

## 8 Weight Loss Myths

Welcome,

My name is Mandy and I am a personal trainer, gym owner, and nutritional coach in central Indiana. Well I am now. I am excited to tell you that a couple of years ago, I simply had a very different life. Life got busy, my career as a professional trainer in corporate America was in full swing, we were newlyweds and I was living a lifestyle that I had lived for years. Then, one crazy day in January EVERYTHING changed.

My good friend and co-worker introduced me to some new ideas related to my health. This inspired a relentless pursuit to learn as much as possible about weight management, physical energy, emotional wellness, and nutrition. That day changed it all. We burned the boats!

In just a few short years, I now find myself 10 pounds lighter, 2 sizes smaller and I am still wearing a size 2 (graduated college in an 8, and got married in a size 10 wedding dress) after having two great kids. I also find myself as a well educated professionally certified personal trainer! Most importantly, I have been able to help THOUSANDS of people get similar results to impact their health.

I am excited to share with you my 8 Myths of Weight Loss...

## 8 Weight Loss Myths

### Myth #1 - Skip Meals

Never ever skip meals! We all know because a family member told us growing up that breakfast is the most important meal, but if I had to guess at least 50% or more reading this article skip breakfast just because... The meal you never want to skip is breakfast. Why? You ask. Because you have already gone 8 or more hours without eating (fasting) and upon waking up from a good nights rest you need to eat to fuel your body to start the process (break). Essentially to “break your fast”. You should eat 3 – 6 meals a day depending on your schedule and your activity level. Your metabolic rate slows down without fuel and your food is your fuel to keep you metabolism burning. Just like a fireplace; getting the fire started takes a little time but once it's going if you want it to burn all day effortlessly you would keep putting logs on the fire. Creating a steady consistent fire not an unpredictable start & stop burn.

### Myth #2 - I'm counting calories

A calorie is actually a unit of energy. When you are eating a 2,000 calorie per day diet there is more metabolic function that comes from a protein calorie versus a calorie from a soda. Don't drink all your calories! Also, think of your calories like a spending account. You have so many to spend in a day, don't go under or over and spend them wisely. A calorie is a calorie but your body doesn't function at an optimal level if your calorie consumption comes from beverages or high fat foods. It will however function at an optimal level if your calories come from lean meat, protein, complex carbohydrates and fiber.

## 8 Weight Loss Myths

### Myth #3 - I'll just eat right

The average person can't just “eat right”. It's too vague and there are too many variables. I believe the number one variable is YOU and the number two variable is the quality of food that we have available to us in the grocery stores and restaurants. If you need to lose weight then you probably need help determining what “eating right” really is so making the assumption that you can do it on your own may take you down an unsuccessful path.

I want to give you tips, good advice, easy formulas and simple information so that eating the right food, in the right amount at the right time will be possible no matter where you are in life. Part of our formula involves the AdvoCare nutritional product line mainly because I believe it's the most complete, highest quality and only guaranteed product line available in the marketplace today. The right nutritional products will aide your body well in having controlled hunger, controlled appetite, regularity, mineral balance and lasting (not over stimulating) energy.

My job is to deliver results. Many times I interact with my clients 2 - 4 hours a week, it's the other 164 hours that matter most and those hours will determine their rate of success. My clients want a guarantee that will cover them 24/7 and ensure that we are doing as much as we possibly can to achieve our desired result and that includes for them our AdvoCare supplement program. If you choose to take this route as part of your program go to <http://order.the24daychallenge.com>.

## 8 Weight Loss Myths

### Myth #4 - More cardio will take it off

When we exercise on the treadmill or the elliptical we are in fact burning calories but in most cases we are not reshaping our bodies. To change the way your body is shaped forever you need to focus on building and strengthening more muscle tissue. Muscle burns almost twice as many calories so as time goes on when your unable or unwilling to run on the treadmill your increased muscle tone will keep your new body looking the same. Don't misunderstand, this myth says “more cardio will take it off” more is the key word because cardiovascular training is an essential part of exercising and should be included in your weekly workouts. However, the myth lies in the “more” because cardio is essentially cardiovascular training, a workout to strengthen your cardiovascular system not reshape your body. In other words, if you lift weights you'll burn the calories you need to burn for weight loss while simultaneously reshaping your body because of toned muscles in areas you never thought possible.

### Myth #5 - Eat all “diet”, “low fat”, “low calorie” foods

Not all diet / low fat / low calorie foods are created equal. Many times you're better off eating the real thing. Take butter as an example. Your internal body has no idea what the ingredients are in several substitutes so what you're consuming is so foreign that it doesn't get absorbed, doesn't get digested, doesn't get excreted and therefore the foreign objects just hang around as toxins inside your body and your organs. Sound like a good idea? Or you could just eat less butter and fully digest it and not have complications. That sounds a lot better! Don't buy into all

## 8 Weight Loss Myths

the advertising and hype behind the processing and over processing of food just try and eat food in its original form with as few ingredients that you can't pronounce and you'll be much better off.

### Myth #6 - I'll work out at home

Studies show that in home equipment becomes an eye sore before it wears out from too much use. Most of us need to leave the comfort of our homes, get out and away from all the distractions to focus on a workout. There are some great facilities out there right in your neighborhood that cater to different types of people. Some are even open 24 hours a day 7 a week to accommodate your schedule and provide you an opportunity to work out any time of day. Now that's service! Stop prejudging what a gym might offer you and get out and join one that fits you. Make sure it's convenient and you'll use it a lot more than the treadmill that is now your laundry sorter.

If you insist on working out at home, or feel intimidated at the thought of walking into a gym where all the “skinny” folks hang out, then ok. I will tell you that I have several low cost suggestions for your at home workout. These are some of the pieces of equipment that I use (DAILY) with my personal training clients. Check out <http://store.the24daychallenge.com> for my personal favorites.

## 8 Weight Loss Myths

### Myth #7 - I make healthy choices at restaurants

Well... no one really does because no one really can. The food is good at a restaurant because of all the extras they cook with they you normally wouldn't. The average calorie content of a meal at a restaurant and a similar meal prepared at home is commonly double. When you're trying to reshape your body you can't afford that kind of sabotage. Don't eat out unless you're following a meal plan that allows you to have a cheat day built into a restricted week. Healthy choices and a restaurant is an oxymoron, don't buy into the hype just save your money and don't eat out.

### Myth #8 - It's not good to lose weight quickly

Says who? If you're overweight and want to lose the weight you should want to lose it quickly and get on with your life. Work hard and your hard work will pay off with significant weight loss. Following a program like ours you will achieve great results and if your body allows it, you will lose weight quickly but more importantly we're going to give you all the programs, products and resources to keep the weight off forever.

We always recommend that you consult your health care professional before starting a nutritional or exercise regimen.

The opinions expressed here are simply my opinion.

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