

You Weigh More If You Are Big Boned

Contributed by Skinny Myths Team

SKINNY MYTH: "You weigh more if you are a "big-boned" person.

Myth.

Many people refer to themselves as "big-boned" when it comes to weight.

Larger than normal sized bones are found in people who live with acromegaly. Acromegaly is a rare, slowly progressive chronic disorder that affects adults characterized by an excess of growth hormone.

These are the only people who can rightfully claim to be "big-boned."

Skeletal bones vary from person to person but typically account for 15-20% of body weight in adults.

The bones on a 150-lb woman will weigh about 27 pounds.

Although bones vary in density, length and size, they are proportionate to a person's genetic makeup.

We can not really claim that our bones make us overweight!

Source Reference:

- www.WebMD.com