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**Myth:**

**Carbs spell trouble for dieters.**

Actually: Carbohydrates are actually an important source of energy. Even so, that doesn't mean there's nothing to learn from low-carb diets. Carbs are not all created equal, and to help you Drop 5, you want to limit processed carbs such as white bread and croissants. Instead, enjoy beans and whole grains, such as brown rice and whole-wheat bread. And don't forget fruits and vegetables, which provide a host of nutrients and fiber, are low in calories, and can help reduce the risk of obesity and heart disease. The body also uses carbs as fuel during exercise to burn body fat - another great reason to keep bread (and sandwiches!) on the menu.

**Myth:**

**Skipping meals is a good way to lose weight.**

Actually: Skipping meals can lead to weight gain. A recent British study that tracked 6,764 people found that breakfast skippers gained twice as much weight over the course of four years as breakfast eaters. Another research group analyzed government data on 4,200 adults. They found that women who ate breakfast tended to eat fewer calories over the course of the day.

**Myth:**

**You can spot-reduce to lose weight.**

Actually: On the contrary, the way to achieve sleeker legs or a flatter stomach, if that's where you're carrying your body fat, is to increase your lean muscle tissue throughout your body. By working all your muscles, you increase your metabolism. Up your metabolism and watch your eating, and you'll start looking the way you want to.

**Myth:**

**It's best to starve yourself before an event.**

Actually: This plan will backfire because you'll use the "I haven't eaten all day" excuse to stuff yourself when you arrive. Instead, save calories for a party by cutting back slightly at each meal for several days beforehand. Then, make the best use of your calorie allotment. For extra weight-loss insurance, increase your activity a few days before and after a big event.

**Myth:**

**The occasional burger and fries won't kill you.**

Actually: It depends on your definition of "occasional." If occasional means every Friday night and then some, well, you may be pushing it. But if it means every few months, and you're fit, and you've got good numbers (i.e., weight, waist size, cholesterol, blood pressure), AND you're chowing down on vegetables, whole grains, nuts, and other nutritious fare most other days, hey, you'll live. But few of us are that perfect. If you do occasionally indulge, offset the effects of a fat fiesta with a brisk 90-minute walk afterward.

**Myth:**

**You should never eat anything after 8:00pm.**

Actually: There is no magic to the time of day that you eat. If you were a shift worker and didn't start work till 8pm this rule would sound pretty ridiculous, wouldn't it?! Don't stress about the time of day that you eat. If you feel like eating at midnight, then have something to eat. Remember the only thing that makes you gain weight is eating more calories than you burn, it doesn't matter when you eat them, but how many you consume.

**Myth:**

**Lifting weights is not good to do if you want to lose weight, because it will make you "bulk up".**

Actually: Lifting weights or doing strengthening activities like push-ups and crunches on a regular basis can actually help you maintain or lose weight. These activities can help you build muscle, and muscle burns more calories than body fat. So if you have more muscle, you burn more calories—even sitting still. Doing strengthening activities 2 or 3 days a week will not "bulk you up." Only intense strength training, combined with a certain genetic background, can build very large muscles.

WAY TO LIVE  
WEIGHT LOSS, MADE SIMPLE