

The 5 Most Outrageous Weight Loss Myths

These days you can't go anywhere without hearing about a new weight loss breakthrough. A pill, a cream, or a new fad diet - you name it and it's going to solve all of your weight loss problems in 30 days or less. Or not.

The truth is that most of the things you hear about weight loss are hype. Plain and simple.

Here are the top 5 myths about weight loss:

Myth #1: You can spot reduce fat from specific areas of your body

This myth is as old as the hills, yet it persists. It must be that the thought of melting fat from any desired part of the body is so appealing, however untrue it may be.

In reality your body will lose weight wherever it wants to. It's safe to assume that you'll lose fat 'last place on, first place off'. So if you put on weight first in your thighs and then on your waist, then expect it to come off your waist first and then your thighs.

Myth #2: You have to count calories for weight loss

There are so many fad diets out there that paint the picture that weight loss is a complicated process. You have to eat certain foods at certain times and avoid other foods at all costs. Of course all of these popular diets conflict over which foods you should or shouldn't eat.

The truth is that you don't have to make weight loss such a science. Simply eat healthy fresh foods that haven't been processed, and eat smaller amounts than you're eating today.

No brain science there, just results.

Myth #3: You will bulk up with resistance training

I can't tell you how many times I've heard women tell me that they won't do resistance training because they don't want to bulk up. Each time I have to hide my smile.

You see, the process of bulking your muscles takes a lot of hard work. You have to consume high amounts of protein and you have to consistently tax your muscles to fatigue. And you have to have the male hormone testosterone coursing through your body. In short, there is no way to accidentally bulk up.

Myth #4: You can get a six pack from crunches

Just focusing on crunches will not make your midsection chiseled. Hey, ab crunches are great, and you should do them, but don't rely on them to get into

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Testimonials

AMY GOOD (Owner Memphis Health & Fitness Magazine, 28) I chose Energy Fitness because it has a great, clean urban atmosphere. I sought out a personal trainer because I had hit a plateau in my own workouts, and the trainers at Energy Fitness have taken one minute per mile off my running time.

ANDY CATES (real estate, 35) I wanted to get in shape, and I knew that I needed someone to push me. I like Energy Fitness because of the boutique environment and the friendly staff and clientele. The workouts are intense, and it's more private than a regular gym.

Energy Fitness is Having a Party!

We've decided it's about time we showed all our clients how much we appreciate them, and we think the best way to do that is

great shape.

A trim midsection will only come as a result of proper nutrition, effective cardio and consistent resistance training.

Myth #5: Cardio is the most important exercise for fat loss

Most people think of cardiovascular activities when they think of working out. Going for a run, riding a stationary bike, or taking an aerobics class. Well, times have changed and so should your workout.

The benefits of resistance training now trump straight cardiovascular training. Resistance training strengthens your heart while toning muscles and increasing bone density.

Cardio workouts are not completely a thing of the past, they should fit into your overall plan for health and wellness. The benefits of resistance training, especially in fat loss, are astounding.

Do you have other weight loss beliefs that simply aren't delivering results? Call or email me today and I'll help you bust the myths, discover the truth, and create a fitness and fat loss program that will give you the body that you deserve.

Too Little of a Good Thing

Do you know the absolute BEST way to GAIN weight? Not eating. Does that come as a surprise? Fasting for extended periods of time actually slows your metabolism (your body's rate of calorie burning). Add to that the fact that you will lose muscle and energy by not supplying your body with proper nutrients. Instead eat small healthy meals every 4 hours.

Here's an example of what might look healthy...

Think that a salad is automatically a healthy meal? A large dinner salad can be just as big of a fat trap as a burger. This sounds healthy and good for you, but check out the calorie and fat content at the bottom. Yikes! If you can alter this recipe to have less fat and calories, go for it. (My advice: nix salad dressing, or find a low fat, low cal brand)

Spring Salad with Tarragon Vinaigrette

A bold, layered salad that showcases sardines and asparagus, this beautiful dish adds variety to your weekday dining. If you prefer tuna to sardines or have fish from the night before, go ahead and use that instead.

Makes 2 servings

ACTIVE TIME: 20 minutes

TOTAL TIME: 30 minutes

EASE OF PREPARATION: Easy

2 tablespoons red-wine vinegar
2 tablespoons extra-virgin olive oil
1 teaspoon whole-grain mustard

with a party. So put the date October 18th on your calendar, and check upcoming newsletters for more details.

Check Out these Links:

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[Access your Energy Fitness account online\(ask staff what your password is\)](#)

[How to lose those stubborn pounds & other topics, Tonya's radio interviews from Womens Wisdom Network](#)

4 teaspoon dried tarragon
Pinch of salt
Pinch of freshly ground pepper
1 clove garlic, crushed
1/2 bunch asparagus, tough ends trimmed
2 large hard-boiled eggs (see Tip)
1 5-ounce bag mixed salad greens (about 5 cups)
10 cherry tomatoes
1 4-ounce can sardines, drained
6 olives (optional)

1. Whisk vinegar, oil, mustard, tarragon, salt and pepper in a small bowl. Add garlic and set aside.
2. Bring 1 inch of water to a boil in a medium skillet. Add asparagus, stirring to submerge if necessary, and cook until bright green and crisp-tender, about 3 minutes. Drain and place under cold running water until cooled.
3. Peel and slice eggs. Divide salad greens between 2 plates and top with the eggs, asparagus, tomatoes, sardines and olives (if using). Remove the garlic from the dressing, stir to combine and drizzle over the salads.

NUTRITION INFORMATION: Per serving: 360 calories; 26 g fat (5 g sat, 15 g mono); 287 mg cholesterol; 9 g carbohydrate; 23 g protein; 4 g fiber; 485 mg sodium; 846 mg potassium.

Nutrition bonus: Vitamin A (70% daily value), Vitamin C (45% dv), Calcium (30% dv), Iron (20% dv).

1/2 Carbohydrate Serving

Exchanges: 2 vegetable, 3 medium-fat meat, 2 fat

TIP: Tip: To hard-boil eggs: Place eggs in a single layer in a saucepan; cover with water. Bring to a simmer over medium-high heat. Reduce heat to low and cook at the barest simmer for 10 minutes. Remove from heat, pour out hot water and run a constant stream of cold water over the eggs until completely cooled.

MAKE AHEAD TIP: Hard-boil the eggs and refrigerate for up to 4 days.

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