

FAD AND YOYO DIETING (VO/SOT)

DR. JOHN MYERS, FAMILY MEDICINE, BAYLOR SCOTT & WHITE HEALTH

{**INTRO**}

HAVE YOU BEEN THINKING ABOUT TRYING A NEW DIET? MAYBE TRYING TO SHED A FEW POUNDS IN 2022?

{**TAKE VO**}

DR. JOHN MYERS WITH BAYLOR SCOTT & WHITE HEALTH SAYS IT'S BEST TO START WITH CREATING NEW HEALTHY HABITS- LIKE HITTING THE GYM.

BUT HE CAUTIONS- DON'T MAKE YO-YO OR FAD DIETING PART OF YOUR REGIMENT, SINCE THEY MAY DO MORE HARM THAN GOOD

{**TAKE SOT**}

"So they actually demonstrated this with the biggest loser study. They followed all of the people from the TV show for a number of years after the show, and they compared to their metabolisms at their lowest weight, and they found that their metabolism was way lower than expected, and that metabolism doesn't necessarily increase when they gain weight again."

{**TAG**}

THAT DOESN'T MEAN YOU SHOULD NOT STRIVE FOR WEIGHT LOSS- IN FACT HE SAYS JUST A LITTLE BIT GOES A LONG WAY.

DROPPING 10-15 POUNDS AND *KEEPING IT OFF* ACTUALLY REDUCES YOUR RISK OF DIABETES BY 60%, ACCORDING TO MYERS.