

# 14 HEALTH, FITNESS AND WEIGHT LOSS MYTHS

## 1. CARDIO IS THE BEST EXERCISE FOR WEIGHT LOSS - FALSE

This is not true, the best exercise for weight loss is the exercise that you can stick to and enjoy, because you will do it consistently. Weight loss is brought around by a combination of exercise, nutrition and other lifestyle factors that add up to having a healthy body and a well-functioning metabolism.



## 2. CARBS WILL MAKE YOU GAIN WEIGHT – NEED MORE CONTEXT

Any food has the potential to tip you over into a caloric surplus and as a result cause fat storage in your body, not just carbs. Carbs are not evil, nor are they to blame for your weight gain. Carbs are easy to over eat, especially when paired with fats and sugars for example: crisps, chips, flavoured popcorn. These are combinations that make these foods insatiable to us and we can often mistake over eating these indulgent foods, for simply blaming carbohydrates because they are similar.

## 3. WEIGHT TRAINING WILL MAKE WOMEN BULKY – FALSE

To gain 'bulk' you need a combination of very heavy weight lifting and the right nutrition plan. Most women do not eat enough protein, so would struggle to gain muscle mass. Furthermore, women do not have the same hormones as men; men have higher levels of testosterone which helps to build muscle bulk.



#### 4. FATS MAKE YOU FAT – FALSE

Again, like carbohydrates, if you over eat fats, you will put yourself in a position to gain body fat. However in the right ratio for your body, and eating fat from the right sources (eggs, oily fish, nuts, seeds, coconut oil, olive oil, avocado, olives) you will be giving your body the essential fatty nutrients that it needs for your metabolism!

#### 5. TO LOSE WEIGHT, YOU NEED TO EAT LESS, AND MOVE MORE –NEED MORE CONTEXT

Everyone is different, some people can lose weight and be healthy by eating less and moving more, others need to take a different approach. Some, like athletes need to eat more and move more. Others might need to eat more and move less....there is no one size fits all approach to weight loss. You have to experiment, try different things and see what works best for your body!

#### 6. PROTEIN IS A MIRACLE NUTRIENT – FALSE

Yes, you need to eat sufficient protein for your satiety, your muscle support and to adapt to the training that you are doing BUT it is not the only thing that counts. Finding a balance between all of the nutrients is essential for the best results, and for your health. Find your own personal balance between protein, fats, carbs, vegetables and all of the micronutrients!

#### 7. SUPPLEMENTS CAN HELP YOU TO LOSE WEIGHT – NEED MORE CONTEXT

There are certainly supplemental foods and products that can assist you in meeting your basic bodily needs. For example, I often recommend supplements for clients who are mineral or nutrient deficient because a deficiency will make it more difficult to lose weight. This however is not a first port of call, we firstly work on the nutrition and see if we can cover your bases and needs with real food first! Supplements should be the top 5% of the pyramid with a solid base of nutrition at the foundation!

#### 8. SKIPPING MEALS HELPS YOU TO LOSE WEIGHT –FALSE

Skipping meals can be detrimental to your weight loss. If you are getting hungry, this is your body telling you that you have nutrient needs. Denying your body these nutrients can throw your hormonal profiles out of sync, and this could lead to making it harder to lose weight day by day.

#### 9. THE MORE YOU SWEAT, THE MORE YOU BURN FAT – FALSE

Sweating is your body releasing heat and controlling your core temperature. It is not linked to your fat burning. Working out hard, plays a part of controlling your body fat levels, and we do often sweat when we work out hard, BUT don't mistake sweating for fat burning.

#### 10. FRUIT IS AN UNLIMITED HEALTHY SNACK - FALSE

This got made popular by certain diets over the years and is a big no no! there is never cause to eat an unlimited or excessive amount of anything. Fruit calories still count in your total, and add toward your sugar and carbohydrate totals. Like I said before, over eating anything is not going to be conducive to weight loss and health. Aim for 1-2 portions of fruit per day.

#### 11. YOUR BODY NEEDS A DETOX CLEANSE EVERY FEW MONTHS –FALSE

Your body has its own awesome detoxification method; they are called your kidneys and your liver! These detox processes happen every night when you are in your recovery sleep. This is why it is essential to get your 7-9 hours of sleep to get the recovery and detox that your body needs!

#### 12. SIT UPS WILL GIVE YOU A FLAT STOMACH – FALSE

Sit ups work your core (there are better ways to do this!!) but attaining a ‘flat’ stomach will be down to a combination of exercise, nutrition, lifestyle choices, stress/hormone management and sleep!



#### 13. IF YOU ARE NOT FEELING SORE AFTER A WORKOUT, IT WAS NO GOOD –FALSE

This could not be more false! Some of your workouts will give you that delayed muscle soreness feeling (DOMS) but as your body adapts to exercise you will experience this less and less. Ideally you would progress your training to stimulate progression (and more DOMS), but over time your body will learn how to deal better with the lactic acid (DOMS) in your muscles and will become efficient at removing it. Furthermore, there are many ways to work out that might not generate DOMS for example: walking, yoga, stretching. These are powerful tools in a weight loss plan. Do not underestimate them!

#### 14. YOU MUST FOLLOW A DIET TO LOSE WEIGHT – FALSE

I don't put any of the ladies that I work with on a diet. We use a flexible meal building approach and we work on listening to the signs that our bodies are telling us. We

listen to hunger, energy and cravings. We listen to our gut symptoms and make smart, informed choices about which foods work best in our bodies based on the information that we collect. We do not eliminate any foods without good reason (allergy, intolerance or not liking the taste are all good reasons!). We do not ban foods or limit foods that you enjoy. We work on creating a balance that works for each individual based on their preferences, lifestyle, family and results!



I call this flexible approach, freedom, freedom to make smart, informed choices and this approach can last for your lifetime (not just 6-8 weeks (typical diet adherence)), and adapts easily around your family, your work and your other commitments.

Here at Rossell Fitness we do not condone diets, rigid restriction or strict rules that cannot be sustained. We want to give you the freedom and the confidence to make the best choices for your body, your health and your happiness!



Ask Nicola for more information!