

# 104 Weight Loss Myths

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If weight loss is at the forefront of your mind then are you able to separate fact from fallacy? Do you know what you can do to support healthy weight loss? Do you know what works well and what simply will not work at all? Weight loss myths are everywhere you look and they can be detrimental to your health as well as the goals you have set for yourself. Approximately 64 percent of Americans weigh far too much. This works out to be 129.6 million people. According to the 2001 Surgeon General's Call to Action on Prevent and Decrease Overweight and Obesity, the direct and indirect costs of obesity to society at large, which takes into account lost productivity at work and medical costs was estimated at a national level to be \$117 billion in the year 2000. What can you do? Read on for the weight loss myths that can sabotage your efforts.

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