



NORTH FLORIDA WOMEN'S PHYSICIANS

Building healthy relationships.

Weight Loss Tips

“DON'T BELIEVE THE LIES!!” Repetition does not transform a lie into a truth.

Myth #1: Eating Late at Night Makes You Fat

The Facts: Your body doesn't have an internal timer that causes late night eats to be stored directly as fat. Weight gain happens when you eat too much and exercise too little—you could eat too much in the morning, the afternoon, or late at night and it would all result in weight gain.

Your Solution: Consider how many calories you eat and burn each day, rather than when you eat.

Myth #2: Snacking Promotes Weight Gain

The Facts: Eating snacks throughout the day is actually a great way to keep your metabolism up and to avoid overeating at meals. However, if you snack on junk food then be prepared to pack on pounds.

Your Solution: When it comes to snacking it's all about what you snack on. Choose fresh choices.

Myth #3: You Can Lose Fat Without Exercise

The Facts: Exercise and healthy eating go hand-in-hand when it comes to permanent fat loss. Your body needs exercise just as it needs to be fed a diet filled with fresh produce, whole grains and lean protein.

Your Solution: Accept exercise as a part of your daily lifestyle.

Myth #4: Fat Free Means 'All-You-Can-Eat'

The Facts: It's time to close your eyes and mentally erase everything that the 1990s taught about fat-free dieting. Fat-free foods are not the equivalent of flavored air—they contain plenty of calories and often lots of sugar.

Your Solution: Be mindful of calories when eating fat-free foods.

Myth #5: Eat as Little as Possible for Maximum Fat Loss

The Facts: Eating too little causes your metabolism to shut down and puts your body into starvation mode, and prone to store fat rather than burn it.

Your Solution: When it comes to fat loss, think burn rather than starve.

Myth #6: Diet Pills Work for Fat Loss

The Facts: The only thing that diet pills are capable of burning is the extra cash in your wallet. Billions of diet pills are sold every year—all to no avail.

Your Solution: Healthy eating and exercise can never be replaced by a pill.

Myth #7: You Should Never Eat Fast Food

The Facts: It's all about what you order. Fried, processed and salty foods will cause weight gain. Don't order them. Lean meat, salad, vegetables and beans, on the other hand, are available at many fast food chains. Order these instead.

Your Solution: When eating fast food, skip the fried items and stick with lean meats and salads.

Trying to lose weight is often a frustrating experience. In a world filled with quick fixes, lasting weight loss is not something that happens overnight. Remember that it took time to gain the weight, so it will also take some time to lose. Permanent weight loss happens as a result of a regular exercise coupled with sound nutrition.

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