

10 Weight Loss Myths That Pack on Pounds: Fitness experts debunk the common myths about weight loss

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Losing weight is hard work. There's no denying it. Setting a goal to lose any amount of weight whether it be 5 pounds or 25 pounds takes a level of commitment. You need to set your goal, make a fitness plan, follow a strict diet, and keep track of your food intake.

There are many aspects that go into maintaining the healthy lifestyle you strive for, so when you hear an easy way out, it may be tempting to take it. Unfortunately, there is no magic bean that grows to help us lose weight fast. There are plenty of misconceptions brewing about weight loss and the healthiest way to lose those extra pounds without disrupting the natural flow of your body.

Fad diets promise many things, but often leave your body in a confused, unhealthy state after shedding the pounds, just to have you regain it in half the time. Diets and tips for weight loss can come at you from every direction when you are trying to reach your fitness goals. But, be careful what you believe, because many common myths can actually lead to weight gain.

To debunk the common weight loss myths we've all heard of, such as carbohydrates are bad or skipping meals keeps calories down, I turned to the experts. Sports medicine RD, Dr. Jackie Buell had some helpful reminders on what exactly it means to lose weight. I also chatted **with Franci Cohen, nutritionist and trainer**; Dr. Barry Sears, President of the Inflammation Research Foundation; and Paul Kriegler, dietitian and program manager for Life Time Weight Loss.

The experts agree that there are many myths and misconceptions that are commonly causing weight gain. So, we put together a list of 10 of the most common myths... debunked.

Myth: Eliminate an Entire Food Group

Like eliminating carbohydrates from your diet, eliminating other entire food groups, such as dairy, is a common myth for an solution to losing weight. Creating a healthy, balanced diet includes all of the food groups. "But on general, moderation is key!" says **Cohen**. "Fruits, veggies, lean protein, and whole grain carbs, and all the good

stuff, incorporated into a healthy diet, is the key to successful weight loss and maintenance.”

Myth: Calorie Restriction Forces Body to Burn Fat

Another common myth is that significant calorie restriction can force your body to burn fat and therefore lose weight. **Cohen** explains that this is absolutely false, “In fact, when not much food is entering the body, the body's homeostatic mechanisms kick in and alert the body to conserve fat stores that may need to be used to keep the body functioning. This in turn, slows down metabolism and can cause significant weight gain, which is frustrating to the dieter who has worked so hard to eat so little!”