

8 REASONS YOU'RE NOT LOSING WEIGHT EATING BELOW TDEE

- ✓ Your New Smaller Body Requires Less Food
- ✓ Eating Less Food Requires Less Energy
- ✓ You Are Moving Less Throughout the Day
- ✓ You Are Exercising Less Intensely
- ✓ Your Tracker Overestimates Your Calories Burned
- ✓ You Underestimate Your Actual Intake
- ✓ You Are Inconsistent With Your Weigh-ins
- ✓ You Are Too Focused on Body Weight vs. Body Composition



Losing Weight Is Not For Everyone

J Spring



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