

Mark Spreizer, ACE Certified Personal Trainer

Weight loss is the most common fitness goal in America. Day in and day out, millions and millions of Americans hit the treadmills trying to burn fat, or give their credit card to another infomercial promising miraculous results, or try a new fad diet that worked for a friend's sister's mother. With all this effort, one would think Americans would be experts in shedding pounds by now, but the reality is our country is fatter than ever. Nearly 60 percent of Americans are now classified as overweight or obese- and the numbers are still growing. How can this be? And why isn't all our effort paying off?

There is a lot of information out there on the topic of weight loss, and unfortunately, a lot of that info is based on bad or twisted facts. I believe a large part of America's weight problem is not the result of poor will power, but the result of bad information. So in an attempt to help those heading to the gym tomorrow morning to use the "fat burn" program, I've compiled a list of the three worst pieces of weight loss advice I have ever heard. Stay away from this advice, and you'll be one step closer to looking and feeling healthier and happier.

"Just Stop Eating!"

Common sense would lead one to believe that eating fewer calories than the body needs to sustain itself will cause the body to lose weight. This line of thinking is true to an extent, but it is also flawed in several ways. Firstly, the body will respond to an extending period of not eating (usually more than 4 hours) with something called a "starvation response." During this time, the body will begin to slow metabolism, trying to find a balance between calories needed (eating) and calories expended (metabolism). This is why most people on a 1,200-calorie diet stop losing weight. Secondly, a large part of the weight loss resulting from this approach comes from the detrimental breakdown and loss of muscle. These two events equal metabolic disaster. When the dieter realizes starvation is not a life-long solution and begins eating normally again, even more weight returns due to a severely damaged metabolism and the impulse to binge.

"Don't Lift Weights! You'll Bulk Up!"

Strength training is an essential part of any weight loss program. Muscle tissue is the largest calorie consumer in the body. That means the more muscle on the body, the more calories the body is burning. That's great news for those of us trying to maintain a speedy metabolism (which should basically be everyone).

Don't Take **Bad Advice**



"Here. Take This. It'll Just Melt the Fat Away!"

A weight loss supplement is exactly that... a supplement, not a solution. Keep in mind that any weight loss resulting from taking a "fat-burner," "metabolic enhancer," "carb-blocker," or any other supplement alone will yield only temporary (if any) results. Once the taking of the supplement stops, so will the weight loss, with all or more of the weight returning.

To ask questions on fitness advice you've heard, or for general fitness-related questions, feel free to contact Mark at mspreizer@hotmail.com. Look for other informative articles in upcoming issues of Miami Family Magazine and keep an eye out for Fitness Q&A appearing next month.



Mark Spreizer is an ACE Certified Personal Trainer living in the Miami Area. He educates, coaches, and empowers clients with a wide range of health and fitness goals. For further information on his services, contact him at 305-773-8288 or mspreizer@hotmail.com.