



# Why your diet sucks and how to fix it

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So you want to change your body - lose fat, gain muscle, or both - and understand nutrition is the key, but can't successfully manage it. This is VERY common.

While working with hundreds of people, I've discovered what's holding most people back and how to fix it

## the bad

**01**

### **Not realistic**

Most think success happens overnight. You can make big changes, but it takes patience over long periods (years, not days).

**02**

### **Too restrictive**

Diets push restriction - no carbs, no fat, eat only these foods. If you can't stick to something for YEARS, it won't serve you.

**03**

### **No structure**

Changing your body depends on controlling calories and what you eat - you need a structure to consistently manage this.

## the fix

**01**

### **Be patient**

Nothing happens overnight, patience will allow you to make long-term behaviour changes and ensure results.

**02**

### **Less black and white**

Food isn't "good" or "bad" - but better or worse depending on goals and actions. One food isn't the cause or solution.

**03**

### **Set a plan**

What needs to happen over the course of the day, week and month for you to get closer to your goals? Be realistic and execute.

Over the last 10 years I've coached countless people through MASSIVE transformations. Avoid their mistakes today and start writing your success story.

Want to learn more about how I help people manage diet and nutrition? Contact me today for a free assessment.

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