

Weight Control

MYTH #1

The best way to take-off weight is through a starvation diet.

False. Starvation diets can actually contribute to weight gain. When eating is stopped, the metabolism slows down and the body begins to preserve fat. When eating is resumed, the body is more likely to turn food into fat.

MYTH #2

Sit-ups are the best way to lose fat around the waist.

False. Sit-ups increase the strength of muscles and do nothing to eliminate the fat that covers them. The best way to lose fat is through a combination of a sensible diet and aerobic exercise.

MYTH #3

Fad diets work.

False. The word diet refers to a lifestyle of eating, not a drastic change in eating habits for a week or a month.

MYTH #4

People need to diet to lose weight.

False. It is possible to lose weight (fat) by adding exercise to one's lifestyle, even if the same eating habits were maintained. Combining exercise with sensible eating increases the effectiveness of a weight loss program.

MYTH #5

Overweight people eat too much and skinny people never eat.

False. The body's chemistry reacts to an increase and decrease in activity levels. When you exercise, your body becomes more efficient at burning fat. When activity levels are limited, the body becomes more efficient at storing fat.

MYTH #6

If a person exercises, their appetite will increase and they will gain weight.

False. Studies have indicated that exercise actually serves to suppress the appetite.

MYTH #7

People need to lose weight.

False. Many things in the body have weight including muscle and bone. You certainly do not want to lose any of these. Those who diet end up losing not only fat, but muscle also. Muscle is the furnace that burns fat. The more muscle you have, the bigger the furnace available to burn the fat. The best method for monitoring fat loss is to get off the scale, see how your clothes fit, and how your body feels.



WEIGHT CONTROL

Talking Notes

POINTS TO REVIEW

1. Weight loss takes time and requires a change in lifestyle.

The biggest myth about losing weight is that something will happen rapidly. There is only one way to rapidly lose weight, dehydration, or water loss. Losing too much water temporary and it can be dangerous. True weight loss takes time and is recommended that a person not attempt to lose more than two pounds a week.

2. You lose fat by burning it up with exercise, not reducing how much fat you eat.

What people really want to lose is fat, not weight. All parts of your body, including muscle and bone, have weight, and you certainly do not want to lose that. Losing fat requires the use of fat as a fuel source, and the best way to accomplish this is through exercise.

3. People need to lose fat, not weight.

The best way to determine whether you need to lose fat is determining how you feel and how your clothes fit. The scale is weighing your entire body, not just fat. A person with a lot of muscle and a little fat can weigh a great deal, but it does not mean they need to lose weight.

QUESTIONS FOR DISCUSSION

1. Why is it important for a person to lose fat rather than weight?

2. What is the best method for losing weight?

3. What is the best way to determine your ideal weight? How much you weigh, how you feel or, how your clothes fit?

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