

Common Fitness Myths & Facts

Fitness misconceptions have plagued the sport for years. Here is a chance to finally dispel common myths and replace them with the facts.

Myth: Spot reduction is possible.

Fact: There is no way to spot reduce. During exercise, energy is produced from fat throughout the entire body.

Myth: If you exercise longer at a lower intensity, you will burn more fat.

Fact: The harder you workout, the more calories you will burn. Working out at a lower intensity and gradually working your way up is best.

Myth: The only way to lose your desired weight is to exercise.

Fact: Exercise alone cannot guarantee long-term weight loss goals. However, regular exercise coupled with proper nutrition provides long-term success.

Myth: Strength training won't help with weight loss.

Fact: Strength training can help burn more calories. The more muscle you have, the more your body tends to burn calories long after exercise.

Myth: If you stop exercising, muscle turns to fat.

Fact: Lack of regular exercise reduces the amount of calories you burn. Therefore, your muscles will shrink in size, not turn to fat.

Myth: Women who strength train will build bulky muscles like men.

Fact: Generally, women cannot build bulky muscles like men because they lack the same level of the hormone testosterone.