



FITNESS MYTHS

MYTH: Spot reduction gets results

FACT: No matter how intensely you target a particular trouble spot, it's impossible to lose body fat in that area alone. If fat is lost from the targeted area, it's only because you burned enough calories to take fat from the entire body. A faster way to see results – train the whole body with aerobic fitness and strength training.

MYTH: Cardio exercise is the only way to burn fat

FACT: Building muscle mass is a key factor in the fat war because muscle increases your body's capacity to burn calories during physical activity and while at rest.

MYTH: All carbs make you fat

FACT: Not all carbs are created equal. Choose complex carbohydrates over simple carbohydrates found in sugars. The best sources of complex carbs – vegetables, fruits, and whole grains – are low in calories, and add fiber and necessary vitamins and minerals that are important for a balanced diet. An added bonus – your body uses carbs as fuel to burn fat during exercise.

MYTH: Strength training will make you bulky and reduce flexibility

FACT: Gaining bulk takes a lot of work, planning, and the right genes. With regular strength training, you'll increase your lean muscle mass and burn more calories, actually helping with weight loss. Another benefit – Lifting may help increase flexibility if you perform your strength exercises correctly with a full range of motion.



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MYTH: No pain, no gain

FACT: Muscle soreness is allowed, but pain is your body's signal that something is wrong and you should stop working out before you risk injury.

MYTH: More sweat, more calories burned

FACT: Sweating is the body's way of regulating normal body temperature during a workout before you risk injury.

MYTH: Eating too close to bedtime will pack on the pounds

FACT: It doesn't matter when you eat, if you burn off the calories you take in during the day. Pay attention to your calorie intake and make healthy food choices.

MYTH: Free weights are a better workout than weight machines

FACT: Both have their advantages and disadvantages but your choice should be based on your goals, fitness level, and what you feel comfortable using.

MYTH: Beginner exercisers don't need a personal trainer

FACT: Certified personal trainers can help everyone, especially beginners, get and stay healthy. Trainers will give you a safe and effective workout that's best for your body. Plus, having to report back to your trainer may help you stick to a program. They're also a great source of knowledge and are able to vary your fitness routine to keep you from getting bored.