



7 FAT-BURNING MISTAKES YOU MIGHT BE MAKING AND WHAT TO DO INSTEAD

INTRO

Hey friend! Welcome to the *Diet Haters Podcast*, where I'm helping YOU learn how to stop dieting, lose weight, find lasting results, and learn your true identity in Christ. I'm so glad you're here!

I've been on a bit of a hiatus while recovering from my second skin removal surgery. It's been a journey, I'll just say that. Perhaps I'll do a whole podcast episode on that later.

Thank you so much for praying for me. I am doing better each day, but it's been really hard to have the full brain capacity to do all the things, and if you know me, I like to be productive. But sometimes.. You can only do what you can do.

So.. I'm hoping to be back in action with the podcast at least.

On today's episode we're going to talk fat burning. What do you think of when you think of burning fat?

Sometimes I think we can get this idea in our head that getting rid of body fat is only something the fitness pros do, or the bodybuilder. But, that's not the case.

It's actually important in our weight loss journeys to make fat-burning a practice. But... and it's a big but.. How we do that matters. It's important for us to make sure our bodies are in the best position possible for that.

There are tons of strategies out there to burn fat, but that doesn't mean they're the right strategy. Today we're going to shed a little light on 7 fat-burning mistakes to avoid and what to do instead.

PROMO - 2B MINDSET

Before we dive in though, I wanna talk real quick about our mindsets. Specifically our mindsets when it comes to food. That's been something I've really had to focus on during the healing process of this recovery - my mindset about using nutrition to heal my body.

And I've been able to do that with the help of one of my favorite nutrition programs, the 2B Mindset.

Founded by Ilana Muhlstein, who lost 100 lbs. herself, the [2B Mindset program](#) is about just that, learning how to create an incredibly powerful mindset that will allow you to lose weight happily and keep it off for good.

There are no prescribed meal plans. No focusing on foods you **must** cut out. Instead, it allows you to focus on everything you CAN have, so you're the one in control.

God created you to live an amazing life, my friend, and now is the time to start taking back what the enemy has tried to steal from you and start living fully.

The 2B Mindset program offers simple guiding principles, tips, tools, and strategies that she and hundreds of other clients, including myself, have used to lose weight and keep it off.

Everything about the 2B Mindset is sensible and—best of all—it's sustainable, so you'll not only know how to lose the weight, you'll discover how to keep it off.

If you're interested in learning more, I'd love to walk alongside you through this program and help you to stop dieting and start living life to the fullest today. You can learn more at sundijo.com/2bmindset.

DISCUSSION

We live in a world full of busyness. Go. Go. Go. Many of us seem to be in a constant battle of trying to keep our waistlines in check. Consistently making the right choices when it comes to what foods we eat and how we exercise can quickly leave us feeling defeated. But it doesn't have to.

Eating the right foods is important for fat loss. Moving is important for fat loss. Choosing healthy habits is important. But that doesn't mean that your lifestyle has to be full of

counting calories, spending hours in the gym, and living a life that's impossible to keep up with.

So.. let's talk about these 7 fat-burning mistakes and what to do instead.

1) FOLLOWING A LOW-FAT DIET

Low fat is not, I repeat, not the key to proper weight loss. Sure, you might burn some calories. You might lose some weight, but you're not going to burn fat. And.. depending on what low-fat things you're eating, you're probably not putting healthy foods into your body.

Fat is an important macronutrient. Fat burns fat, if it's the right kind of fat. Research actually shows that the proper kind of fat helps brain development, lower inflammation, and more. ¹

Low-fat diets actually have a negative impact on your hormone production, they have higher amounts of carbohydrates, and ready for this? Higher amounts of sugar. Know what happens when your insulin increases? You don't burn fat.

And.. not to mention the amount of processed ingredients that are destroying your body. Remember this.. If you can't pronounce the ingredients, you probably don't want to eat it.

I'll give you an example of this from my own experience. I started losing weight in 2008. Though I didn't fully understand the things I do now. I actually didn't know anything about fat burning. I was always taught low calorie, low fat, no carbs, blah blah blah..

But I was eating a lot of chicken, fish, and veggies. I was walking a lot. I was losing weight at a pretty rapid pace.

Fast forward to 2009. I'd lost about 80 pounds doing this. But I was extremely depressed. Life was hard. I was in a battle. I actually share more of this story in the first episode of this podcast, [How I Lost 145 Lbs](#). I'll share the link in the show notes.

Anyway.. I spent a year living in this residential program with a variety of other women. Part of the program was following a very strict low calorie, low-fat, sugar-free diet. It was so horrible for my body, I'm still dealing with the after effects.

¹ <https://pubmed.ncbi.nlm.nih.gov/32562735/>

I lost another 50 lbs. during that year, but I lost other things because of all the processed foods - the aspartame, the chemical in the low-fat dressings, etc. It messed up my hormones so bad, not to mention the fact that it messed with my head because I'd vowed not to diet, but that's what I was having to do - was diet. That's a story for another day, following that lifestyle may have helped me lose weight, but not proper for the long-run.

So, what's the solution? We need to eat fat to burn fat. Let me say that in a different way. We need to eat good fats to burn fat.

2) OVER RESTRICTING CALORIES

I'm not sure if that's a word, but it is now. Like I said previously, when I was eating low-fat, sugar-free, low-calorie, it messed with my metabolism in a major way. But not only that, when we're severely restricting calories, we're also going to be restricting the proper nutrients that we need.

Maybe you've heard this.. "This is the only way you need to lose weight - calories in, calories out." That's not exactly the truth, because this doesn't account for food quality. It doesn't account for how your insulin levels are affected.

And moreover, when you drastically reduce your calories, you're drastically reducing the proper amount of protein, fats, vitamins, and minerals you need to keep your body healthy.

So, what's the solution? Focus on what you're putting on your plate and what you're putting in your body. Instead of cutting calories, make sure you're eating the right kind of calories.

Let me give you an example. You're sitting down for lunch. You've got two slices of whole grain bread, chicken breast, avocado, and some homemade sweet potato fries. Maybe you even add a little hummus. You might be looking at 400 calories in that setting.

But you've got yourself some grains and seeds in your bread (I recommend Dave's Killer Bread). You've got protein in your chicken breast. Good fat in your avocado. Fiber filled carbs in your sweet potato. So, yes.. You've eaten carbs. Yes you've eaten fat. And guess what? They both provided your body with nutrition.

Now.. say instead you're sitting down for one of those Weight Watchers pizzas. Sure, it fits into your point system. But the amount of nutrients you're getting is cut in half, not to mention the processed ingredients your body now has to absorb. Guess what? Your body isn't going to absorb it.

Which one sounds better?

Many people choose intermittent fasting for this reason, because it's a great way to burn fat, because your body goes into ketosis, which keeps your insulin low and fat is then burned as a fuel source.

I personally can't do IF at the moment until I get my thyroid lined out, but I will say that when I did do it, my digestive system worked 1,000 times better because my body wasn't having to work overtime to digest each meal.

If you're interested in learning more about IF, Dave Asprey from Bulletproof has a great [beginners guide](#). I'll share the link in the show notes.

3) NOT GETTING ENOUGH SLEEP

I can't preach this enough either. If you're not getting enough sleep, your body is going to become your enemy. Your body needs to recharge and the best place for that to happen is while you're sleeping. This is where your muscles get to rest. This is where the magic happens. Your sleep is where a lot of your fat-burning progress happens.

You have to get sleep.

So, what's the solution? Get your body into a nightly routine. Try to go to bed at the same time every night. Try to get up at the same time every morning. Limit your screen time before bed.

Find some supplements that might help you. One that I recommend is the [Sleep Mode](#) from Bulletproof. Its ingredients include L-ornithine and plant-based melatonin, which both support healthy sleep. It's also non-habit forming. I'll share the link in the show notes, and when you use coupon code DIETHATERS, you'll get 15% off your first order.

Another great solution is diffusing lavender oil by your bed each night, and even dripping some on your pillow.

ANCIENT NUTRITION LAVENDER OIL

I hope you're enjoying this episode as much as I am, and that you're getting excited about the possibilities of turning into a lean mean muscle machine.

Speaking of lavender oil, I wanted to chime in for a quick second and tell you about one of my [favorite oils from Ancient Nutrition](#). You've probably heard me talk about their bone broth protein powder before, but Dr. Josh Axe also has a variety of essential oils available.

You have to be really careful what companies you trust when it comes to essential oils, because not all oils are created equal.

Lavender oil is often favored for its calm and clean scent. The leaves and stems of the plant were historically used to prepare decoctions for health-supporting purposes, as well as for cosmetic purposes. In fact, the Romans actually used lavender oil for bathing, cooking and purifying the air. This versatile essential oil is known for its benefits, including supporting feelings of relaxation.

While there are more than 30 varieties of lavender grown in the world today, Ancient Nutrition sources theirs from USDA Certified Organic English Lavender flowers, which brings a calm and clean aroma to all of your days, including your stressful ones.

You can get your Ancient Nutrition lavender oil today at [ancientnutrition.com](https://www.ancientnutrition.com) or click the link in the show notes. When you use coupon code DIETHATERS10, you'll get \$10 off your first order. That's coupon code DIETHATERS10 at checkout.

DIET HATERS FACEBOOK COMMUNITY

If you're looking for a community to get involved in, I'd love for you to head on over to the [Diet Haters Facebook community](#). We're talking about all kinds of things over there - recipes, workout tips, nutrition, Scriptures, and other shenanigans. We'd love to do life with you there. Just search Diet Haters on Facebook or click the link in the show notes.

Alright.. Let's get back to the show.

4) DOING THE SAME WORKOUTS OVER AND OVER AGAIN

It's easy to find something that works and stick with it, but it's important for us to change up our routines. That's why I love the Beachbody on Demand programs.

When you keep doing the same workout, not only are you going to stop burning fat, you're going to neglect certain muscle groups that need to be worked on, too.

So, what's the solution? Add some intervals to your workout. Consider a HIIT workout, which stands for high-intensity interval training. This raises your metabolic rate that lasts way past your workout time. Switch things up and blend some cardio with strength training.

5) GOING ALL-IN TOO FAST

Trying to do all the things at once is not going to help you find weight loss success. It's going to burn you out quickly, or injure you and then you're going to be right back where you started.

This goes for exercise routines and what you're putting in your body. Getting healthy is a process and that process involves learning, which involves patience.

So, what's the solution. Trust the process. Set short-term goals for yourself. Focus on one next right step at a time. I'm preaching this to myself.

When I'm able to get back to working out, I'm going to have to preach this to myself again because I want immediate results. But that's not how strength training works.

The truth is, it might take months, even closer to a year before I really start seeing results in building muscle. But that doesn't mean that my body isn't working. It doesn't mean progress is happening. But I'm going to have to trust the process. So are you, my friend.

6) ONLY DOING CARDIO

Again, this is something I wish I had known when I first started my weight loss journey. I had no idea what strength training was. If I did, let me just say, I wouldn't have near as much skin as I do. Or.. I guess I should say I did, since I just finished my second skin removal surgery.

I became the treadmill queen, walking, then running. I was rocking cardio and burning calories while doing it, but here's the thing about that. When you're burning calories while running, the only calories you burn are the ones you're burning in that moment.

But.. when you're doing strength training, you're burning fat throughout the day, not just in that isolated moment. You might burn 350 calories running that day vs. only burning 250 doing strength training, but your body appreciates the training because it's going to keep burning fat throughout the day.

So, what's the solution? You guessed it. Add strength training to your routine. Strength training builds lean muscle while burning fat. Incorporate some upper body and lower body strength training.

There are so many different ways to incorporate strength training into your day. It doesn't have to be using multiple machines at the gym. You can do it right in your living room. I do. Not right now, but boy I can't wait to get my hands wrapped around a kettlebell again.

Beachbody actually offers what's called [Beachbody on Demand](#). You can select a variety of different fitness programs depending on your needs, and each day they'll walk you through a fitness routine. It's seriously like having a personal trainer in your living room without the cost of a personal trainer.

Before surgery, I just finished up the [muscle burns fat program](#) and loved it. Whether you want to work out for 30 minutes/day, 20 minutes, 45 minutes, there's a program available for you.

And... in every program there are modified versions. Have bad knees? That's okay. There's a modified version for you. Bad back? Same. There's something for everyone. You should check it out. You can even get some sample workouts to see if it's something you're interested in.

I'll share the link in the show notes for ya.

7) BECOMING OBSESSED WITH THE SCALE

The scale can be your friend, but it can also be your enemy. Remember this, the scale is just **one** tool for your weight loss journey, and when it comes to building muscle and burning fat, it's definitely not the most important tool for you.

Just because the scale goes up and down doesn't mean you've gained or lost fat. Remember, building muscle is a slow process. Don't let the scale hinder your progress. If it's becoming an obsession, throw the dangd thing away.

So, what's the solution? If you're wanting to track fat loss, not just weight loss, consider measuring yourself. You can not lose a pound on the scale yet have lost inches and not even know it. Your clothes might fit differently and the scale hasn't budged.

Don't step on the scale every morning and count that as measuring your success, my friend. That can get you in trouble quickly.

RECAP

So, let's go over the 7 mistakes real quick...

1. Following a low-fat diet
2. Overrestricting calories.
3. Not getting enough sleep
4. Doing the same workouts over and over again
5. Going all-in too fast
6. Only doing cardio
7. Becoming obsessed with the scale

We covered a lot today, but here's the gist.. Burning fat isn't an overnight thing. It requires eating the right things, doing the right exercises, and taking care of yourself mentally as well.

And remember this my friend... Trust the process. Do one next right step at a time and you will eventually see the results of your investment.

SHARE REMINDER

If this episode has been helpful for you, would you mind sharing with someone else who needs to hear it? Another diet hater friend who might need some encouragement on her weight loss journey. When you share, you help me get the word out to as many people as possible, that they, too, can lose weight, get healthy, and find the true freedom in Christ they've been searching for.

CLOSING

I pray this episode was helpful for you today, and I can't wait to see you in the next one. I'm rooting for you and cheering you on!

If I can lose 145 lbs., you can lose weight, too. Doesn't matter if it's 10, 20, 50, or a 100 lbs. or more. **If I can do it, so can you!**

Alright, friend, that's it for me today. I'll see you in the next episode of the *Diet Haters Podcast*.

And remember this... You. Are. Valuable.

LINKS

[2B Mindset](#)

[How I Lost 145 Lbs.](#)

[Beginners Guide to Intermittent Fasting](#)

[Beachbody on Demand](#)

[Muscle Burns Fat Program](#)

[Sleep Mode](#)

[Lavender Oil](#)

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