



## iQuestions Faculty, Dr. David Eckman

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Question:

*What are some of the false assumptions or fantasies preventing weight loss?*

Answer:

There's a whole host of false assumptions that keep people from losing weight. A very simple one is that consistent exercise doesn't help.

What happens is, a person may exercise for two days, they don't lose any pounds, they might even gain a pound or two, and immediately they say to themselves, "Consistent exercise doesn't help." It is an absolute, statistical reality: you burn up calories, calories go away.

Or there's another false assumption, that being overweight or grossly overweight does not affect health. It surprises me, the number of young college women that I've talked to about the fact that they're significantly overweight, and how very few of them connect their present physical health with the weight that they are carrying. They have the implicit assumption that that will not affect their long-term health.

It will affect their heart, their lungs, their liver, it will affect their entire physiological wellbeing. There are a lot of false beliefs out there, and those things are dangerous. They need to be challenged. They're part of the package that comes with addressing weight loss and dealing with overeating.