



# WEIGHT LOSS MYTHS



## 1. MYTH: YOU HAVE TO DO A LOT OF CARDIO IN ORDER TO LOSE FAT.

**FACT:** HIGH INTENSITY INTERVAL TRAINING IS A MORE EFFECTIVE WAY TO BURN FAT THAN LOW INTENSITY CARDIO. JOGGING BURNS CALORIES ONLY DURING YOUR WORKOUT WHILE STUDIES HAVE SHOWN THAT HIGH INTENSITY WORKOUTS LIKE TFW HURRICANES KEEPS YOUR METABOLISM HIGH FOR HOURS AFTER THE WORKOUT.

**TIP:** INSTEAD OF GOING SLOW AND STEADY ON THE TREADMILL, CHALLENGE YOURSELF AND TURN THE INTENSITY LEVEL UP...



## 2. MYTH: EATING FAT MAKES YOU FAT.

**FACT:** EATING GOOD QUALITY FATS CAN ACTUALLY BOOST UP YOUR CALORIE EXPENDITURE AND HELP YOU BURN MORE FAT. SO INSTEAD OF STRIPPING FATS FROM YOUR DIET, CUT DOWN THE WHITE SUGAR AND PROCESSED CARBS.

**TIPS:** AVOCADOS, EXTRA VIRGIN OLIVE OIL, NUTS, SEEDS, FATTY FISH, EGGS AND ORGANIC ANIMAL FOODS ARE ALL GOOD SOURCES OF FATS THAT ARE ESSENTIAL FOR REBUILDING CELLS AND PRODUCING NEEDED HORMONES.

## 4. MYTH: LIFTING WEIGHTS IS NOT A GOOD WAY TO LOSE WEIGHT AND WILL MAKE YOU BULKY.

**FACT:** LIFTING WEIGHTS OR DOING BODYWEIGHT EXERCISES SUCH AS PUSH UPS AND SQUATS REGULARLY CAN HELP YOU TO BUILD STRONG MUSCLES WITHOUT MUCH GAIN IN SIZE. STUDIES SHOW THAT STRENGTH TRAINING HELPS YOU LOSE FAT BY BURNING CALORIES FOR HOURS AFTER TRAINING.

**TIP:** ADD TFW STRENGTH TRAINING TO YOUR PROGRAM 2-3 TIMES A WEEK.

## 3. MYTH: "LOW-FAT" OR "FAT-FREE" MEANS LESS CALORIES.

**FACT:** MANY OF THE PROCESSED "LOW-FAT" OR "FAT-FREE" FOODS CAN ACTUALLY HAVE THE SAME AMOUNT OF CALORIES AS THE FAT FILLED FOODS. THIS IS BECAUSE OF THE ADDED FLOUR, SALT, STARCH, OR SUGAR TO IMPROVE FLAVOR AND TEXTURE AFTER FAT IS REMOVED.

**TIP:** ALWAYS CHECK THE NUTRITION FACTS LABEL OF THE PRODUCT TO BE SURE.

## 5. MYTH: YOUR WEIGHT IS THE BEST MARKER FOR YOUR FITNESS.

**FACT:** FAT TAKES UP WAY MORE SPACE YOU MIGHT THINK. ACTUALLY 1 POUND OF LEAN MUSCLE TAKES UP ABOUT FOUR TIMES LESS SPACE THAN FAT. THAT'S WHY IT'S POSSIBLE TO LOOK AND FEEL MORE TONED EVEN IF THE NUMBER ON THE SCALE REMAINS THE SAME.

**TIPS:** WHILE THE SCALE IS A GREAT TOOL OF TRACKING YOUR PROGRESS, IT DOESN'T GIVE ACCURATE INFORMATION ABOUT YOUR BODY COMPOSITION. USE A SCALE TOGETHER WITH A MIRROR, MEASURING TAPE AND PROFESSIONAL BODY COMPOSITION MONITORS TO TRACK YOUR REAL PROGRESS.