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Defend Your Fitness Strengths By Always Being Skeptical

Winston Churchill once said, "A lie gets halfway around the world before the truth has a chance to get its pants on." If only Churchill can see the lies going on the Internet concerning fitness. Those who are looking for some ways [how to lose weight fast](#) are sometimes more vulnerable to deceitful advertising.

With blatant myth and scams all over, if you're not skeptical of all the supplements, weight loss, and fitness claims, you are going to waste a lot of money. If you do, you are going to lose a lot of time and get confused.

You need to compare your personal experience with the research and peer reviews to evaluate the claims that you hear. Because easy to miss understand what causes the results, you can easily form incorrect conclusions. As an example, suppose you took a pill that is supposed to burn fat and you begin losing weight.

Your weight loss might have been caused by something else like your nutrition or training program. That is why you should have a healthy skepticism of everything including your own beliefs. Even what you thought were healthy foods to eat may not be.

You also need to be careful when interpreting research. Here are a few ways that will help you understand research.

To get started you should read something about the scientific method: I recommend a book called *The Demon Haunted World: Science as a Candle in the Dark* By Carl Sagan.

After that, do some reading that would help you understand how to think critically, and how to handle intelligent debate. Book like *How We Know What Isn't So* by Gilovich are a good way to round things out with skepticism. After you have developed better thinking processes, you can make better sense of research, news, and advertising.

You'll begin to see through the manipulation of statistics like the kind being used in infomercials. Some research just goes a long enough to get confirmation of someone's beliefs, rather than going for the facts. People who pick out data just because it supports their beliefs cannot legitimately be scientific.

For more great info, go to our [weight loss forum](#) or go to www.fatlossfactor.com for a free report.

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