

Health and Wellbeing

The Great Dieting Myths Dispelled

Diets don't work - in fact three years after going on a diet 95% of people are either the same weight or heavier. In the first month of a diet you will lose weight. The trouble is it's mostly water and muscle weight. Go back to your old eating habits and you quickly replace the water and muscle weight you lost with more fat.

Diets can turn into eating disorders. Dieting can be a sufficient condition in itself for the development of anorexia and bulimia.

Diets do not necessarily improve your health - There is a distinct difference between a weight loss diet and a healthy diet. Weight loss dieting can cause health problems.

Diets don't change your body shape - to one you were never born to have

Diets drain your energy and hamper memory and concentration. If you want to lead an active life and fulfill your potential, you need good nutrition, and enough food to meet your body's needs

Diets are unsexy and can wreck your sex life. If you want to feel more attractive, take care of your body and your appearance, accentuate the positives.

Diets are a waste of money - save your money to treat yourself or to buy some new clothes.

Live longer - studies show that women may live longer and be generally healthier if they weigh 10-15% more above the life insurance figures

Men and women - whose weight fluctuates up and down as little as 5 pounds in a year report feelings of reduced well-being and higher stress levels that those whose weight is stable. This is true regardless of their body weight.

45% of women who are medically underweight think they're too fat

Slimming gadgets don't work- muscle stimulators only apply a small electrical pulse to the muscles. There is no credible evidence to show they effect body fat in any way.

Food deprivation - only increases our desire for that food

Acknowledgement Vic Health, and Dr Rick Kausman International No Diet Day Literature



Disclaimer

Every effort has been made to ensure the information contained in this handout is current and correct at the time of printing, however further changes may render the information incorrect. Neither the YWCA nor the author accepts liability for the results or actions taken on the basis of information contained in this work, nor for any errors or omissions.

Brought to you by YWCA NSW supporting people at critical times. Authored by Liz Connors, Early Childhood Specialist, YWCA NSW

Head Office

5-11 Wentworth Ave
Sydney NSW 2000
t 02 9285 6211
f 02 9283 2485
e info@ywcansw.com.au
www.ywcansw.com.au

Children's Services
Family Services
Mentoring Services
Health and Wellbeing
Youth Services
Employment and Training
Social Enterprises