

Weight Loss Myths

What You Should Know

Finding The Truth Behind Common Myths

by James M. Rippe, M.D.

(NAPSA)—Recently, I've been writing about 10 weight-loss myths—mistaken beliefs that can get in the way of achieving lasting weight loss. To recap, they are:



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1. A few extra pounds don't matter.
2. You can't lose weight and keep it off.
3. Willpower is the key to successful weight loss.
4. You can lose weight with exercise alone.
5. Calories don't matter—avoid fat or carbs to lose weight successfully.
6. You can't lose weight if you have the wrong metabolism or genes.
7. You can boost metabolism by what, how and when you eat.
8. It doesn't matter how you take weight off.
9. There is only one right approach to weight loss.
10. Your weight is your problem and you need to solve it on your own.

To get beyond the myths, we must take the time to understand each one, to find the kernels of truth and discard the rest, and then take positive actions to lose the weight and keep it off. The key to maintaining weight loss is to understand that weight loss is not a mystery, and that taking small steps on a daily basis works.

Finding the best diet for you—from the hundreds of weight-loss plans available—begins with three questions: Does the diet create a caloric deficit? Is it healthy? Does it fit your life?

It is with the ideas of health, convenience and positive reinforcement that Weight Watchers has developed its current program. With two different food plans to fit members' eating styles and food preferences, and regular meetings where members can offer support, tips, recipes and a "been there" camaraderie, the organization helps people see through the fallacies of fad diets and get on the path toward sustainable weight loss.

Remember, losing weight does not have to be complicated. Simply start with a healthy eating plan and add in some regular exercise—whatever fits your lifestyle, whether it's an early morning trip to the gym, a walk around the block during your lunch hour or a quick run with your dog when you get home. At a time when living a healthier lifestyle is foremost in your mind, physical activity can be a bright spot in the day.

Rather than jumping from one unsuccessful diet to another, it is far better to fine-tune weight management so that initial strategies are consistent with long-term goals. This way, the positive changes that are made as weight loss progresses become incorporated into the fabric of your life, setting up the framework for sustainable weight loss.

Realistic, livable and sustainable; strategies that fit those criteria are the ones that have been proven to work, providing the desired outcome of successful weight loss.

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