



# Busting Myths about Eating and Exercise

There are ways of thinking about eating that we have learned and some of them are not very helpful or true. The same is true about exercise or fitness activities. Examining them will assist in dispelling any unhelpful ideas that make you less likely to succeed than you realize.

Myth	Myth Buster
I must eat a big dinner with meat.	Serving sizes are important and I can have a satisfying meal with sufficient protein other than meat.
I'm supposed to eat everything on my plate.	From a young age, many people are taught to "clean your plate" which may not be helpful advice when I'm trying to lose weight. Portion sizes are just as important as what I'm eating. I will focus on my food, eating slowly to determine when I'm full rather than simply eating everything on my plate.
Eating helps me handle my emotions, whether I'm celebrating or upset.	Eating when I am not hungry can be a contributing factor to weight gain. If I want to eat, I will choose a small meal or snack and keep it healthy. If I am celebrating, I use portion control or to join in on a different activity.
To satisfy my hunger, I eat a large quantity of food quickly.	Eating fast leads to overeating as the "I am satisfied" message will not register in the brain for 20 minutes. I will eat slowly by spending time savoring each bite and chewing several times before swallowing. I will consider starting with a glass of water and a bowl of soup before my meal to avoid large quantities of food. Flavors of choice can satisfy me.
There are no real healthy choices at fast food restaurants. I eat what I crave.	Fast food establishments are catching on, and most offer healthy choices such as salads, baked potatoes, or grilled chicken sandwiches. Craving will subside with time.
The only type of exercise worth doing is going to the gym.	A gym membership isn't the only way to stay fit. I can consider a recreation sports league, taking a walk with family or friends or an at home workout.
Working out tires me out.	I may be tired from my workday or stressed out, but exercise will actually help me feel energized and help me sleep better. The bonus is it will help me get restful sleep at night. (avoid vigorous activity 2 hours before bedtime)
I am too out of shape to exercise.	No one is ever too out of shape and the only way to get fit is to try different activities. I can be active most days and easily begin with brief 10-15 minute walks or bike rides.
I don't have time to exercise.	I don't need an hour every day to exercise. Activities such as walking fast, biking, and taking the stairs instead of the elevator will get your heart pumping and can be broken up throughout the day into 10 – 15 minute increments. So try a brisk walk at lunch and an evening bike ride!