

# Most Dieters Regain Their Weight Due To Genes and Hormones

Contributed by Skinny Myths Team

SKINNY MYTH: "Over 95% of dieters regain their weight due to genes and hormones...it's a glandular thing!"

Myth. Although hormones and genetics play a role in weight and weight maintenance, they're not solely responsible for weight regain after an individual has lost weight. Returning to old eating habits is a more likely culprit.

The keys to successful maintaining are a consistent exercise program, self monitoring techniques and connecting with a sound support system, with people going through it, struggling and succeeding together, whether they live around the corner, or across the country. Internet support groups, message boards and weight loss networking sites can be powerful resources in keeping healthier habits going.

Always consult your doctor on issues of dieting, and stay strong.

Source References:

- "Stopping That Rebound In Weight." Aetna Intellihealth 12/29/2005.