

Top 15 Weight Loss Myths diet plan for seven days

There are many current myths of weight loss that people live when it comes to their health. Sometimes it is difficult to separate myths from weight loss and what is true. Many sound real while others are rivers. Once I read somewhere where, if you drink water at night, you will gain weight or if you scratch your head too often, you will lose your hair ...

Myth Weight Loss No. 1

The more weight you have to lose the most intense exercise routine, it must be

The weight loss of truth: Although the intense training routine is excellent, there are some points to consider: the first being that everyone is at a different level when it comes to their physical condition and the amount of intensity they can actually handle. If you have been physically inactive for many years, it could be an intense job for you, walk at half a mile a day. After scoring this half mile, notes that sweep bullets and you are tired. However, for someone who has been physically active for many years, the average mile can be done without sweat. Everyone has a different definition of what is "intense".

If it is intense, so that it works for an hour a day, but due to lifetime schedule, it only has time for 20 minutes a day, these 20 minutes will be extremely long. This may not necessarily be classified as "intense", according to its definition, but these small moments of cardio will have positive health effects.

Myth of fat loss n ° 2

Stress and weight gain do not go hand in hand.

Weight loss data: This is one of these "laughing" myths. For more information, how stress adds lbs. To your life, download my free electronic book, "Psychology of the Weight of Liberation"

Myth of weight loss n ° 3

I can lose weight while you eat what I want.

Weight loss of truth: Sir Isaac Newton once said: "What happens should go down." There are natural principles that govern our lives. If you throw a bullet in the air, it will return. You can sit on your couch and imagine it and see that the ball will remain afloat in the air, but the natural principles tell us that it will be reduced. The same happens with the one that is about our weight.

Top 15 Weight Loss Myths diet plan for seven days Virals

This is one of the most common myths of weight loss. It is illogical to think that your health and weight are balanced if your nutrition consists mainly of twinkies, chips and donuts. Of course, you can record it exercising, but most people whose diet is mainly composed of junk food, probably not disciplined enough to adhere to a training routine. I know some people who, from outside, seem to be in good shape because they are not "big, but they have a high cholesterol.

It's not because I'm sorry to tighten the hearts of so many lovers of twinkie, I would say that. You can eat junk food, cookies, french fries, ice cream, pizzas, hamburgers ... all these "areas of soul satisfaction", but should be modern. Everything that is the excess is never good.

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Gray loss myth # 4

Skipping meals is a good way to lose weight.

Acts of weight loss: there are many studies that show people who skip breakfast and eat fewer times during the day tend to be much heavier than having a healthy nutritional breakfast, then eat 4-6 small meals the day. The reason could be the fact that later become the last day and could tend to eat other meals of the day.

Mito weight loss No 5

I will not lose weight while eating at night.

Weight Loss truth: You can extend the food during the day and not eat a thing at night and weight gain. Like the fact that you can escape during the day and eat all night and always have weight. The key here is balance. If your body tells you that you are hungry, then maybe you listen. The truth is more to eat, as long as you do not exercise, weight gain; No matter what time of day you eat. Whenever I get hungry at night,

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Gray loss myth # 6

I am not acceptable before losing weight.

Acts of weight loss: the person who does not feel acceptable because they are embraced because they are not acceptable to them first. How they think others traveling, you are based on your view of yourself. Honestly, I think you have to fit emotionally before physically have. I followed these self-limiting and emotions. Once I realized that I had enough in the eyes of God and did not need to prove to anyone or receive external validation for my self-confidence, it makes all the difference to me. Once you've accepted for who you are right now and you realize you're already enough in the eyes of God, you do not feel you're not acceptable for your weight.

Mito weight loss No 7

Need to cut calories to lose weight faster.

Truth truth truth: Cut your calories could be an excellent thing if it exceeds considerably and fill the face. However, if you eat proportionally cutting calories can have an aversive effect. If you reduce your calories and your body flap will reduce your metabolism or, in other words, it slows down, which can cause you to lose weight, even if it is "cut calories."

Myth of fat loss # 8

Jumping meals will help you lose weight.

Weight Loss Data: Skip meals can make you lose weight! You will become too hungry and you will have to eat. This will hit your off-track metabolism and finally finish the deceleration.

Think of a car that runs on gas (food), if it does not fill it, it will eventually stop working.

Idema goes for our body, we have to keep it fuel constantly.

Myth of weight loss n ° 9

I think I have a genetic weight increase, he runs in my family!

Weight Loss Truth: Can someone say e-x-c-u-e-e-s? I will not deny that there are tendencies for heavy parents to raise heavy children who will remain heavy on their lives, but I do not

think there really is a "fat" gene or a DNA. What we have from our family, mainly those who followed us, are our views and our beliefs. Your point of view on food, money, religion, politics, education, etc. They are based on how high you were. If it was raised in a house where the primary meals burned where fried foods could tend to continue cooking and eating fried food throughout your life. If this is the case, it could be a bit heavy around the waist. However, the best thing to do is blame him to those who were responsible for his education, however, he always has the option to change.

Myth of grease loss n ° 10

Eating healthy is too difficult

Facts of weight loss: eating healthy is the simplest thing in the world ... once you have trained to do it. How many times have you put a goal to lose weight or "eat better"? The first days are very well, eating all kinds of food that you will not normally eat. Then, something fun began to arrive, you returned to your old habits and behaviors. This has happened with other regions out of your health. This could be earning money, looking for a new job or relationship. Create a new habit requires time because our brain does not like change. The transition to the brain is dangerous. Anyway, if you want to know more about how our brain is trying to sabotage us to create new habits, download my free electronic book, "liberating weight psychology".

Myth of weight loss n ° 11

You have to give up your favorite meals to lose weight.

Weight Loss Truth: What is a world without chocolate and without pizza pepperoni is like ??? I think it would be a tortuous world to live !! LOL, now on a real note, I totally disagree with this myth. Certainly you are able to eat your favorite foods. Private yourself of this kind of pleasure is not fun, and frankly, you will probably eat it anyway. As mentioned above, the actual key is moderation. If you are a steak lover, you may not be the best things to eat every day, but maybe once or twice a week. Those who know me personally know that I get up the chicken wings with a pizza. In a perfect world where I would not gain weight and my arteries were less obsolete, I would like to eat several times a week, much more like every day. However, I know that it is not the healthiest food options, so I have it about 2 to 3 times a month. I did not leave my favorite foods, I only ate it with moderation so that it does not catch me in the form of excess weight.

Myth for fat loss n ° 12

Too much eating is caused by hunger.

Facts of weight loss: beautiful test there. If we could only blame "hunger" for that. In fact, this person we call hunger has nothing to do with you too much to eat. This could have something to make your body indicate that it is time to "feed" and needs food, but it is not an indication that we should eat too much. This makes many people eat too much they are different reasons. One of the main is the sensation of stress, depression, loneliness, anxiety, fear and other emotions of classification of this nature. Many times, the food can be a way to satisfy your needs. You may actually have your needs found through your food. For example, if you live a lonely life and you are not very happy, the food may be a way of feeling happy and consolidated. There are other items that I wrote on this topic, but it is enough to say that too much eat is not hungry.

Myth Weight Loss No. 13

Only drastic diets work.

Weight loss of truth: There is still this word ... Diet ... These "drastic diets" are only good for fast weight loss and a fast weight gain once you get. These radical diets range from the "cookies diet", lol ... from all this way to "just water from the food" ... I am sure you can lose

weight during these diets, but the weight will recover immediately and Generally with a little extra weight as a bonus.

Myth of fat loss n ° 14

I'm too big and too far on the road to start

Facts of weight loss: A long journey begins one step at a time. It is natural to expect instant results and even fears the way to you; Especially if you are extremely overweight. The secret here is to make small incremental changes. Do not expect perfection because it will take you to disappointment. You are never too far on the road where you can not see the sunlight ...

Myth of weight loss n ° 15

I can not do it, I tried it several times and I failed.

Weight Loss Truth: The Grand Henry Ford said once: "If you think you can, or you think you can not, you can not, you can not". is a 90% mentality and 10% on buttocks and do something about it. Low, you come back ... You fall back, come back again. If you tried to lose weight in the past, it is time to keep trying. The discouragement is to lose weight as a piece of fried chicken to a vegetarian do not go hand in hand.