

## Common Myths of Weight loss

Are you dreading the thought of getting healthier because you have believed some of these myths of weight loss? Or maybe you are stuck part way to your goal.

Ten common myths of weight loss

1. Need to deprive self
  - Do need to adjust your eating habits and make healthier choices
  - Meals can be delicious and fully satisfying.
2. Eat less food and less calories
  - In some cases this may be true
  - Many times people are not eating enough nourishing foods and need to increase the amount they eat
3. Exercise more
  - Exercise does play a healthy role in weight loss
  - Too much high intensity exercise or cardio can put your body in a stressed state, causing you to hold on to weight
4. Food will be unsatisfying
  - Using healthy fats and seasonings, real food is so delicious!
5. Need to buy special products or foods or shakes
  - Use real food instead of these
  - Many of these products would be classified as junk food by looking at the ingredients
6. Need to try harder
  - Sometimes there is an underlying condition or underlying factors
  - Sometimes you just need a better plan with clear action steps and a good reason to put in the work
7. Avoid all carbs
  - Knowing which carbs to avoid is key (sugars/refined starches, like flours and breads)
  - Some carbs, like vegetables and fruit are very nutritious
8. Eat no/low fat
  - Need healthy fats for healthy heart, brain and hormone function
9. You need to be on a diet
  - It is really more of a lifestyle change
  - If you've been on a diet, sometimes losing weight isn't the trouble, but keeping it off is
10. How you eat and live doesn't really matter
  - How you eat is very important – eating rushed and stressed vs eating while relaxed and chewing your food
  - Stress and sleep play a huge role in weight loss