

MYTHS AND MISCONCEPTIONS

- ◆ Fat people are unhealthy
- ◆ If you eat now, you'll spoil your appetite
- ◆ A clean plate is a worthy goal
- ◆ You must eat three square meals per day to be healthy
- ◆ Losing weight will make me happier
- ◆ Dieting will help me achieve the "ideal body"
- ◆ Skipping meals will help reduce weight quickly
- ◆ Eating after 8:00pm will make me gain weight
- ◆ I should be buying diet products
- ◆ Thinness equals success
- ◆ Fried foods, sweets, and salty foods are forbidden
- ◆ Fat people are lazy, sloppy, stupid
- ◆ Your mate will love you more if you are thin

REMEMBER:



- ✓ There is no "perfect body"
- ✓ You can not choose to be a certain weight
- ✓ Genetics play a role in determining body size
- ✓ Your body has a set point, it will return to its natural weight