

## MYTHBUSTERS

MYTHS ABOUT EXERCISE AND  
HOW TO DEBUNK THOSE MYTHS

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## DEFINITION OF EXERCISE

- Exercise is a type of physical activity consisting of planned, structured, and repetitive bodily movement done to improve or maintain one or more components of physical fitness.

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## COMMON MYTHS ABOUT EXERCISE



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### LIFTING WEIGHTS MAKES WOMEN BULKY

- ❑ Women's bodies do not produce nearly enough testosterone
- ❑ The only way to build bulk is by overloading the muscle by using heavy weights



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### LIFTING WEIGHTS MAKES WOMEN BULKY

- ❑ Use less weight and more repetitions
- ❑ Strength training helps decrease body fat
- ❑ Increases lean muscle mass
- ❑ Burns calories more efficiently
- ❑ Weight training also increases spinal bone mineral density and can be a woman's best defense against Osteoporosis

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### CRUNCHES WILL GET RID OF BELLY FAT

- ❑ Crunches will strengthen and tone the abdominal muscles
- ❑ The best way to get rid of belly fat is to create a workout that includes both cardiovascular and strength training



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### IF YOU STOP WORKING OUT YOUR MUSCLE TURNS TO FAT

- ❑ Fat and muscle tissue are composed of two different types of cells
- ❑ The two never “convert” into different forms



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### YOU CAN EAT AS MUCH AS YOU WANT, AS LONG AS YOU EAT HEALTHY FOODS

- ❑ Every calorie counts whether healthy or not
- ❑ Be aware of portion size
- ❑ Balance your calorie intake throughout the day



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### RESTRICTING CALORIES OR GOING ON A DIET IS THE BEST WAY TO LOSE WEIGHT

- ❑ Only short-term
- ❑ Temporary changes do not lead to permanent losses
- ❑ “Drastic measures rarely equal lasting results”
- ❑ Focus on permanent weight loss instead of temporary
- ❑ Focus on Long-term results instead of short-term

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## **MYTHBUSTERS:**

### **MYTHS ABOUT EXERCISE AND HOW TO DEBUNK THOSE MYTHS**

Exercise is a type of physical activity consisting of planned, structured, and repetitive bodily movement done to improve or maintain one or more components of physical fitness.

These days we are looking to maximize results while minimizing the time and effort we spend in the gym. And now that search for shortcuts and wanting to see immediate results has translated into a lot of myths about exercise.

Here are some of the most common exercise myths and how to debunk those myths.

#### **COMMON MYTHS ABOUT EXERCISE**

##### **MYTH # 1: LIFTING WEIGHTS MAKES WOMEN BULKY**

Women's bodies do not produce nearly enough testosterone like men to become 'bulky'. The only way to build bulk is by overloading the muscle by using heavy weights and less repetition. Instead, use less weight and more repetitions. Strength training helps decrease body fat, increase lean muscle mass and burn calories more efficiently. Weight training also increases spinal bone mineral density and can be a woman's best defense against Osteoporosis.

##### **MYTH # 2: CRUNCHES WILL GET RID OF BELLY FAT**

Despite how many crunches you do, because of the layer of fat resting on top of your muscles. Crunches will strengthen and tone those abdominal muscles, but it will not get rid of the layer of fat covering it. The best way to get rid of belly fat is to create a workout that includes both cardiovascular and strength training. This will decrease your overall body fat content instead of focusing on one area to burn fat.

##### **MYTH #3: IF YOU STOP WORKING OUT YOUR MUSCLE TURNS TO FAT**

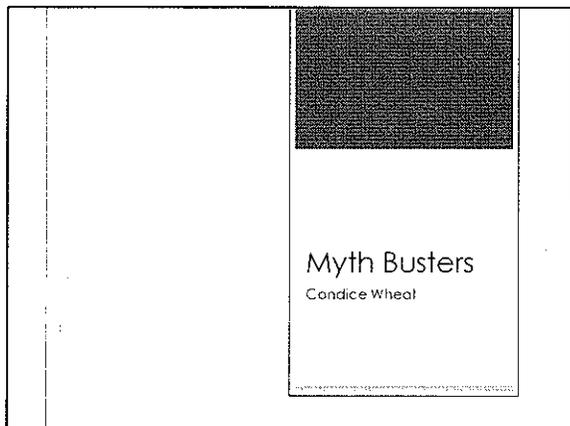
Fat and muscle tissue are composed of two different types of cells. You can lose one and replace it with another but the two never "convert" into different forms. When you stop working out, you lose muscle and gain fat, and most people do not cut back on the calories they used to consume before.

##### **MYTH #4: YOU CAN EAT AS MUCH AS YOU WANT, AS LONG AS YOU EAT HEALTHY FOODS**

Every calorie counts whether healthy or not. You still have to be aware of portion size. Even though oatmeal is healthy, if you decide to consume five cups of oatmeal for breakfast, the calories add up. It is important to balance your calorie intake throughout the day.

## **MYTH # 5: RESTRICTING CALORIES OR GOING ON A DIET IS THE BEST WAY TO LOSE WEIGHT**

You do lose weight on any plan that results in you eating fewer calories, but that's only short-term. Temporary changes do not lead to permanent losses. Taking drastic measures to lose weight like eating less than 1200 calories per day does not provide adequate fuel for the body and may slow down your metabolism. "Drastic measures rarely equal lasting results". Instead, change the way you eat. Try to find a satisfying eating plan that you can live with long-term, and also make sure you are eating the right amount of calories for weight loss. Then, when you have successfully taken off some weight, do not go back to eating as much as you did before you cut calories. A diet will not work if you continue to think of it as doing something different for a while and then you are going to stop doing it later. Focus on permanent weight loss instead of temporary.



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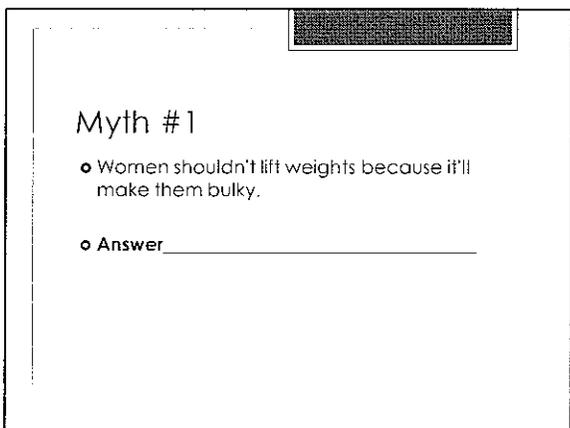
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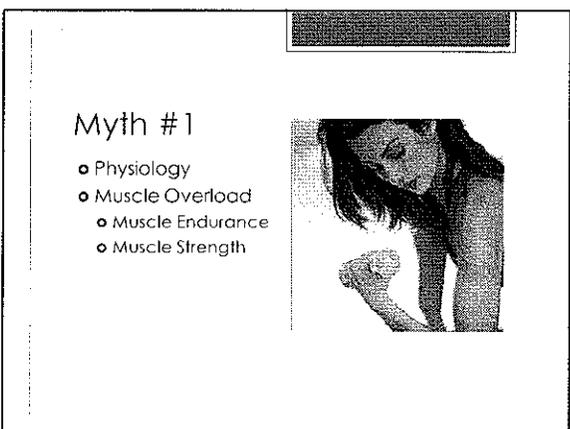
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**Myth #2**

- Your weight is the end all, be all.
- Answer \_\_\_\_\_

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**Myth #2**

- Muscle Density vs. Fat
- Be Healthy!

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**Myth #3**

- As long as I go to the gym 30-45 minutes, that gives me a pass to do what I want for rest of the day.
- Answer \_\_\_\_\_

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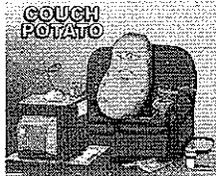
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**Myth #3**

- Diet Matters!
- Sedentary is bad.



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**Myth #4**

- No pain, no gain.
- Answer \_\_\_\_\_

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**Myth #5**

Low-intensity exercise burns more fat.

Answer \_\_\_\_\_

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### Myth #4 and #5

- Discomfort is OK
- Moderate Intensity Exercise
- Don't worry about zones



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### Myth #6

- Crunches will get rid of your belly fat.

◦ Answer \_\_\_\_\_

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### Myth #6

- Never in isolation
- Your diet matters!



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**Myth #6**

- If you didn't exercise when you were younger, it could be dangerous to start when you're older.
- Answer \_\_\_\_\_

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**Myth #7**

- I can't exercise on a regular basis so I won't get any benefit.
- Answer \_\_\_\_\_

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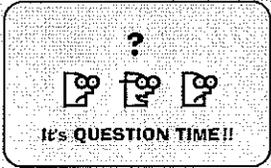
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**It's QUESTION TIME !!**

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