

S T R E S S

Can Make You F a t



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One has to do with cortisol, a stress hormone. When we're under stress, the fight or flight response is triggered in our bodies, leading to the release of various hormones.

If you remain in this state for a prolonged amount of time due to chronic stress, your health becomes at risk.

Chronic stress and cortisol can contribute to weight gain in the following ways:

Metabolism

Do you feel like you're prone to putting on more weight when you're stressed, even if you're eating the same amount of food as you always have?

Too much cortisol can slow your metabolism, causing more weight gain than you would normally experience. This also makes dieting more difficult.

Cravings

OK, you're stressed. Do you reach for a nice salad or a pint of rich Ice cream ?

I'll bet on the latter. People experiencing chronic stress tend to crave more fatty, salty and sugary foods. This includes sweets, processed food and other things that aren't as good for you. These foods are typically less healthy and lead to increased weight gain.

Blood Sugar

Prolonged stress can alter your blood sugar levels, causing mood swings, fatigue, and conditions like Hyperglycemia.

Too much stress has even been linked to metabolic syndrome, a cluster of health concerns that can lead to greater health problems, like heart attacks and diabetes.

Fat Storage

Excessive stress even affects where we tend to store fat. Higher levels of stress are linked to greater levels of abdominal fat.

Unfortunately, abdominal fat is not only aesthetically undesirable, it's linked with greater health risks than fat stored in other areas of the body.



Stress and weight gain are connected in other ways:

Emotional Eating

Increased levels of cortisol can not only make you crave unhealthy food, but excess nervous energy can often cause you to eat more than you normally would. How many times have you found yourself scouring the kitchen for a snack, or absently munching on junk food when you're stressed, but not really hungry?

Fast Food

Experts believe that one of the big reasons we're seeing more obesity in our society these days is that people are too stressed and busy to make healthy dinners at home, often opting to get fast food at the nearest drive-thru instead.

Too Busy to Exercise

With all the demands on your schedule, exercise may be one of the last things on your to-do list. If so, you're not alone.

We live a more sedentary lifestyle than we have in past generations, yet our minds seem to be racing from everything we have to do.

Unfortunately, from sitting in traffic, clocking hours at our desks, and plopping in front of the TV in exhaustion at the end of the day, exercise often goes by the wayside. However, it does not have to be that way.

So, what are you waiting for ?

Contact me today on 0421 196 040 to book your place and get started on ' Move Mind & Body to De-Stress ' Program.

Yes ... let's do it !!

About Terry

I am the Founder and Owner of CoreWorks, an experienced and qualified Fitness/Pilates Instructor and an expert in the field of Wellness, Fitness, Nutrition and Health Coaching. I offer an holistic and individually tailored approach to suit each person.

With my many years of knowledge and expertise as a Health Coach and Fitness Trainer, I help professional, busy 30+ women discover their inner strength. Often these women are overweight and stressed and have a desire to become healthier, strong and fit – in both body & mind.

Teaching women to love themselves, live their lives guilt-free and have them looking and feeling fabulous as well as being more energetic, confident and content is my strength and passion.

I strive to educate and empower women to sustain healthy, stress-less life styles, by incorporating raised self-awareness, regular physical activity, great nutrition and lots of FUN.

My genuine caring nature and my enthusiasm along with being a result-focused professional will ensure you'll reach your winning, desired outcomes. All this while we embrace a sense of FUN !

In essence, I teach women to believe in themselves and develop a success Mind-Set so they get the results they desire and deserve.

It will my honour and pleasure to serve you.

Contact Terry personally - 0421 196 040

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