

Here we go!

**Myth #1: Weight loss is as simple as calories in vs. calories out.** You must maintain a calorie deficit and step up on the exercise. Seems logical, right?

EXCEPT your body is WAY more complex than a mere math problem! Hormones, gut issues, sleep, age, genes, and hydration are all HUGE influences when it comes to losing weight.

**Myth #2: A calorie is a calorie.** A calorie is merely a simple measurement of energy.

Chemistry happens inside your body depending on what you eat, so while 100 calories of Twinkies is the "same" amount of calories as 100 calories of steak, the chemical changes in each food are VASTLY different. It's like saying "Muscle weighs more than fat." No, the muscle just takes up less volume.

**Myth #3: If you're "not cheating" you should just keep losing weight.**

NOPE! The fluctuations are influenced by ALL kinds of things - stress, hormones, sleep, hydration, movement, even pooping!

#### **Myth #4: You just need to develop stronger willpower.**

NO - you need a better, supportive environment. Don't just curate your pantry - curate your inner conversation, and your daily rituals (start and end with meditation and writing out your goals) and create a new connection with real food - it's time to fall in love again!

#### **Myth #5: Fat makes you fat!**

WRONG! Remember Susan Powter and the potatoes? She had the infomercial where she would yell out things like "Stop the Insanity" and "You can eat 32 baked potatoes!" The fact is, that good fat makes you happy, tastes good, satiates, and helps correct your hunger hormones.

#### **Myth #6: Breakfast is the most important meal of the day.**

Nope! That was a marketing ploy by Kellogg's 100 years ago when they couldn't sell their lousy cornflakes. The most important meal is when you're HUNGRY.

#### **Myth #7: After losing weight, you can eat for "maintenance."**

Not true - you need to keep doing what you did to lose the weight and not go back to what you were doing

before. Stay the course - maybe add in a few berries and see how you do with the added-in food, but remember you're the boss, not some unrealistic plan you can't manage.

### **Myth #8: I'm too old to lose weight.**

If you have a pulse, you can lose weight! It may take a little extra effort, but it's doable.

### **Myth #9: Small frequent meals will help you lose weight.**

WRONG! That was concocted by weight lifters to get in a ginormous amount of calories. For the rest of us regular folk, we need to back away from frequent meals and snacks. It is crucial to give our insulin a rest.

### **Myth #10: I can't lose weight - it's genetic.**

No- you're definitely influenced by genes, sure, BUT you can determine your destiny by the food, hydration, movement, and sleep you get each day.

I hope these 10 tips were helpful, but above all I want you to know that your worth will never be determined by the size of your butt or the color of your lipstick.