

Top 10 Downloads

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1. Eating at Night = Weight Gain
2. Skinny = Healthy
3. Grapefruit & Cabbage Soup Diets Burn Fat
4. Jump Start Your Metabolism By Fasting
5. Drink More Water - Lose More Weight
6. Canned Fruits and Vegetables Inferior to Fresh
7. Walk a Mile Run a Mile: Same Difference
8. Eat Meat for Adequate Protein
9. Brown Bread = Whole Grain Bread
10. Big Boned People Weigh More

Fattest States in America

(30%+ of entire state has a BMI>30)

- Mississippi
- West Virginia

Have you ever heard that in order to jump-start your metabolism, you should fast? Is this true? Is it a myth? Watch today's Skinny Myth with Shawn and get the truth!; Health; cabbage soup diet; diet; exercise; fast weight loss; fasting; grapefruit diet; medifast; muscle; skinny myths; walking; weight loss; Has anyone ever told you that after you lose your weight and hit your goal that you can eat whatever you want? Is this true? Is it a myth? Watch today's Skinny Myth with Shawna and get the real answer!; Health; cabbage soup diet; diet; exercise; grapefruit diet; medifast; muscle; skinny myths; walking; weight loss; Has anyone ever told you that eating at night will cause you to gain weight? Is this true? Is it a myth? Watch today's Skinny Myth with Shawna and get the real answer!; Health; cabbage soup diet; diet; exercise; grapefruit diet; medifast; muscle; skinny myths; walking; weight loss; Has anyone ever told you that drinking lots of water will help you lose weight? Is this true? Is it a myth? Watch today's Skinny Myth with Shawna and get the real answer!; Health; cabbage soup diet; diet; exercise; grapefruit diet; medifast; muscle; skinny myths; walking; weight loss; Are thinner people always healthier? Is this true? Is it a myth? Watch today's Skinny Myth with Shawna and get the real answer!; Health; diet; exercise; medifast; muscle; skinny myths; walking; weight loss; Have you ever been told that Salad is the best choice when dining out? Is this true? Watch today's Skinny Myth with Shawna and get the real answer!; Health; cabbage soup diet; diet; exercise; grapefruit diet; medifast; muscle; skinny myths; walking; weight loss; Have you ever heard about the Grapefruit Diet? How about the Celery or Cabbage Soup Diet? Do these work? Do they burn fat? Watch today's Skinny Myth with Shawna and get the truth!; Health; cabbage soup diet; diet; exercise; grapefruit diet; medifast; muscle; skinny myths; walking; weight loss; Have you ever heard that people who are 'Big Boned' weigh more? Is this true? Watch today's Skinny Myth with Shawna to find out the truth and learn more about Weight Loss.; diet; medifast; skinny myths; weight loss; Is Brown Bread equal to whole-grain? Is it true??? Watch today's Skinny Myth with Shawna.; Health; diet; exercise; medifast; muscle; skinny myths; weight loss; Are canned and frozen fruits and vegetables filled with the same amount of vitamins as the fresh stuff?? Is this true? Watch today's Skinny Myth with

Shawna and get the truth!; Health; diet; exercise; medifast; muscle; skinny myths; walking; weight loss; Is a mile walked the same as a mile that you run? Is this true? Watch today's Skinny Myth with Shawna to find the truth and learn more Diet and weight loss tips!; Health; diet; exercise; medifast; muscle; skinny myths; walking; weight loss; Muscle weights more than fat. Is this true? Watch today's Skinny Myth with Shawna as she gets to the bottom of this Diet question!; Health; diet; exercise; medifast; muscle; skinny myths; weight loss; The more you cut calories, the more weight you will lose. Is this true? Watch today's Skinny Myth with Shawna to get the REAL answer!; Health; diet; medifast; skinny myths; weight loss; You need to eat meat to get enough protein? Is this true? Watch Shawna with today's Skinny Myth to get the real answer!; Health; diet; medifast; skinny myths; weight loss; The more you sweat, the more fat you lose. Is this true? You've heard this for years - but now today you will find out the TRUTH. Watch today's Skinny Myth with Shawna!; Health; diet; medifast; skinny myths; weight loss; Are foods higher in calories and fat more filling? Is this true? Watch Shawna today on Skinny Myths for the answer!; Health; diet; medifast; skinny myths; weight loss; Are Artificial sweeteners safe? I know they taste great -- but are they safe? Watch today's Skinny Myth episode with Shawna and get the truth!; Health; diet; medifast; skinny myths; weight loss; Do Abdominal exercises really help trim up belly fat? Have you ever heard that one? Is it true? What today's Skinny Myth with Shawna to find the truth and learn more Diet and weight loss!; Health; diet; medifast; skinny myths; weight loss; Will Eating Less REALLY shrink your Stomach? Is this true? Watch today's Skinny Myth with Shawna to find the truth and learn more Diet and weight loss!; Health; diet; medifast; skinny myths; weight loss; Can lifting weights really make you bulky? Is it true? Watch today's Skinny Myth with Shawna to find the truth and learn more Diet and weight loss!; Health; diet; medifast; skinny myths; weight loss;

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2nd Highest Quartile of Fattest States (25-29% of entire state has a BMI >30)

Alabama

Alaska

Arkansas

Delaware

Georgia

Indiana

Iowa

Kansas

Kentucky

Louisiana

Michigan

Missouri

Nebraska

North Carolina

Ohio

Oklahoma

South Carolina

Tennessee

Texas

Wisconsin

3rd Quartile of Fattest States (20-24% of entire state has a BMI >30)

Arizona

California

Florida

Idaho

Illinois

Maine

Maryland

Minnesota

Montana

Nevada

New Hampshire

New Jersey

New Mexico

New York

North Dakota

Oregon

Pennsylvania

Rhode Island

South Dakota

Utah

Vermont

Virginia

Washington

Washington DC

Wyoming

Skinniest States (15-19% of entire state has a BMI >30)

Colorado

Connecticut

Hawaii

Massachusetts