

## **What's the Magic Secret for Weight Loss?**

*By Lee Fairbanks  
Keep Canada Slim*

Whenever I'm introduced as the author of Keep Canada Slim the first question from most people is "so what's the magic secret?"

What they want, of course, is a 25-word summary of the 106-page book and 5-week consultation program that will instantly give them a solution to their lifetime of weight control challenges.

Is there such a solution? Yes and no. Yes there is a solution; no it can't be explained in 25 words. In truth, successful weight control starts by understanding why your efforts have failed so often in the past. Chances are very high (90 per cent according to the Canadian Obesity Network) that you have lost weight in the past but gained it back – and usually more than you lost. Many people have done this several times. It's called Yo-Yo Dieting.

So the 'magic secret' starts with understanding what you are doing wrong, and then deciding to do something different.

In our program, Keep Canada Slim, we begin by explaining what I call The Four Myths of Dieting. Chances are high that you have fallen prey to one or more of these Myths, and hence have become a human Yo-Yo.

The Four Myths are as follows: 1. You must eat less to lose weight. 2. You must exercise more to lose weight. 3. Faster weightloss is always better. 4. Measuring pounds lost is the true measure of success.

How many of these do you believe? Here's the truth on these issues.

1. Ninety-nine per cent of the people who are trying to lose weight are currently under-eating if they want to keep the weight off and avoid the Yo-Yo. If you eat less than your Basal Metabolic Rate (BMR) requirements you will lose muscle as well as fat when you lose weight.
2. Exercise is an add-on, not a foundation of weight loss. If you make exercise the foundation of your weight control program sooner or later it will fail. Injuries, family situations, illness, lack of motivation, there are many reasons why people inevitably cut back on exercise. You must understand food to have permanent control.
3. Your body can only lose weight safely at a certain rate, usually 1-2 pounds per week. Faster weight loss can only be achieved through starvation (low-calorie) dieting or artificial stimulants. Both undermine your health and make permanent weight loss impossible.
4. If you lose five pounds of fat, but gain five pounds of muscle you will have "failed" if you are measuring pounds, but be spectacularly successful if you are measuring the true marker of success – bodyfat percentage. Healthy men should be between 11-19 per cent and women between 17-23 per cent, increasing slightly after menopause.