



# Reader's digest

## 55 Rampant Health Myths That Need to Die Your mother lied to you: Carrots will not improve your eyesight.

Charlotte Hilton Anderson – February 6, 2017

### **Myth: If you work out, you can eat whatever you want**



"When it comes to weight loss and maintenance, diet is king. Many people justify eating unhealthy foods because they've worked out that day. Unfortunately, most people (and exercise machines) overestimate the number of calories burned during a workout, which gives people a false sense of 'I can eat anything,' which can actually lead to weight gain. If you really want to lose weight, you need to take a good look at your diet and focus on filling up on nutrient dense foods; exercise alone won't do the trick."

—Tory Tedrow, RD, CNSC and Head of Nutrition for ContentChecked



### Myth: You can't get skin cancer if you have dark skin



"Although people with darker skin may rarely burn, the sun's UV rays can still cause premature aging, skin cancer, and age spots. That's why it's important for people of all skin types and colors to use sunscreen."

—**Anthony Youn**, MD, plastic surgeon and author of *The Age Fix*

### Myth: Sit-ups are the key to a flat stomach



"You can't 'spot train' to tone or burn excess fat off a specific area of your body. Crunches or ab work have not been shown to be effective in getting a flat stomach, but a comprehensive diet and exercise program will help you lose excess weight all over and then you'll see a flatter tummy."

—*Jessica Arber, certified workplace wellness manager and personal trainer.*

(Here's how to flatten your belly without crunches.)

<http://www.rd.com/health/wellness/health-myths-debunked/>