



MYTH VS. FACT: Understanding Weight Management

There are lots of ideas out there about weight and health, but not all of them are true. This guide shares common myths and real facts. By learning what's true, you can feel more confident, make better choices and take steps that truly support your overall health.



HOW TO PLAY:

Read each statement. Decide whether it's a Myth or a Fact—then read the explanation to learn more about weight management and overall health.

☒ **MYTH** OR ☒ **FACT**

1

Body mass index (BMI) is the only tool health care professionals use to understand weight and health.

☐ MYTH

☐ FACT

2

A healthy weight lowers the risk of heart disease, kidney disease and metabolic (how your body stores and uses energy) issues including diabetes.

☐ MYTH

☐ FACT

3

Talking openly with a health care professional about weight may lead to better health outcomes, access to helpful information and support for staying healthy in the long term.

☐ MYTH

☐ FACT

4

Working hard is the only thing that makes you lose weight.

☐ MYTH

☐ FACT

5

Using weight loss medications or surgery is taking the 'easy' way out.

☐ MYTH

☐ FACT



MYTH VS. FACT: ANSWERS



1

MYTH:

While BMI is a common screening tool, it does not tell the whole story about your health. Health care professionals may use BMI as one starting point, but they also consider many other important factors, such as your family history, blood work, waist circumference, lifestyle and overall well-being. All these together give a more complete picture of your health.

2

FACT:

Weight affects heart, kidney and metabolic health (how your body stores and uses energy). These parts of your body work together like a team. Each has its own job, but they share the work to keep your body healthy and balanced.

3

FACT:

Working with a health care professional to manage your weight may help you maintain a healthy weight for the long term. They can help you understand why your weight may change over time and provide help on staying healthy through every stage and season of life.

4

MYTH:

Weight is affected by many factors. Genetics, hormones, medications, stress, sleep and your environment all play a role. Understanding these factors can help you take a realistic and healthy approach to managing your weight.

5

MYTH:

Medical treatments, like weight loss medications or surgery, are not shortcuts. They are science-based tools that help people manage complex health conditions. These treatments usually involve lifestyle changes, regular follow-up care, and long-term commitment. The goal is to get the right support to improve overall health and well-being.

**When we know the truth about weight, we can make better choices to stay healthy.
Learning the facts helps us take care of our bodies and be kind to ourselves and others.**

heart.org/UnderstandingWeight



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