

Weight Loss Myths

What You Should Know

Finding The Weight-Loss Plan That Works For You

by James M. Rippe, M.D.

(NAPSA)—Weight loss requires making wise food choices, being active, developing positive thinking skills, and creating a supportive atmosphere.

Many people have their weight-loss efforts curtailed because they believe in common myths. While myths include a kernel of truth, they don't tell the whole story.



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Here are two more myths:

Myth 1. There is only one right approach to weight loss.

Weight loss means cutting calories and there are many ways to do it. The fundamental scientific truth is that weight loss occurs when you are burning more calories than you are taking in.

Finding the best approach for you—from the hundreds of diets available—begins with three questions:

- Does the diet create a caloric deficit?
- Is it healthy?
- Does it fit your life?

Because you are a unique individual with your own personality, lifestyle, preferences, and eating style, the path you follow to achieve weight loss must be your own. The notion of a single approach working for everyone could hold true only if we were all the same.

Myth 2. Your weight is your problem and you need to solve it on your own.

While it is true that weight is a highly personal issue and individual commitment is a key to success, it is not a one-person issue.

It affects family, friends, and those around you in both direct and indirect ways. The positive changes that lead to sustainable weight loss—a positive mind-set, wise food choices, regular physical activity, and a supportive atmosphere—benefit those close to you.

Weight impacts the individual's quality of life, as well as relationships with partners, family, and friends. It follows that whenever there is a change in weight, there is an impact on everyone in the person's family and social network. Your sustained weight loss can have a positive effect on the people you care about. At the same time, the people around you can help you reach your goals.

Dr. James M. Rippe and Weight Watchers have written "Weight Loss That Lasts: Break Through the 10 Big Diet Myths."

Rippe is Associate Professor of Medicine at the Tufts University School of Medicine and Founder of the Rippe Lifestyle Institute.

Weight Watchers believes that dieting is just one part of long-term weight management. A healthy body results from a healthy lifestyle—which means mental, emotional, and physical health.



Note to Editors: This is the fifth in a series of articles on weight-loss myths. The next, and last of the series, will be a summation of all the myths covered in the book.