



## Exercise Myths and Misconceptions: Debunked Once and for All!

---

Myths and misconceptions abound in the field of fitness and exercise. As I read each statement, let's see if we can determine whether it is true or not.

1. **Question** True or False? Strength training will make women “bulky.”

**Answer** **False:** It would take an incredible amount of strength training for the average woman to “bulk up”. Most women do not have enough of the hormone testosterone to build “bodybuilder” muscles. If you are excluding strength training from your routine – be it free weights, weight machines, resistance bands, body-weight exercises etc. – you are missing out on an effective way to build muscle mass, which helps to maintain a high metabolic rate.

---

2. **Question** True or False? You can burn fat off specific areas of your body by performing exercises that target that area.

**Answer** **False:** Unfortunately, burning fat off of specific areas, or “spot reduction,” does not work – and all the abdominal crunches in the world won't give you a flat tummy. Performing exercises specific to an area *will* strengthen that area. Losing fat ultimately comes down to caloric expenditure achieved through exercise – including cardiovascular activity and strength training – and following a sensible nutrition plan.

---

3. **Question** True or False? Muscle weighs more than fat.

**Answer** **False:** What weighs more, one pound of muscle or one pound of fat? That fact is, one pound is one pound. Muscle is *more dense* than fat and one pound of muscle takes up less space than one pound of fat.

---

4. **Question** True or False? Yoga is an easy and gentle form of exercise.

**Answer** **False:** When you think of Yoga, words such as “strenuous” or “intense” may not come to mind as they might with, say, boxing or running marathons. Make no mistake, however, as some forms of Yoga can be quite physically demanding. Yoga *can* be gentle and is a terrific form of exercise for both your body and mind. Just make sure you start small and simple and, if taking a class, have a qualified instructor.

---

5. **Question** True or False? Exercising a couple times a week is better than not exercising at all.

**Answer** **True:** Something really is better than nothing, and it's best to lose the all-or-nothing mentality often associated with exercise. Research has shown that even a single bout of exercise, such as a 30- to 40-minute walk, is beneficial to your health.

---

---

6. **Question** True or False? You should stick to the same exercise routine.

**Answer** **True and False:** If a routine works for you and you enjoy it, stick with it. However, doing the *same* exercises at the *same* intensity for the *same* amount of time may yield the *same* results. It is a good idea to switch it up from time to time to prevent a plateau in progress, injury, or even just plain boredom. Trying something new may help you find something else you really enjoy.

---

7. **Question** True or False? If you didn't start exercising at an early age, it's too late.

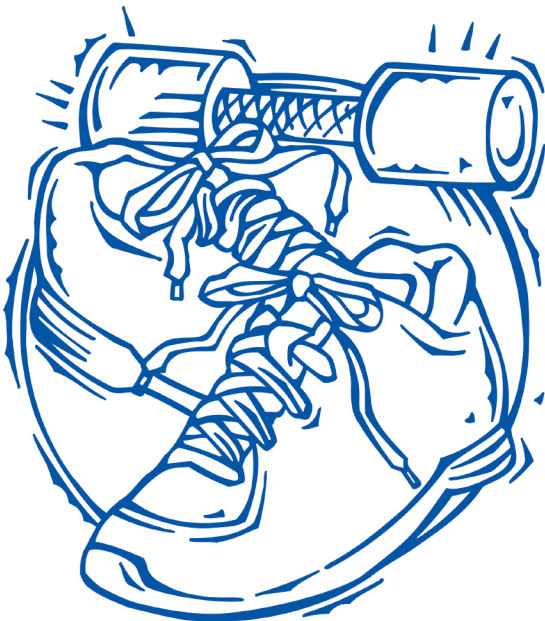
**Answer** **False! False! False!** It's never too late to start. Studies have shown that exercise can enhance functional abilities associated with everyday tasks – such as reaching for groceries, tying shoes, walking to the mailbox, climbing the stairs. This becomes especially important as we age. Regardless of age, always consult with your healthcare professional prior to embarking on an exercise program.

---

8. **Question** True or False? You will lose more fat if you stay at a slow and steady pace or in the “fat-burning zone” on cardio-machines.

**Answer** **False:** While it is true that the body burns a higher percentage of calories from fat during lower-intensity exercises or staying in the “fat-burning zone”, you will burn more calories *overall* by upping the intensity. This is what matters when it comes to losing weight. If new to exercise, however, it is recommended to start off at lower intensities and gradually work your way up.

---



---

*Thought of the week:  
You will never “find” time for exercise.  
You have to make time!*

---