

10 Reasons New Year's Resolutions to Lose Weight Set You Up to Fail

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Last week, you were probably dunking Christmas cookies into hot cocoa while sucking on a candy cane and baking up a batch of cupcakes. But now that it's a new calendar year, it's like someone flipped a switch, and we're supposed to be vowing off of sugar and carbs FOREVER while taking spin classes and swigging green juice. *Agh!*

If **2015** already has you feeling seriously pressured to get your butt in gear and start dropping pounds STAT, you are not alone. But the start of a **new year** with all of its resolutions hoopla **actually is NOT the most conducive to getting the weight loss results** you want.

We spoke experts who spend *all* year helping their patients and clients slim down, and got the scoop on the **10 ways this season makes starting a weight loss plan even more challenging** -- and what you can do to succeed anyway! Check out their tips below, then tell us: **Which of these has been the biggest hurdle for you?**

Seasonal Blues

"SAD (seasonal affect disorder) greatly contributes to weight gain and depression during the winter months," explains **personal trainer and certified nutritionist Franci Cohen**. "If you are one of those people whose bones ache from the cold, and who'd rather stay warm under the covers on a cold winter day, then deciding to start a fitness program in January will most likely prove unsuccessful."

Surely, it's not a bad idea to try to be more active or eat cleaner during the winter months, but you may see better results if you come out guns blazing in the spring. "Start in April or May when the weather is wonderful!" advises **Cohen**. "Then, once January comes around again, the new healthier and fitter you will easily stick with your adopted fitness regimen, despite the cold temperatures outside, because it has already been part of you for many months, and you have already seen and felt positive changes in your body."