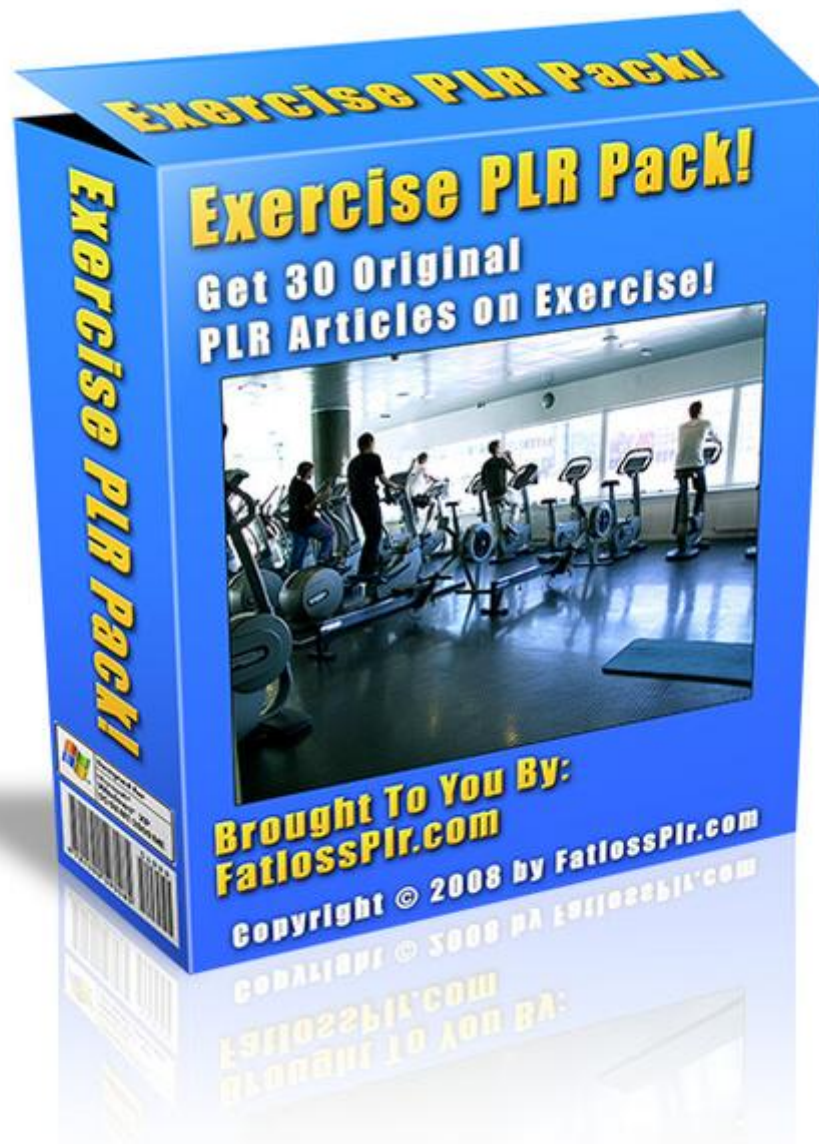


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Fallacies about Weight Loss and Exercise- Don't Fall Victim to Misinformation! There are so many theories surrounding weight loss and exercise that often times it is difficult to separate fact from fiction. Before you fall victim to some of the misconceptions read on ... Area specific weight loss- Can it be? If you have a few pesky pounds that you would like to lose on your stomach or if you have love handles, when you decide to make an effort to lose weight, you will not automatically lose weight off those areas of the body. The body decides where it will drop the weight from. Unfortunately the individual does not. This is something no one has any control over. Aim for losing weight- period. If a little is good then a lot must be better. Right? Wrong. If you have been inactive for a considerable period of time and you suddenly start engaging in a number of forms of exercise, such as running, swimming, doing aerobics, cycling, etc. you could cause harm to your body. You must start slow and work up to more vigorous activity. Prepare your body for what is to come by being kind to it. In particular, doing too much can be detrimental to the joints. The extra weight you are carrying can add to the problem. Resistance training and toning are not

for people seeking to lose weight. Toning and resistance training are for everyone, not just those who are already in excellent shape. Resistance training, such as working with weights, gym machines and resistance bands increases your muscles mass. This in turn strengthens your bones. This will help you to drop the weight sooner and look more toned at a faster rate than if you simply did a form of aerobic exercise. Muscle burns more calories than fat which means that in effect you burn calories more rapidly when you do resistance training. I can lose lots of weight right away! Do not let anyone tell you that you can lose a lot of weight, such as 20 or 30 pounds in a short period of time. Even if it were possible, which it is not in most instances, it would be an extremely unhealthy thing to do. A diet that is so restrictive that it causes the body to drop pounds very quickly is not good for you in any way. Avoid these kinds of destructive diets! Instead aim for a slow to gradual weight loss of one to two pounds per week. This is safe and healthy. Patience plays a role in weight loss after all. Once I reach my goal weight, I can go back to eating like I did before. Unfortunately this is not the case. The goal here is not to lose weight but to make healthy dietary changes that will allow you to lose the weight and keep it off. The smaller your body, the fewer calories you need to take in to satisfy it. Once you institute healthy changes to your diet, you need to put them into play- for good! -----xxxxxxxxxxxxxxxxxxxxx-----

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