

There are many common weight loss myths

that people live by when it comes to their health. It is difficult at times to separate the weight loss myths and fact from what is true. Many sound true while others are just laughable. I once read [Meticore](#) somewhere that if you drink water at night that you are going to gain weight or that if you scratch your head too often you are going to lose your hair.



Weight Loss Truth Although having an intense

workout routine is great, there are a few things you should consider: the first being that everyone is at a different level when it comes to their fitness and how much intensity they can actually handle. If you have been physically inactive for a number of years, an intense work out for you might be, walking half a mile a day. After you walk that half mile you notice that you are sweating bullets and that you are tired. However, for someone who has been physically active for many years, walking half a mile can be done without a sweat. Everyone has a different definition of what "intense" is.

If intense for you is working out for an hour a day,

but due to life's busy schedule you only have time for 20 minutes a day, then those 20 minutes will go an extremely long way. It might not necessarily be classified as "intense", according to your definition, but those little cardio moments will have positive health altering effects.

Stress and weight gain do not go hand in hand

Weight Loss Fact This is one of those laughable myths. To learn more how stress is adding lbs. to your life please download my free E-Book Psychology of Releasing Weight Loss Truth: Sir Isaac Newton once said " What goes up must come down." There are natural principles that govern our lives. If you throw a ball up in the air, it is going to come back down. You can sit on your couch and imagine and visualize that the ball will staying afloat in the air, but natural principles teach us that it will come down. Same goes when it comes to our weight.

This is one of the most common weight loss myths out there.

It is illogical to think that your health and weight are going to be in balance if your nutrition consists mainly of twinkies, chips, and donuts. Sure you can burn it off by exercising, but most people whose diet consists of mainly junk food are probably not disciplined enough to stick to a workout routine. I do know a few people who, from the outside, look like they are in good shape, because they are not "fat, but who have high cholesterol.

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