

The 3 Biggest Road Blocks That Sabotage Your Fat Loss Goals!

Recently, a lady gathered all the courage in this world to post her fat loss frustrations on Nairaland. (A popular online forum in Nigeria)

I said "gathered", because I tell you, it takes a lot of courage & being pushed to the wall to come out and share frustrations especially on an internet forum.

Instead of paraphrasing what she said, I am going to let you read her story in her own words so you can understand the big picture.

Here it is:

Chubby Ladies On Nairaland,pls Share Your Love Life Experience by **omoba** 6:04pm

I am very curious about knowing, the love lives of chubby ladies, i for one, am a chubby girl, quite pretty cos people do tell me that i have a pretty face, but one problem, we always had is the fact, that i dont get as much attention as my friends, do, which has really affected, my self-esteem, there has never been a situation whereby guys will see me and my friends and opt. for me, instead they usually go after my friends, and even those that go after me, when they see my friends, they start tripping for them and go after them, and stop chasing, me, the one that even really got to me is recently, that i met a guy, we later became friends and started talking, on the fone, after a while we started dating and we were intimate, all through the sex, all he kept telling me was, i need to lose weight, i was quite embarrassed but did not show it. My chubbiness is affecting my self-esteem and sometimes makes me feel am not worthy to be in a relationship and Be Intimate, cos the guy would eventually lose interest cos of my weight. We tried many ways in losing weight, which i often lose but end up adding again, so i just wanna know on nairaland, if other chubby ladies out there, also feel the way, that i feel about their size, in their relationships and in finding love

Done reading? Great!

Can you see how she explained that her "chubbiness" is affecting her love life and smashing her self esteem?

Just maybe you didn't read what she said properly. In her own words, here's the phrase again:

"My "chubbiness" is affecting my self esteem and sometimes makes me feel am not worthy to be in an intimate relationship because the guy would eventually lose interest because of my weight".

When I read that post, and saw lots of BAD advice & jokes that some Nairaland members who have ABSOLUTELY no idea how it feels to have a lot of body fat nor know exactly how the body gains and lose weight are giving, I shook my head in self pity for her.

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If only she has access to this website and the clear cut no-nonsense information that you've been getting access to over the past few days.

If only She has access to someone that totally get it! she will get a total body transformation within 30 days and her smashed self esteem will get an explosive boost!

Aren't you lucky? To be able to read this now right now? Because as much as this poster up there is confused presently.....you have an EXCLUSIVE access to unparalleled information that cuts the confusion that you may have and puts you in the fore front of your body transformation.

In her post, there was something she said that brought about the title of today's report.

In her words:

"I've tried many ways of losing weight, which I often loose but end up adding it all again"

What she said there brought about the title of today's lesson:

The Three Biggest Road Blocks That Sabotage Your Fat Loss Goals.

TIP- If you wish to drop lots of pounds of fat off your body PERMANENTLY for good, then you need to know these road blocks and avoid them.

In today's lesson, I am going to tell you the reason why a lot of people who try to burn fat off their body never make it.

Are you paying attention? Now, let's go:

Road Block 1- I don't have time to prepare healthy meals

This is by far the BIGGEST limitation and road block that i receive a lot of emails about.

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I have had people email me about how they have a demanding JOB, have kids and a partner to take care of which leaves them with absolutely no time to prepare healthy foods.

And that forces them to instead, use the money they earn from that "demanding job" to pay for junk fatty foods that they can snack on which absolutely increases the amount of fat in the body.

I am sure we discuss exactly how simple carbohydrate foods store fat in your body in [Report 1](#). If you miss it, then [click this link to read it](#).

If you are reading this article, chances are that you are either in a relationship, married or not, have an 8 - 5 job (which in Nigeria actually means 8.am - 8pm in most cases).

Work demand, taking care of your partner (either you are the man or woman), looking after the kids and keeping up with the neighbour next door can fill up your day and give you absolutely no time for yourself.

If this sounds like you:

You need to WATCH it. You need to CONTROL your time. If you don't, It WILL Control you! It will drain your ENERGY & VIBRANCY and put you in a passive, oppressed position.

God is fair! He ensured no one has more time than the other. Do you know that:

**Aliko Dangote, Omotola Jalade, Beyonce, Oprah Winfrey,
Jennifer Hudson etc all have 24 hours in a day.
Same as YOU & I.**

These celebrities PROBABLY have more schedule than you and I do! But the secret is that they get more done everyday within that same time period than the rest of us by taking control of their time.

If you ABSOLUTELY want to melt fat off your body, you need to grab your time by the hand and take the lead on how it's being spent.

I learnt 2 Major secrets that Oprah Winfrey uses to free time to prepare & eat healthy meals that help her in her weight loss. I reveal these 2 time control secrets in the 30 Day Fat Loss

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Program.

Also busy people tend to skip breakfast because they rush out of the door every morning. They tend to overcompensate by eating large, fat-rich, high-energy foods later in the day and then spend the rest of their day sitting behind a PC and not burning off the fat.

If you remember, in my last report, I shared with you a 2 Day Meal Plan. You probably did not notice, but if you go back and check that meal plan, the two breakfast meals in it can be prepared in 10-15 minutes. I call them the 15 minute meals.

This means that once you free time for yourself using the Oprah Winfrey Secrets, you'll be able to prepare 15 minutes meal everyday from the 30 Day Fat Loss Recipe book so that you never dash out of the house to eat junk food later.

Road Block 2 - Exercise Is Too Hard (I don't like the gym)

If you have once registered at the gym, worked out there for few weeks and then stopped, then let me tell you a good news!

It is not your fault.

Actually most people think that the only way to lose weight is to actually join a gym! This is SHOCKINGLY wrong!

Truth be told...the Gym can make weight loss difficult to achieve to some extent.

I know what you are thinking....."That's a bit rich, coming from a weight loss coach right?"

Before you crucify me, let me explain...

Gym Membership Can be Expensive: Sometimes ago, I did a research on the cost of registering at a standard gym in Lagos with all the equipment's and the average cost per month is N15,000 Monthly, N60K half Yearly and 100K per annum.

Guess what? I visited Easy Gym, a similar standard gym (with more facilities) in London and it cost £240 per year. If you convert to

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Naira, that's N60,000 Yearly. Standard Gyms in Lagos are expensive!

Not only that, imagine summing up courage to pay for membership, and then doing your best to fit your body into a gym outfit that reveal all those extra roll of body fat.

And you manage to get yourself on the treadmill and start working out, only to see that cute slim girl in sexy gym wears or that good looking Peter Okoye Look alike with six pack that you can tell deliberately dressed up for the gym flexing more on the machines and giving you that evil grin that instantly makes you lose motivation.

And then the confusing work outs with the machines. The uphill 5,000 meters run on the treadmill, The barbells (weights), Dumb bells lifting, Stability Ball, Cross Trainers etc that are so hard that even you as a beginner can barely cope with.

What about the time? Finish work at 8.pm, then taking a long drive down or taking a taxi to the gym can also be a motivation killer in itself.

Do you reason with me now? No, I am not saying gyms are bad. They are actually good in a clime that supports it.

But how about if you have a INSANELY better alternative.

An alternative that DOES NOT require paying N100,000 (or any amount for that matter) yearly for gym access.

An alternative that help you AVOID getting conscious of whether the next person on the treadmill is giving you a resentful stare or not

Most people and some trainers believe and preach that for you to lose weight, you have to spend 1 - 2 hours in the gym everyday.

This is a BIG fat Lie!

When you do the right exercise, all you need is 20-25 minutes everyday to doing SIMPLE but EFFECTIVE exercise routines that continue to burn fat off your body up to 38 hours after.

And no, it does not whatsoever involve jogging or running 5 kilometres, skipping or even lifting weights.

It also does not involve using any gym equipment and you can do this workout in your bedroom. Yes, No more expensive gym memberships etc.

These exercises are what I call the 20-Minute High intensity HIIT exercises and I share how to do it, video demonstration of the routine etc in The 30 Day Fat Loss Program

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Program.

Trust me, 20 Minutes of Simple HIIT exercise is what you need to IGNITE your fat burning furnace!

Road Block 3 -I Lack Motivation & Will Power To Even Try!

This is by far the BIGGEST road block . There is a saying that when there is a WILL, there is a WAY.

That quote is true considering that your ability to succeed at anything is based on how "STRONG WILLED" you are. That is, your ability to control your impulse and self determination.

Motivation IGNITES your UNLIMITED will power & Energy from within you to continue to achieve your fat loss goals.

And we get motivated by two major things:

Motivation #1: The results we see in ourselves: There is psychology involved in burning fat off your body.

TIP: When you want to achieve a goal, the quicker you start seeing result from your fat loss efforts, the more you want to continue at it until you reach your goal.

And the biggest way to start seeing result is to have a measurement for where you started from. These includes taking pictures of yourself, measuring your body size, weight and recording your Basal Metabolic Rate.

Many people do what I listed above everyday, but do it WRONG! There is a RIGHT way of doing your measurements which is also included in the **30 Day Fat Loss Program**.

When you measure where you are starting from, two weeks into your journey, you can compare where you are currently to where you are starting from.

The amazing result that you see, will help you have a motivational boost and increase your Energy & Vibrancy to finish what you started.

Motivation #2: The company & result of other like minded individuals:

The late Jim Rohn (American Entrepreneur & Author) once quoted

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that:

**"You are the average of the five people
you spend the most time with"**

This quote is ABSOLUTELY true. When you have buddies that share the same goal of fat loss as you do, then you are more likely to fulfill your goal faster than you can do it on your own.

That is why I created #teamtransformedbody for you when you get on the 30 Day Weight Loss program next week, where you'll get to meet other people on a fat loss journey like yourself.

It is a PRIVATE & EXCLUSIVE group where you get to share your weight loss goals, see pictures of those who are already making progress, share meal plans, share your daily routines, get inspired by other people's progress and even join in a fat loss challenge where you win prizes for losing the most body fat.

so...from now on, when I mention #teamtransformedbody, know that I am actually referring to you.

#teamtransformedbody, let's go there!

That's it for today's report. Conquering the 3 Major road block is very simple. Once you have access to the right information, support group and a fat loss plan that ACTUALLY works!

That fat loss plan is the 30 Day Fat Loss Plan which will launch on Tuesday, 28th May 2013.

You have access, and you should consider yourself EXTREMELY blessed. The lady that posted on Nairaland in that first paragraph does not yet.

I already reached out to her, and hopefully she will join us to get this life transforming information.

Moving on....

I want to say a very BIG thank you to everyone that sent me emails and questions regarding the 30 Day Fat Loss program. I read them

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all.

In my next article which I'll send to you on 27th May 2013 (Childrens Day) at 8.am In the morning, I'll be answering all the questions You may have about the 30 Day Fat Loss Program, the pricing, the delivery of the program and the format.

It will be titled: **"What You Should Know About 30 Day Fat Loss Program"**

If you have questions, kindly post them below this article please and I'll add them to my list of questions to answer in my next email.

In the meantime, if this is the first time you are reading my series on Fat Loss, go and read the rest of the articles. You can find them in the links below:

Report 1 - [13 Worst Nigerian Foods That Causes Belly Fat](#)

Report 2 - [17 Surprising Foods That Kills Belly Fat](#)

Report 3 - [The 2 Day-Meal Time Table](#)

If you have enjoyed today's articles and know anyone who may benefit from this material, kindly forward them this post by using the facebook "send" button in the comment section.

Have a good weekend.

#teamtransformedbody

Olu Aijotan

Fat Loss Coach!

P.S - I really want to hear from you, so I'd appreciate if you leave me a comment below or send me an email at naijaweightlosscoach@gmail.com

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Kindly visit www.naijaweightloss.com/blog to leave your comments