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MIND + MACROS + MUSCLE

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# Fat Loss Myths Busted

A friendly guide to understanding body recomposition, metabolism, and the carbs that can fit into your goals.

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## Aloha, Gang!

If you've ever felt overwhelmed by all the advice about fat loss, building muscle, and what you should or shouldn't eat, you are definitely not alone. I hear these questions from women all the time.

Here's what I want you to remember: your body isn't a one-size-fits-all project. Your goals, abilities, equipment, schedule, and nutrition preferences all matter. And getting stronger is about so much more than a number on the scale.

Let's tackle three big questions from my original video and give you some practical ways to think about them.

**THE BIG IDEA: Build strength, nourish your body, and choose an approach you can keep doing.**

## MYTH 1: You cannot lose fat and build muscle at the same time

One of the most common questions I get is: Can I burn fat and build muscle at the same time?

In my original video, I compared it to patting your head while rubbing your tummy. The two goals can seem to pull in opposite directions: losing fat often means using less energy than you burn, while building muscle requires adequate nutrition and a training stimulus.

But here's an important clarification: both can happen together. It's called body recomposition. Some people, including beginners and those returning to exercise, may gain muscle while losing body fat. The rate varies from person to person.

### What helps?

- Strength training that becomes gradually more challenging.
- Adequate protein and enough overall nourishment.
- Consistent workouts and recovery time.
- Patience, because your body may change even when the scale moves slowly.

That last point is a big one, gang! Don't judge every bit of progress by your scale weight. Strength, how clothes fit, and how you feel can tell you something important, too.

**MY TAKEAWAY: Getting stronger and changing body composition are possible goals - without chasing a crash diet.**

## MYTH 2: Every stubborn weight change means you have a “slow metabolism”

A lot of women tell me, 'Lee-Ann, I think my metabolism has slowed down.' I understand why. It can feel frustrating when what used to work doesn't seem to work anymore.

In the video, I brought up several things that may concern people: difficulty maintaining muscle, changes in waist size, persistent hunger, blood pressure, blood sugar, and cholesterol or triglyceride levels.

Those observations are worth discussing - but they do not, by themselves, diagnose a slow metabolism. They can have different causes, and some are important health indicators that deserve medical evaluation.

### What should you pay attention to?

- Changes in strength, muscle, daily activity, and recovery.
- Consistent patterns in eating habits, hunger, and sleep.
- Changes in waist measurement or weight over time, without obsessing over one number.
- Health concerns such as high blood pressure or abnormal blood tests, reviewed with a healthcare professional.

If you're worried about thyroid function, blood sugar, cholesterol, or another medical issue, a licensed clinician can assess symptoms and decide what tests are appropriate. Don't try to diagnose or treat a thyroid condition through a fitness program alone.

And remember: getting older doesn't mean you're doomed to lose strength. Resistance training and sensible nutrition can still make a meaningful difference.

**MY TAKEAWAY: Be curious about your body - but use reliable information, not guesswork, to understand health concerns.**

## MYTH 3: Carbs are the enemy when you want to lose fat

Let's talk carbs, gang. A lot of people hear 'carbs' and immediately think of bread or pasta. But fruit, beans, oats, rice, potatoes, and vegetables provide carbohydrates, too.

In my video, I encouraged choosing foods that give you more nutritional value for the portion: fiber, water, vitamins, minerals, and satisfying volume. You can absolutely include carbohydrate foods while working toward fat-loss or maintenance goals.

### Some of my favorite options from the video

- Fruit: apples, pears, blueberries, raspberries, strawberries, and grapefruit.
- Vegetables: broccoli, cabbage, cauliflower, chard, collard greens, kale, lettuce, tomatoes, and green beans.
- Beans and grains: beans, oats, quinoa, and rice; choose higher-fiber options when they work for you.
- Potatoes: white or sweet potatoes, including the skin when you enjoy it.

These foods aren't magic fat burners. They can simply make it easier to put together filling, nourishing meals. Portions, your overall eating pattern, and your individual needs still matter.

**MY TAKEAWAY: Don’t fear carbohydrates. Learn which choices help you feel nourished and satisfied.**

## How to make these ideas work in real life

Instead of looking for the perfect meal plan or trying to copy somebody else's routine, start with your own three A's. This is how I described tailoring workouts in the original video:

### Ability

Where are you right now with your strength, fitness, experience, and comfort level? Start there.

### Access

What equipment, space, foods, and resources do you realistically have available? You can make progress with many different setups.

### Availability

How much time can you actually devote to exercise, meal planning, and recovery? Build a routine that fits your life.

I also talked about metabolic conditioning, or 'Metcons': short workouts designed to challenge your cardiovascular and muscular endurance. They can be one part of a well-rounded routine, but they aren't a requirement for fat loss.

The best approach is one you can repeat. You don't need hours of exercise every day - and you don't have to get everything perfect.

**MY TAKEAWAY: Your plan should fit your life, not the other way around.**

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## Your practical take-home checklist

- I will measure progress by more than scale weight.
- I will include regular strength training and sensible recovery.

- I will make room for protein and satisfying, nutrient-rich foods.
- I will not treat fruit, whole grains, beans, or potatoes as forbidden foods.
- I will discuss persistent health symptoms or unusual lab results with a clinician.
- I will choose workouts based on my ability, access, and availability.

And that's it, gang! The more you understand your body, the easier it gets to make choices that support the way you want to feel and move. Keep learning, keep showing up, and don't let diet myths convince you that you need to do everything perfectly.

**Stay strong and keep moving!**
**Lee-Ann Watanabe**

Explore strength training and nutrition coaching for women over 40 at LeeAnnWatanabe.com.

About this guide: Adapted from Lee-Ann’s original video transcript. The insulin explanation and proposed “slow metabolism” signs have been clarified for accuracy; the original video was not a medical assessment. This guide is general fitness and nutrition education, not individualized medical advice.