

WEIGHT LOSS MYTHS

Ditch the Fads, and Learn the FACTS!

Many of us have been on social media, or get carried away reading magazine articles that have misinformation about *FADS*. In this blog, we are going to talk about ditching the fads and learning the facts about weight loss. Majority of us have an idea in our head of what we'd like to look like, and most of the time it involves losing fat or weight. I'm here to tell you that *YOU CAN LOSE THE WEIGHT, BUT YOU HAVE TO DO IT THE RIGHT WAY!* Many of us want that quick fix, such as a few of the fads listed below, but with a healthy diet and good workout regimen, you can achieve your weight loss goals in a healthy manner. Below are 10 of the biggest fads when it comes to weight loss. We are going to break them down, and explain why these are fads and give you the *FACTS*.

1. **All Calories Are Equal:** Calories are defined simply as a measure of energy. Calories do contain the same energy content, *BUT THAT DOES NOT MAKE THEM ALL THE SAME*. They will affect your weight loss journey differently. Fat calories are different from carb calories as well as protein calories. They all have vastly different affects on your hunger and the hormones that regulate your bodies weight loss process. Calories that come from whole foods will help you to maintain that "full feeling" more than refined foods. An example of a whole food would be fruit and an example of a refined food would be candy.
2. **Supplements Can Help You Lose Weight:** At some point we have all seen an advertisement by a company that guarantees if you take their pill, or drink their fancy drink, you will drop weight like crazy. For one, this is not a healthy way to attempt your weight loss journey, and for the most part it is a placebo effect. You begin to take said supplement, but you are also cautious about what you are eating, which in turn makes the pill look like it is working. Majority of these supplements come with *TERRIBLE SIDE EFFECTS*. Just to list a few: anxiety, heart palpitations, lack of sleep and irritability. You are putting your body under unnecessary stress. Bottom line: *MOST WEIGHT LOSS SUPPLEMENTS ARE UTTERLY USELESS!!*
3. **Losing Weight Is All About Willpower:** To say this would be a complete lie. *WEIGHT LOSS IS NOT ALL ABOUT WILL POWER*. Biology has a massive role in you being able to lose weight. Obesity in particular is a very complex disorder with a multitude of contributing factors such as; depression, hypothyroidism, and Polycystic Ovary Syndrome (PCOS). The body has numerous hormones and biological pathways that are intended to regulate body weight, and in some people, typically with obesity, they are dysfunctional, which makes it very difficult to lose weight. Having said this, *YOU CAN LOSE THE WEIGHT*, just be sure to consult your doctor and personal trainer to figure out the best game plan for your specific body and make up.
4. **Carbs Make You Fat:** Low carb diets are effective for weight loss, *HOWEVER CARBS ARE NOT WHAT CAUSE OBESITY IN THE FIRST PLACE*. Whole, single ingredient carb based foods are incredibly beneficial for your body and overall

health. The carbs that cause obesity are the refined carbs such as refined grains and sugar.

5. **Fat Makes You Fat:** As long as calories are within range then *EATING FAT DOES NOT MAKE YOU FAT!* Now, if you are eating a high fat diet along with high carb, high calorie and junk food, expect to gain a bunch of fat. However, that weight gain does not come from fat alone. “Good” fat improves blood cholesterol levels, which can decrease your risk of heart disease.
6. **Weight Loss Always Means Fat Loss:** *WEIGHT LOSS DOES NOT ALWAYS MEAN YOU HAVE BURNED OFF FAT.* In fact most of the time when you drop drastic weight over night, you have lost water weight. Water weight is the extra water that surrounds your tissues, joints and body cavity between the cells. When your water weight increases it is typically from consuming a meal that is high in sodium, or can even result from a change in your hormone balance. This may sound crazy, but the best way to lose water weight is through exercise and *DRINKING ENOUGH WATER! YES YOU HEARD THAT CORRECT. STAY HYDRATED!*
7. **You Can Target Trouble Spots:** A lot of us can say right now that we have one or two specific locations on our body that we wish would slim down, for example your thighs and lower stomach region. *OF COURSE YOU CAN LOSE WEIGHT BY EATING CORRECTLY AND WORKING OUT, BUT THERE IS NO TELLING WHERE THAT FAT IS GOING TO SHED FROM.* You can however exercise specific body parts to give you a slimmer-toned look in your trouble spots.
8. **Zero Calorie Sodas Are Better For You:** Soda itself is the complete opposite of what needs to be entering your body in order to lose weight. Majority of sodas are loaded with sugar, calories and unfamiliar ingredients. Claiming that zero calorie sodas are better for you, or healthier than regular soda is simply not true. While they may have less calories and sugar, the substitutes are almost worse. These artificial sweeteners have been linked to obesity, high blood pressure, diabetes and heart disease.
9. **You Can Sweat Out Fat:** In order to cut weight fast, a lot of people turn to steam rooms or saunas. All you are doing is sweating out your excess water weight, causing dehydration. Saunas are great for relaxation in short spurts of time. Raising your body temperature for extended periods of time can be dangerous to your health.
10. **Only Intense Workouts Are Effective For Shedding Pounds:** Your workout does not have to leave you out of breath with a beat red face in order for it to do wonders for your body and goals. Adding lower intensity workouts into your weekly routine is also important for your workout schedule. In fact, they are just as important as your HIIT workouts. The reason is because low intensity workouts lower your level of cortisol, your stress hormone responsible for making you hungry. Obesity is linked to high levels of cortisol. So, adding low intensity workouts into your routine helps to battle obesity and burns fat. *WITH THAT BEING SAID DO NOT GIVE UP ON THOSE HIIT WORKOUTS, THEY ARE PHENOMENAL FOR YOUR OVERALL HEALTH!*