

Published based on [Typical Myths About Weight Reduction](#)

Typical Myths About Weight Reduction

The fitness industry has been putting out this myth for many years. The myth says that you will gain weight if you skip a meal.

A popular idea that comes from this myth is the one that your body goes into starvation mode if you skip a meal. Then your metabolism will slow down. Well, that's not true.

But you can see why they will want you to believe that. If you continue to have overweight problems then they can be able to keep selling you solutions. They will tell you to eat up to 6 meals a day.

Your body only goes to starvation mode after you haven't eaten for at least 1 day, and even longer for some types of people. The metabolism will slow down only after weeks of poor meals and not eating entirely properly at all times.

Another story that everyone knows is that you should have your biggest meal during breakfast because it's the most important meal of the day. But you will see better results if you have your biggest meal at night even if it sounds strange.

The body doesn't have a clock that tells it is breakfast time. If you have small meals during the day and one big meal at night your body will use more proteins so it will burn more fat. The food then will go directly in your muscles after you do your exercises.

Many opinions that come from the fitness industry say that these methods are unhealthy but there isn't any scientific evidence that can prove this lifestyle is bad. You can try it for yourself for a couple of weeks and see how you feel. Many tried this approach and had benefits instead of it not exactly working out for them.

You can follow a lot of good advices from the fitness industry but this is not one of them.

The writer additionally frequently publishes articles regarding things including [Truth About Abs review](#) and [the diet solution](#).

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