

Get Real About Weight Loss
by Personal Trainer Anu Morgan



Busting the Weight Loss Myths

Popular Myth –	Anu Says –
The quickest and best way to lose weight is with diet pills.	The best way to lose weight and keep it off is through lifestyle modifications that incorporate exercise and a healthy diet as part of your everyday routines.
There is a piece of equipment for sale on an infomercial that will give me a fantastic body in just five minutes a day.	While there are a lot of effective pieces of gym equipment that can help you gain muscle and lose weight, there is no single piece of equipment – and the notion that you can accomplish lasting weight loss in 5 minutes a day is ridiculous.
All you need to do to lose weight is eliminate all carbs from your diet.	While excessive carb consumption is a huge problem today in America, they should NOT be completely eliminated from your diet. A proper balanced diet, including a certain amount of healthy carbs, is critical to a sound weight loss plan.
Eating healthy is too complicated to do permanently.	Eating healthy is no more complicated than consistently eating junk food – it is simply the replacement of bad habits with good habits. Once the habits are established, a healthy eater will find it difficult to routinely eat junk food again.
The key to weight loss is to simply eat very little.	It is not necessary or helpful to your weight loss efforts to reduce your caloric intake to an extremely low level. Most people actually need to eat more often – 5 small meals a day instead of 3 large meals. Many clients tell me that they feel like they are eating more than ever. The key is eating high density foods instead of low density foods.
To maintain weight loss you will need to permanently give up your favorite foods	There is no need to permanently deprive yourself of any food you love. Moderation is the key and even while you are dieting (using my Three Bite Rule) you do not need to completely eliminate your vices.

To Schedule a Debate or Interview with Anu Morgan
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