

# Myth or Truth?

## ✗ Myth

**Obesity is simply a result of poor willpower.<sup>1</sup>**

## ✓ Truth

Obesity is a complex condition influenced by a combination of genetic, environmental, psychological, and metabolic factors. While diet and exercise are important, they are not the sole determinants of a person's weight.

## ✗ Myth

**All calories are equal.<sup>2</sup>**

## ✓ Truth

The source of calories matters. For example, 100 calories of vegetables are not the same as 100 calories of sugary snacks. Nutrient-dense foods contribute to health and satiety differently than empty-calorie foods.

## ✗ Myth

**You can lose weight quickly and keep it off.<sup>3</sup>**

## ✓ Truth

Rapid weight loss is often unsustainable and can lead to muscle loss, nutritional deficiencies, and other health issues. Sustainable weight loss typically involves gradual changes in lifestyle and habits.

## ✗ Myth

**Skipping meals can help you lose weight.<sup>4</sup>**

## ✓ Truth

Skipping meals can lead to overeating later and disrupt your metabolism. Consistent, balanced meals help maintain energy levels and support a healthy metabolism.

## ✗ Myth

**Obesity is solely caused by overeating.<sup>5</sup>**

## ✓ Truth

While overeating can contribute to weight gain, other factors such as hormonal imbalances, medication side effects, sleep deprivation, and stress also play significant roles.

## ✗ Myth

**Exercise alone is enough to lose weight.<sup>6</sup>**

## ✓ Truth

While exercise is crucial for overall health and can aid in weight loss, diet and other lifestyle changes are also important. Weight loss is most effective when combining both diet and exercise.

# Myth or Truth?

**Myth**

**You can spot-reduce fat.<sup>7</sup>**

**Truth**

Spot reduction, or targeting fat loss in specific areas through exercises, is a myth. Fat loss tends to occur throughout the body and is influenced by genetic factors.

**Myth**

**Weight loss is linear.<sup>8</sup>**

**Truth**

Weight loss can be a fluctuating process with periods of plateaus and minor gains. It's important to focus on long-term trends rather than short-term fluctuations.

**Myth**

**BMI is the best measure of health.<sup>9</sup>**

**Truth**

While BMI can provide a general indication of body weight, it does not account for muscle mass, bone density, overall body composition, and distribution of fat. Other measures such as waist circumference and body fat percentage can provide a more comprehensive view of health.

**Myth**

**Diets work for everyone.<sup>10</sup>**

**Truth**

There is no one-size-fits-all approach to dieting. Individual responses to diets can vary greatly due to genetic, metabolic, and lifestyle differences. Personalized approaches are often more effective.

**Disclaimer:** This document is for educational and awareness purpose only and is not a replacement of medical advice. Always reach out to your healthcare professional for more information.

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