

Ten Exercise and Weight Training Myths

- 1. You Will Burn More Fat if You Exercise Longer at a Lower Intensity.** The most important focus is not the percentage of exercise energy coming from fat but how many calories are burned during the activity. The faster you walk or run, the more calories you use per minute.
- 2. If You're Not Going to Work Out Hard and Often, Exercise Is a Waste of Time.** Research continues to show that any exercise is better than none. Walking or gardening for as little as an hour a week has been shown to reduce the risk of heart disease.
- 3. Yoga Is a Completely Gentle and Safe Exercise.** Yoga is an excellent form of exercise, but some styles are quite rigorous and demanding both physically and mentally.
- 4. If You Exercise Long and Hard Enough, You Will Always Get the Results You Want.** In reality, genetics plays an important role in how people respond to exercise.
- 5. Exercise Is One Sure Way to Lose All the Weight You Desire.** Weight gain or loss is impacted by many factors, including dietary intake and genetics.
- 6. If You Want to Lose Weight, Stay Away From Strength Training Because You Will Bulk Up.** Research shows that strength training helps maintain muscle mass and decrease body fat.
- 7. Water Fitness Programs Are Primarily for Older People or Exercisers With Injuries.** Water fitness programs can be highly challenging and effective for both improving fitness and losing weight. Even top athletes integrate water fitness workouts into their training programs.
- 8. The Benefits of Mind-Body Exercise Like Tai Chi and Yoga Are Questionable.** Research shows the benefits of these exercises - flexibility, balance, coordination, posture, strength and stress management are just some of the potential results of mind-body exercise.
- 9. Overweight People Are Unlikely to Benefit Much From Exercise.** Studies show that obese people who participate in regular exercise programs have a lower risk of all-cause mortality than sedentary individuals, regardless of weight.
- 10. Home Workouts Are Fine, But Going to a Gym Is the Best Way to Get Fit.** Research has shown that some people find it easier to stick to a home-based fitness program find the “best” program for you which is the one you will participate in consistently.

TRAIN WITH DESIRE, DESIRE TO BE BETTER TOMORROW THAN YOU ARE TODAY.

