

Myths and Trends to Beware of in Health and Wellness

Old Myths (starting in the 80's and into early 2000's):

1. A vegetarian diet is best for losing weight
2. Fats will make you fat
3. Eat your brekkie to increase metabolism
4. Skipping meals will help with fat loss
5. Spot reducing is possible
6. Cardio is needed for weight loss
7. Lift lighter so you don't get 'bulky'
8. Low weight, high reps is best
9. If you lift too heavy, you'll look manly
10. Do the Master Cleanse to detox and lose weight
11. You shouldn't feel hungry when losing weight (or if you do, it's a bad thing)
12. Three meals, 2 snacks are best to keep blood sugars levels
13. Snacking is healthy
14. Eat certain foods to boost metabolism (spicy foods, acai berries, green tea)
15. Setting small goals is best
16. Fasted training helps weight loss
17. Eat less, move more
18. Eggs cause cholesterol
19. Detox in January and you'll be good
20. It's ageing
21. It's hormones
22. Eating meat is bad for you. It increases heart disease and cholesterol
23. Artificial sweeteners will help you to lose weight
24. Blood Type diet
25. Parasite / Candida cleanses

New Myths

1. You can increase your metabolism by eating more often (or your metabolism is slow because you aren't eating enough).
2. Eat more often to lose weight...(or eat less, but more often)
3. Carbs make you fat
4. Change up your exercise program every few weeks

5. You need to spend a lot of time in the gym to see results
6. Weight train for weight loss
7. Keto / IIF, IIFYM
8. Vegetarian / plant based is best
9. Cutting out gluten will help you to lose weight
10. Fat burners are useful
11. Metabolic type diet
12. Hormonal type diet
13. Don't eat late at night for better fat reducing
14. The reason you aren't seeing results is because you're not training or eating properly
15. If you want to look like 'her', just eat and train as she is eating and training now
16. Competitors make good coaches
17. You can override genetics or limitations as long as you work hard enough
18. You can craft any exercise or sequencing of moves and they'll work
19. You can't drink alcohol if you want to lose weight
20. Eating meat is unhealthy, wrong
21. Eating raw / uncooked is best
22. You don't need supplements / vitamins if you eat well

Any other ones that you've heard lately?

Share them with us!

I'd love to see what 'mainstream' is baking up THIS year...!

Karen

