

Big Mama Was Wrong: The Truth About Weight Loss and Health



Big Mama Was Wrong: Exploring Mental Health and Today's Black Teens by Marisha Mathis

★★★★☆ 4.7 out of 5

Language	: English
File size	: 218 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 21 pages
Lending	: Enabled
Screen Reader	: Supported



Big Mama was a kind and loving woman, but she was also wrong about a lot of things, especially when it came to weight loss and health.

She always said that the best way to lose weight was to eat less and exercise more. But that's not always true. In fact, it can actually be counterproductive.

When you eat less, your body goes into starvation mode. This means that it starts to break down muscle tissue for energy. This can lead to weight loss, but it's not the kind of weight loss you want. You'll lose muscle, not fat.

And when you exercise more, your body produces more cortisol. Cortisol is a stress hormone that can lead to weight gain. So, if you're trying to lose weight, it's important to find a balance between diet and exercise.

Here are some tips for losing weight and keeping it off:

- Eat a healthy diet that is high in fruits, vegetables, and whole grains.
- Make small changes to your diet and exercise routine over time.
- Don't try to lose too much weight too quickly.
- Find an exercise routine that you enjoy and stick to it.
- Get support from friends, family, or a weight loss group.

Losing weight and keeping it off is not easy, but it is possible. By following these tips, you can reach your weight loss goals and improve your overall health.



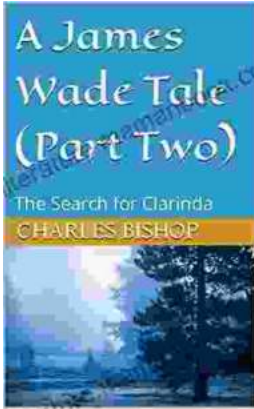
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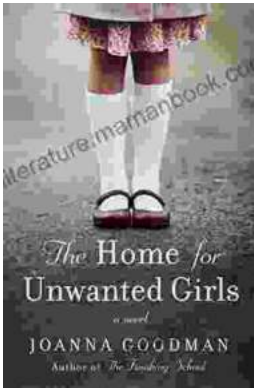
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