postpartum issues such as diastasis recti (separation of the abdominal muscles) and nutrition issues.

Deirdre

Advantage Sports TRX Class makes a change from the boring gym!! I need to be pushed to limits and found the group great, different people with different levels of fitness but not competitive or intimidating! Loved it!

Chantelle

I really like all my workouts Fantastic!! Thank you Maria

Roxana



I am so lucky that I have found Advantage sports website! Leila is an incredible and patient teacher; she make me comfortable and motivated in every class! Her kind-hearted personality makes each session fun and allows me to feel comfortable in her practices, she gives me the chance to take my yoga to another level, she's fantastic!

Ayesha

If you don't try you will never know. Best training trainers I ever met. They are amazing and tailor your workout according to your body requirements.

Susan

Great company, fantastic trainers, can't recommend them highly enough.

Nicola

I would like to thank Maria for organizing a Trainer to come to my home to continue my rehabilitation physiotherapy started by the hospital. So far the exercises using the TRX have been varied and not overly taxing at the time, I do know all about them later and take it really easy for the rest of the day - but my range of movement is improving slowly, and pain levels are slightly down - both of which are a wonderful bonus. If anyone looking for a personal trainer give these guys a chance to prove themselves to you.

Jacqueline



I'd like to thank all the team at Advantage Sports. I use Advantage Sports a lot! I have a personal trainer, and he is fantastic. I had a hip injury which other supposed trainers made worse. My hip is great, I am stronger and much fitter. It is obvious that he really knows what he is talking about and makes workouts enjoyable, but tough enough to keep pushing you to new levels. Thanks to Maria and the whole Advantage Sports team!

Sandi

Advantage Sport has been coaching me in the Masdar classes for over 6 months and I thoroughly enjoyed every single session as they are always fun, tiring and very rewarding physically. My PT is a very nice, respectful and professional trainer. He knows how to push you the limit and always try to make every class different and never boring. I have improved significantly the last months thanks to his hard working classes and I am looking forward to becoming even stronger in the future.

Genevieve

Just wanted to let you know I have completed my 12 sessions with my trainer. She is an amazing trainer; she knows when to push you and when to let go. Thank you so much for sending her. I was on 111kg and now I am 95kg ... just following her guidance.

Urooj

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The Truth About Yo-Yo Diets



You're probably aware of the Rubik's cube; the 3D combination puzzle that drives you mad until you learn how to do it. However, you might not be old enough to remember the all-out craze for it when it was released in 1981. You will probably also be aware of the Transformer film series, but can you remember how sought after the figures were when they were originally released in 1984?

The common theme that connects these two things is that they were fads; immensely popular initially, but gone after a while. Just like the toy business, the weight loss industry works the same way.

Fad diets come and go faster than most of us can keep up with. Whether it was the low-fat craze of the 1980's, to the low-carb diets of today, it's a never-ending conveyor belt of new ways to lose weight, and some of us have tried them all. But is repeated, so-called yo-yo, dieting harmful? What are the consequences of repeatedly trying to lose weight and then putting it back on? Let's dive in and find out the truth about yo-yo diets.

Most of us have attempted to lose weight at some point in our lives. In fact, in America, 63% of people have tried it at least once and 29% are trying to lose weight right now ⁽¹⁾. This doesn't happen for free. Fad diet business is a big enterprise, and the same Americans spend upwards of 2.5 billion on weight-loss diets or products per year ⁽¹⁾. While gaining control of eating behaviours is certainly a positive thing, the problem with all of these diets is that in the long term, they don't seem to work.





Losing weight is one thing, but keeping it off should be the goal. However, 80% of the people who lost 10% of their weight gain it all back within a year (2,3). Short spells of dieting, lasting just a few months or so, punctuated with gaining all the weight back, is a phenomenon called yo-yo dieting.

A fad weight loss plan can be hard to stick to. Some people are seen to go on as many as 50 of these short-term, yo-yo diets across their lifetime (4). This has led many people to suggest that this pattern of weight loss and gain is fundamentally unhealthy, but a look at the actual science paints a different, more nuanced, picture.

One of the fears of constant dieting and weight regain is that it slows your metabolism, possibly leading to negative health effects. Researchers investigated whether this was actually true in a study on women with a history of yo-yo dieting (5).

The study used a sample of 52 obese women who had dieted and gained the weight back multiple times.

The researchers then measured their resting metabolic rate.

Once this measurement was taken, it was compared to the metabolic rate of women without any long or short-term dieting history.

The researchers found that there was no difference in their predicted, or measured, metabolic rates.

Another claim is that yo-yo dieting can make it harder for people to lose weight long term, due to the negative effects of consistent dieting. It's easy to see why. If you have been trying to lose weight for a long time with repeated attempts, only to gain it all back again after a few months, it might be natural to think that something is wrong. However, this has been studied too.



A large study from a few years ago ⁽⁶⁾ took 439 women and grouped them based on how many times they have yo-yo dieted, and how harsh it was.

They were split into none, moderate, and severe, weight cyclers.

After they were split into groups, and were put through a program of nutrition and exercise for weight loss for 12 months.

At the end of the year, there was no difference between how much weight a severe yo-yo dieter lost compared to someone who had never dieted before.

So now we know that yo-yo dieting doesn't slow your metabolism or affect how you lose weight, what about any other possible negatives?

Another claim made about losing weight and putting it back on again is that, over time, this is bad for your health. However, a recent study has found that not only is it not bad for you, but it's also better than not dieting at all.

The study was pretty unique, and its results were pretty surprising. It found that over 20 years, people who had attempted to lose weight, even five pounds, more frequently were associated with reduced health risks. The real kicker was that this was true even if they gained the weight back ⁽⁷⁾.

This may all sound like a win for yo-yo dieting so far. But while continuous weight cycling might not be bad for your physical health, it certainly leaves people feeling drained and fed up, which has also been noted in the literature that finds a connection between yo-yo dieting and experiencing more depressive symptoms than normal ⁽⁸⁾. So if fad diets don't work, what does?

The answer isn't about nutrition, it's about mindset.



Goal setting is the driving force behind fad diets. The goal is to lose weight, in the shortest time possible, and that is where things go wrong. Goal-based behaviour relies on motivation to get you through, but we all know that motivation comes and goes. The thing that people who go on fad diets are missing, is that they don't need a goal at all. They need a system.

In psychology, there are two types of goal-driven behaviour (9); **Performance Goals** and **Learning Goals**. The types of goals might not sound too far away from each other, but where results are concerned they are radically different.

People with performance-based goals are all about showing or validating their capacity to do something. For example, the ability to stick to a diet or exercise five days a week. The problem with this goal-based behaviour is that you are always one step away from failure. You can either do the thing, or you can't. If you can't, you might as well quit. We can show this works in weight loss research.



A recent study (10) took 1785 obese people who wanted to get leaner and asked them to examine their motivation for weight loss and identify, what the study called their dream weight.

After 12 months of lifestyle change, 923 of the 1785 people originally in the study had dropped out.

What was clear in the data was that it was the people with the higher expected one-year weight loss and a lower dream weight who were more likely to drop out.

Goal setting, or in this instance, lofty goal setting, was more a hindrance than a help.

Learning goals, on the other hand, are all about learning from mistakes and acquiring knowledge. Learning goals fit with what we can refer to as a system. If you are working to become a better version of yourself sometime in the future, you have a goal. If you have a process that you stick to and learn from every day, you're using a system.



Instead of a goal-based attitude where you decide you want to lose ten pounds in a month by following a fad diet, a system works more like this:

- If you struggle with snacking while working from home then making sure you don't have any treat foods in the house is part of your system.
- A system where you plan what you eat the night before could be helpful if you struggle with impulsive food choices during the day.
- If you struggle not to buy junk food when you go to the local café during your lunch break, then part of your system could be making sure you always bring your own food to work.



While these examples can seem simplistic, small changes like this that can be stuck to every day no matter what, is hugely powerful. By always thinking about the endpoint, you lose focus on the here and now. Creating a system that helps you improve each day is the best way to change your body for the better without the constant up and down of the latest fad diet which is designed for a quick fix.

The truth about yo-yo dieting is that while it doesn't hurt you, it isn't helpful either. To succeed in losing weight and keeping it off, you need to adjust your way of thinking as much as your way of eating.



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