

FITNESS MYTHS:

Fitness Myth #1: *“Doing ab exercises such as crunches will get rid of belly fat”.*

Doing ab exercises will strengthen the abdominal muscles, but you won't be able to see them unless you lose body fat. Besides, you can't pick and choose areas where you'd like to burn fat. So in order to burn fat and lose the gut covering your six-pack, you need to include cardiovascular exercises and proper nutrition in to your fitness regimen.

Fitness Myth #2: *“Aerobic exercise boosts your metabolism for hours after you've finished”.*

Well somewhat...but as much as you think! Your metabolism will continue to burn at a slightly higher rate when you're done, but the amount is really insignificant...only about 20 extra calories for the day. So don't go counting it towards your daily caloric burn!

Fitness Myth #3: *“Swimming is a great weight loss activity”.*

Swimming is great for increasing lung capacity and toning muscles, but unless you're swimming for hours a day, it may not help you lose much weight. Because the buoyancy of the water is supporting your body, you're not working as hard as you would if you were running. Not to mention; It may actually make you hungrier than other exercises would and cause you to eat more than you normally would.

Fitness Myth #4: *“If you're not sweating, you're not working hard enough”.*

Sweating is simply your body's way of cooling itself. It's possible to burn a significant number of calories without breaking a sweat. In fact, your body is more effective at burning fat at the lower end of your target heart rate than the upper end. See a fitness professional to find your target hear rate.

Fitness Myth #5: *“If you feel OK when you're working out, you're not overdoing it”.*

One of the biggest mistakes people make when starting or returning to their workout program is doing too much, too soon, too fast, and too hard! You won't even know you're overdoing it until a day or two later. So no matter how good you feel when you go back to exercising, don't try to pick up where you left off, ease back in to it.

Fitness Myth #6: *“Machines are a safer than free weights”.*

It's a fallacy that an exercise machine will automatically put your body in the right position and help you do all the movements correctly. But that's only true if the machine is properly adjusted for your weight and height. Until you get the hang of it, you should have a coach or a trainer help you figurer out what is the right setting for you. So yes, it is possible to make just as many mistakes and get injured on a machine as it is free weights.

Fitness Myth #7: *“No pain no gain”.*

This one could potentially be the most harmful. Now look; yes, you should expect some muscle soreness one or two days after working out. However, you should not feel pain while you're working out! If you do, you're doing the exercise wrong, or you already have an injury. If you do, stop the exercise and rest. Now if the pain doesn't go away or increases...see a doctor!