

4 'scientifically proven' weight loss tips can make you fat

Let's TipsMake.com find out 4 anti-scientific weight loss tips that can make you more fat!

1. The secret to keeping the body slender thanks to the diet of Japanese women
2. What happens to the body when drinking lemon juice every day?
3. 7 common errors are common when losing weight

Have you ever encountered false information about exercise that made you fat? The answer will surely be yes. Currently, the Internet has helped the fitness experts easily spread the wrong information. I realized that most of these experts only recalled what they heard from others, not self-study. They have a few tens of thousands of people watching daily, who are willing to listen to each sentence word by word. Allow me to flip **four "facts" about weight loss and bodybuilding** that you've heard from these experts, and give the truth behind the false information. As a result, you can get a slimmer waist without too much change in diet and exercise every day. Invite you to welcome reading!

Lie # 1

The more you exercise your belly, the more slim your waist will be



FACT: Exercising abdominal muscles can help your diaphragm get better but not burn excess fat in your abdomen to have a six-pack belly. If you want your abdominal muscles to rise, you are naturally thin, and you need a low-sugar, high-protein diet with a high amount of fat and fruit and vegetables. You must eat enough nutrients if you want an admirable belly ring! However, the good news is that you do not need to become crazy

people who only drink ice for dinner. Simply choose wisely to see what you will eat and eat in moderation. Your waist will be very grateful to you.

Lie # 2

Drinking diet soda for it is calorie-free and good for you



FACT: According to a recent study, just drinking a diet-type soda can daily **increases the waist's swelling rate to 500%** . The artificial sweetener will prevent your body from regulating the caloric intake. In other words, your body is being tricked into thinking that it is absorbing sugar and thus you are even more hungry. As a result, you will eat more than usual.

In short, soda for dieters will not help you lose weight.

See also: 10 drinks before going to bed help reduce belly fat quickly

Lie # 3

Cardio exercise (cardio) is more important than weight lifting to lose weight



FACT: Of course, your body will consume calories by exercising to increase your heart rate but to lose weight you should be concerned about muscle training primarily. The muscles help the body more easily prevent the absorption of fat. In other words, the stronger your muscles, the more calories you burn each day. If you have less muscle, your metabolism will be less. A successful weight loss plan should focus on the amount of calories taken, weight training and exercise to increase your heart rate.

Lie # 4

Exercise can help me convert fat into muscle



FACT: You **cannot convert fat into muscle** because they are different " *one heaven and one* ". In fact, when exercising, you should focus on one of two things, either burn off excess fat, or develop muscle. To increase muscle you have to eat more calories than burned, but to reduce excess fat, you have to consume more calories than you take.

There are now dozens of frustrating experiences, not about the health and well-balanced physique posted on the Internet, so be careful when reading and believing in anything. Make sure the information you are reading is reliable, written by an expert in the field they are writing. When in doubt about something, follow instinctive instincts. Stay away from personal inferences and homemade exotic diets. All those bullshit news is enough to write a book. A healthy diet is a balance between protein, vegetables, sugar and fat, which helps your waist balance.

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