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# **WEIGHT LOSS MYTHS**

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*Cara Peterkin*

*Hi!*

## **WELCOME**

One of the best ways to set yourself up for failure when it comes to weight loss is to listen to outdated advice from magazines, family members and well-meaning friends. This can be especially true if you're just starting out on your weight loss journey and don't know the difference between good and bad advice.

To help you avoid the worst myths in weight loss, here are 10 of the most common myths about losing weight that you'll want to avoid at all costs!

*Let's Get Started!*

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01

## EAT LESS, MOVE MORE

When aiming to lose weight, the common belief is that eating less and exercising more are the essential components. However, addressing obesity requires a personalized and comprehensive approach because multiple factors are at play. Remember, there is no one-size-fits-all solution! Instead of fixating on the number on the scale, focus on how your clothes fit, your self-perception in the mirror, and the overall healthiness of your diet.

You might question why simply eating less and moving more isn't as effective as expected. The reality is that reducing food intake also lowers energy levels. Similarly, increasing physical activity can lead to energy struggles, heightened appetite, hormone imbalances, slower metabolism, and other challenges. The body reacts to decreased food and excessive exercise, potentially resulting in burnout - a stage to avoid when aiming to shed weight.

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Weight loss is hard work, not magic.

*Machiel Kennedy*

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## 02

# CUTTING CARBS IS ALL YOU NEED

Many individuals think that simply cutting carbs is the key to losing weight, but this is not entirely accurate. While low-carb diets might appear to be an effortless way to cut down on calories, relying solely on protein and fat can leave you feeling unsatisfied and hungry. This may result in overeating or indulging in sugar and other carbs. Although reducing carbs can trim your waistline, it may not be the most effective approach for overall weight loss.

To feel truly satisfied while consuming fewer calories, it's crucial to incorporate a mix of three macronutrients: protein, fat, and carbohydrates. A well-rounded diet that includes all three macros, not just fats and proteins, can enhance appetite control, boost the immune system, regulate metabolism, and offer numerous other benefits. The human body is designed to process and derive nutrients from all three macronutrients, not just one or two. Ensure your diet is diverse and balanced to experience optimal health. Here are some suggested foods you may enjoy:

### PROTEIN

- Chicken Breast
- Beef
- Lamb chop
- Turkey breast
- Veal
- Tofu
- Salmon
- Fish
- Shrimp

### CARBS

- Brown rice
- Whole-wheat pasta
- Couscous
- Quinoa
- Sweet potatoes
- Apple
- Orange
- Grapefruit
- Strawberries
- Blueberries
- Raspberries

### FATS

- Avocados
- Eggs
- Almonds
- Hazelnuts
- Brazil nuts
- Peanuts
- Pistachios
- Cashews
- Chia seeds
- Olive oil
- Flaxseed oil

## 03

# YOU NEED TO STARVE YOURSELF

So many people who are just starting their weight loss journey fall for this myth. They believe that the less they eat, the better. In actuality, the body reacts to starvation by slowing down metabolism and entering the starvation mode. This means that your body will be using fewer calories per day to perform any natural chemical or biological processes. Instead, these calories will be used for energy for your body. However, what that means is that any calories you consume will be hoarded and stored in the body. This is a way of your body protecting itself against famine.

In addition to slower metabolism, the body will start affecting your hormones too. It will increase a hormone called Ghrelin, which is known as the 'hunger hormone'. This means that you'll experience greater cravings and bigger appetite. Together with this, it will start to reduce the production of a hormone called leptin. This hormone is also known as the 'satiety hormone'. Its responsibility is to tell your body that you are full and no longer hungry. So, if there is less of this hormone produced, you'll be able to eat a lot more than usual.

With all these changes, your body will not only become more efficient at storing calories as fat but also try to force you to eat more. Many people give into that hunger and binge eat. This often leads to excess consumption of calories and weight gain.



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It has to be hard, so you'll never forget it!

*Maya Angelou*

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## 04

# THERE'S ONLY ONE TYPE OF EXERCISE YOU SHOULD DO

There is a lot of confusion about the best exercise for weight loss, but there are many possible options. Many weight loss beginners focus on cardio because there's a huge discussion that cardio is the best type of workout for weight loss. However, it's not necessarily true. Every type of workout, whether cardio or weight lifting, contributes towards your weight loss goal.

## »»» **CARDIO**

There are two types of cardiovascular exercise. There is high intensity and low intensity, and it's important to understand that each type of exercise affects your body differently. High intensity workouts speed up your metabolism which helps your body burn more calories at rest. Whereas low intensity workouts use your body fat to fuel the exercise. Although low intensity sounds great, it's important to perform both high and low intensity workouts. If you perform both types, your body will not only be burning fat but also calories and help you shed weight faster.

## »»» **WEIGHT LIFTING**

Many people, especially women, who are trying to lose weight stay clear from weights as they are under the impression that they will become bulky. However, the only way a person becomes bulky from weight lifting is through eating too much food. If you lift weights and eat in a caloric deficit (less than you should), you'll shed fat and become lean. In addition, the more muscle you have, the more calories you'll burn per day as muscles are thermogenic. This means that they generate heat within the body and burn more calories at rest. This is another great reason why your body will start to lose more weight.

05

## SKIPPING MEALS WILL SPEED UP YOUR METABOLISM

Many people believe that skipping meals will speed up the metabolism and help you lose weight faster. But in reality, it actually has the opposite effect. Your body is designed to conserve energy when food isn't available, so when you skip a meal, your body lowers your metabolic rate to conserve the calories it thinks it's not going to get. What's worse is this temporary slowdown can sometimes lead to a plateau or even an increase in weight. Skipping meals also makes it harder for your body to absorb nutrients from the food you do eat, which can lead to deficiencies and serious health problems like osteoporosis or anemia.

If you're trying to lose weight, skip meals and you'll only end up more frustrated than ever. Instead of skipping meals, consume small meals every three hours and increase your intake of high-fiber foods like fruits and vegetables. By keeping yourself satisfied throughout the day and staying hydrated, you'll be more likely to stick with a healthy diet plan instead of bingeing at night when your willpower has run out. Don't worry about calories too much—make sure you're getting adequate nutrition so that your body can function properly. Start with a good breakfast each morning—your metabolism will thank you! Here are some delicious recipes you might like to try:



### CAULIFLOWER RICE WITH BLUEBERRIES

- 2 cups canned coconut milk (full fat)
- 4 cups cauliflower rice
- 2 cups blueberries

#### DIRECTIONS:

1. In a large pan, combine the coconut milk and cauliflower rice over medium heat. Cook until the cauliflower is tender, about five to eight minutes, or longer until your desired consistency is reached.
2. Divide into bowls or containers and top with the blueberries. Enjoy!



## BERRY COCONUT SMOOTHIE

- 1 cup canned coconut milk (full fat)
- ½ cup frozen berries
- ¼ avocado
- ⅔ oz collagen powder (optional)

### DIRECTIONS:

1. Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!
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## PINEAPPLE YOGURT BOWL

- 1 cup unsweetened coconut yogurt
- 1 cup pineapple (chopped)
- 1 tbsp unsweetened shredded coconut (optional)

### DIRECTIONS:

1. Divide the coconut yogurt between bowls and top with the pineapple and shredded coconut (if using). Enjoy!
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## LEMON GINGER SMOOTHIE BOWL

- 1 cup frozen mango
- ½ cup canned coconut milk
- 1 ½ tsp ginger (fresh, grated or minced)
- 1 ½ tsp honey
- 1 lemon (juiced and zested)
- ⅓ oz collagen powder (optional)

### DIRECTIONS:

1. Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!





## ARUGULA SALAD WITH SALMON

- 6 oz salmon fillet
- ⅛ tsp sea salt
- 1 tbsp extra virgin olive oil
- 1 tbsp lemon juice
- 2 cups arugula
- ¼ cucumber (sliced)
- ½ avocado (sliced)
- 1 fig (optional, quartered)

### DIRECTIONS:

1. Heat a skillet over medium heat. Season the salmon with salt, then add it to the pan skin-side down, cooking for about 4 to 5 minutes. Flip and cook for an additional 1 to 2 minutes, until the flesh is opaque throughout.
2. In a small bowl, mix the oil and lemon juice together.
3. Add the arugula to a plate and top with the cucumber, avocado and fig, if using. Drizzle the dressing over top and place the salmon on top. Enjoy!



## CHEESY BEEF AND ZOODLE BOWL

- 1 lb extra lean ground beef
- 3 tbsps. nutritional yeast
- 1 tbsp fresh dill (chopped, divided)
- ¼ tsp sea salt
- 2 zucchini (spiralized)

### DIRECTIONS:

1. Add the beef to a pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, add the nutritional yeast, half of the fresh dill and sea salt. Mix together until evenly combined and set the mixture aside in a bowl.
2. Drain the excess beef drippings and place the pan back on medium heat. Toss in the zucchini and cook for 2 to 3 minutes, or until cooked to your preference.
3. Divide the zucchini noodles into bowls and top with the ground beef mixture and remaining dill. Enjoy!



**06**

## **ALL YOU NEED IS FAT BURNERS**

To effectively lose weight, a complete lifestyle transformation is essential. Fat burners do not impact caloric intake or act as appetite suppressants, making it challenging to rely on them solely for weight loss. Altering eating habits and exercising regularly are fundamental to shedding pounds. Even if fat burners reduce appetite, it's insufficient for weight loss, leading many to resort to extreme measures like starvation or excessive exercise. While some fat burners have shown limited effectiveness, sustainable lifestyle modifications remain the most reliable method for losing weight.

**07**

## **CARBS MAKE YOU FAT**

Carbs make you fat. This is a common misconception that may have been spread by the Atkins Diet, which was popular in the 1990s and suggested that people cut out carbs to lose weight. Carbs are actually your body's preferred energy source, and without them you would be tired and hungry all the time. They provide energy for your brain, muscles, liver and kidneys to function properly. Plus, they release serotonin in the brain which makes you feel happier!

That being said, it's important not to eat too many carbohydrates at one sitting or they can cause an increase to the hormone insulin. Insulin pushes digested carbs into body tissues like muscles to be used for energy. But, if there is too many carbs for the body to use, they can be stored as fat. If you eat a balance of all three macronutrients, you'll be perfectly fine and weight gain wouldn't be a problem.

## 08

# FAT BURNING FOODS EXIST

When you hear 'fat burning foods', what comes to your mind? Probably foods that melt your fat away or foods that burn more calories during digestion than they are worth, right?

The truth is that there are no such foods that burn fat. There are foods and drinks that can help you speed up metabolism, this helps you burn more calories per day and thus help you shed a few pounds. However, it's important to note that the effect of these foods is very very small, unless you consistently ate them more and more often. But, by doing that, you'll deprive your body from other nutrients and affect your hormones. This, in turn, can hinder weight loss.

Some foods and drinks to incorporate within a balanced diet include grapefruit, green tea, ginger, avocados, and broccoli.



**09**

## YOU SHOULD AVOID SNACKS AT ALL COST

Some people may believe that snacking is a cardinal sin of dieting. However, snacking can help people control their calorie intake in some cases. It may sound weird, but if you have an occasional snack or eat some 'unhealthy' foods in moderation, it helps to keep your cravings at bay and it helps keep your sweet tooth under control too. Overall, occasional snacking can help you avoid binge eating.

Some people are quite clever when it comes to snacking. They try to find healthy alternatives that are either similar in taste or texture. This way, they can enjoy the 'part' that they enjoy without going overboard on calories. This is just a suggestion though. You can snack on your favorite foods as you wish, just keep track of your calories and ensure that you remain on the right side!

i have compiled a few healthy snack recipes you may like to try:



### COCONUT MANGO PUDDING

- 1 ⅓ cup canned coconut milk (full fat)
- ⅔ oz collagen powder
- 1 mango (large, peeled & cubed, plus extra for garnish)
- 2 tsps. raw honey
- 1 tbsp bee pollen (optional)

### DIRECTIONS:

1. Add all of the ingredients except the bee pollen to a blender and blend for at least one minute, until a smooth consistency is achieved. Scoop into bowls or jars, cover, and leave in the fridge overnight or for a minimum of three hours.
2. Garnish with bee pollen and extra mango, if using. Enjoy!



## ROASTED APPLES AND BLUEBERRIES

- 2 apples (peeled and sliced)
- 1 cup frozen blueberries
- 2 tbsps. coconut sugar
- 2 tbsps. coconut cream (optional, for garnish)

### DIRECTIONS:

1. Preheat the oven to 400°F (205°C).
2. In a baking dish, combine the apple slices, blueberries, and coconut sugar.
3. Bake in the oven for 35 minutes or until the apples are fork-tender.
4. Serve with coconut cream, if using, and enjoy!



## PEACH FROZEN YOGURT

- 1 cup unsweetened coconut yogurt
- 1 tsp vanilla extract
- 2 tbsps. maple syrup
- 2 tsps. lemon juice
- 1 ½ cup frozen peaches

### DIRECTIONS:

1. Mix the yogurt, vanilla, maple syrup and lemon juice in a bowl and pour the mixture into a silicone ice cube tray or mold for easy removal.
2. Add the peaches and frozen yogurt mixture to a food processor and pulse until smooth. You may need to work in batches depending on the size of your food processor. Spread the mixture into a container and place in the freezer for one to two hours or until frozen.
3. If you like a softer frozen yogurt, let the frozen yogurt sit on the counter for about 10 minutes before eating. Scoop your frozen yogurt into a bowl and enjoy!

# 10

## ARTIFICIAL SWEETENERS ARE HEALTHFUL

Contrary to popular belief, artificial sweeteners do not help with weight loss. In fact, they may actually lead to weight gain. This is because artificial sweeteners can stimulate an insulin response. This leads to the body storing fat, which then slows metabolism and causes a person to overeat. Artificial sweeteners also trick the brain into thinking that it has received sugar when in reality there is none present, which can cause a craving for sweets and other unhealthy foods. In addition, consuming aspartame - one of the most common artificial sweeteners - has been linked to headaches, mood disorders and even cancer.

The bottom line: If you are trying to lose weight, stay away from all types of artificial sweeteners!



# **SPECIAL OFFER**

I hope that this weight loss myths e-book has helped you learn a little more about this everchanging wellness world. With every guide I put out, my goal is to have my clients walk away with at least one piece of information they did not know and share with as many other people as possible.

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