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Weird Reason Breakfast is Boring

<http://www.homeschoolfitnesscoach.com/blog/weird-reason-breakfast-is-boring/>

This morning I was sitting in front of my computer struggling to come up with a catchy title for this. I was thinking - yet again - about stressing the importance of breakfast to you. So as I sat there trying to be clever I mumbled out loud, "Breakfast is boring." And there you have it. That's exactly how I came up with this title. But do NOT take this message lightly. You see, I know you've heard it a million times before. "You have to eat breakfast." And I know it's not a super sexy message. But do you have any idea how many people I meet as a fitness professional that DO NOT eat breakfast? A lot. And do you have any idea how many of those people that don't eat breakfast are overweight? Pretty much all of them. Look, I'm not crazy. I know you don't have much time in the morning. And I know many of you just aren't all that hungry right after you wake up. So let's look at this another way. You get up each morning and go to work every day because you want a roof over your head and food on the table, right? Day after day after day you go to work because you want the RESULT of that effort. Well, IF you want to burn fat, feel better and have more energy you WILL eat breakfast every morning. Period. End of discussion. Some things are boring. Some things just have to be done to get the result you want. For those of you that want to burn fat all day long, breakfast is just one of those things. Prograde Lean's <http://inspirationfitness.getprograde.com/lean> is a DELICIOUS chocolate meal replacement shake that I recommend to all my clients. It's the perfect solution to breakfast. Post from: Homeschool Fitness Coach

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