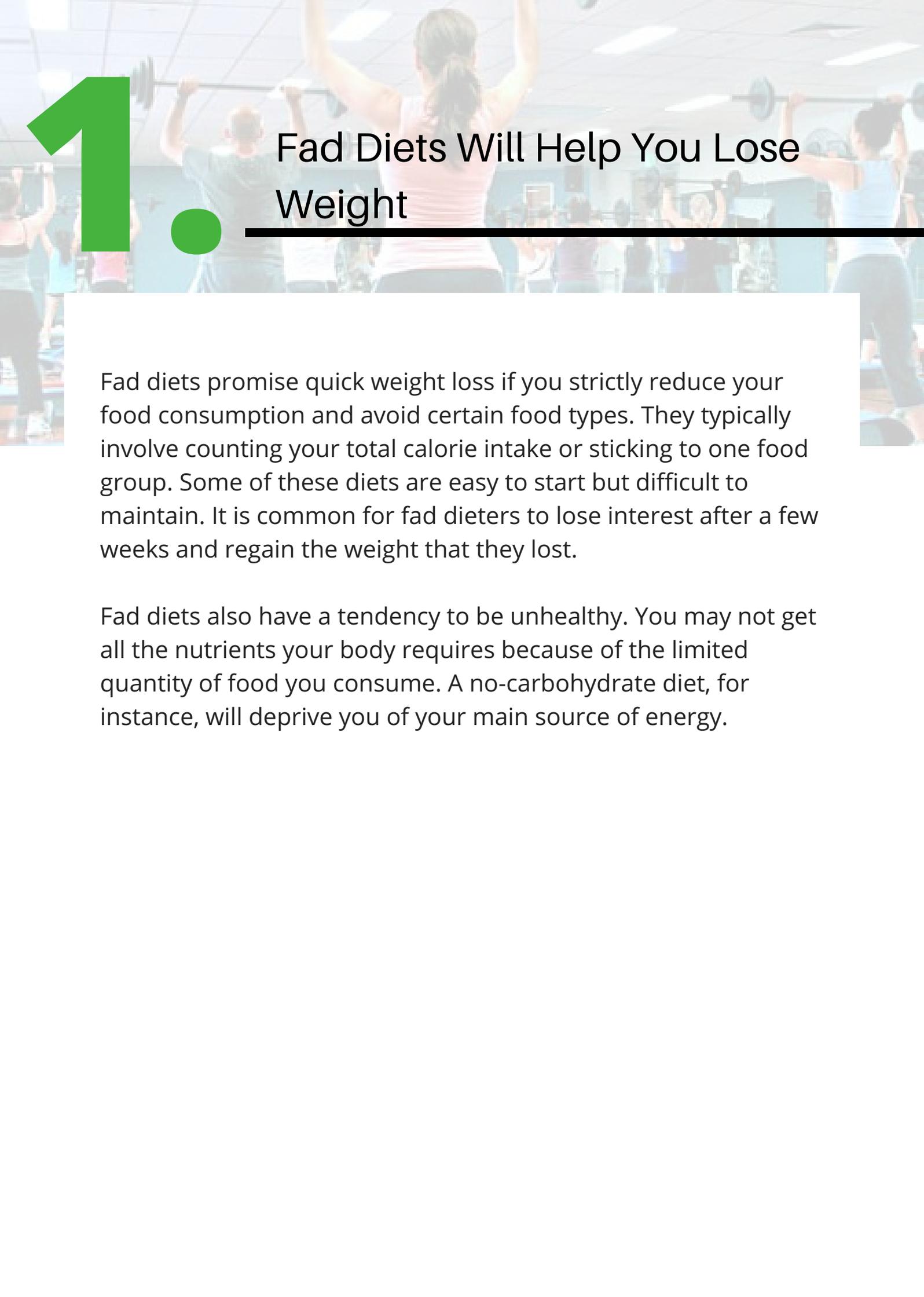


**5 Myths**

**That Prevent  
You From  
Losing Weight**



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# 1 ● Fad Diets Will Help You Lose Weight

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Fad diets promise quick weight loss if you strictly reduce your food consumption and avoid certain food types. They typically involve counting your total calorie intake or sticking to one food group. Some of these diets are easy to start but difficult to maintain. It is common for fad dieters to lose interest after a few weeks and regain the weight that they lost.

Fad diets also have a tendency to be unhealthy. You may not get all the nutrients your body requires because of the limited quantity of food you consume. A no-carbohydrate diet, for instance, will deprive you of your main source of energy.

# 2.

## Strength Training Will Make You Bulk Up

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Strength training is an important part of a good workout routine. Weight lifting, push-ups and sit-ups help you build strong muscle and burn up calories even hours after exercising. Doing these strengthening routines thrice a week will not bulk you up the way intense training does. It takes a lot of effort and supplementary aid to develop a heavy muscular physique. The muscle you build from regular strength training just makes you look firmer and more fit.

# 3.

## Skipping Meals Will Help You Lose Weight

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In theory, skipping one meal means reducing your total food intake for the day by about 30 percent. This practice, however, will make you feel hungrier. You can avoid getting hunger pangs by eating small portions every three to four hours. This will satisfy your food cravings and will help reduce your overall food intake. Breakfast is the most important meal because it sets the tone of your food intake for the rest of the day.

# 4.

## Eating At Night Will Make You Gain Weight

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Eating less when you are not too active sounds logical. It does not make sense to eat when you do not require too much energy during sleep. This is one of the reasons why people believe that they should not eat at night. This is also one of the biggest weight loss myths there is.

Weight gain is affected by how much you eat and not when you eat. You have a tendency to eat more at night because of factors and emotions that occurred during the entire day. A heavy meal at night can also make you wake up without an appetite and make you want to skip breakfast. Consuming a moderate amount of food for dinner will keep your hunger at bay while you sleep.

# 5.

## Being A Vegetarian Will Make You Lose Weight

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A well-balanced vegetarian diet plan will make you consume fewer calories and fat. This diet is also associated with lower blood pressure, lower obesity levels, and a reduced heart disease risk. These are some of the main reasons why people seeking to lose weight decide to become vegans.

Eating too much high-fat and high-calorie vegetarian dishes, however, will also result in weight gain. Cheese is a good protein alternative but contains high amounts of fat and calories. Processed meat alternatives such as soy chicken nuggets contain high amounts of sodium and can cause water retention and bloating. Some vegetarians also rely on high-calorie beans and grains and do not consume enough fruits and vegetables.

The best way to lose weight is to combine physical activity with a reduced calorie diet. Avoid non-conventional weight loss fads that could do your body more harm than good. Make healthy food choices, limit your portions, and incorporate exercise into your daily routine.



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