



## Don't Be Tempted By Fad Diets

The grapefruit diet. The no-carbs diet. The cabbage soup diet. These and other fad diets come and go. Here's what they have in common: none of them work in the long run!

**Fad diets don't work because they don't address the behaviors that lead to weight gain.** Skipping meals, or eliminating major food groups, wreaks havoc on your metabolism, causes muscle loss and can strip your body of important nutrients and energy. Starving yourself causes your body to go into a fat-storing starvation mode, making it harder to burn calories and lose weight. You may lose a few pounds, then gain the weight back—now you've lost muscle and replaced it with fat.

**Instead of going on a fad diet, this year choose to become healthier, happier and fitter.** Focus on changing unhealthy behaviors. Start with small steps and stick with them. In the next 11 weeks, you'll learn some proven strategies for losing weight and keeping it off.

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