



Exercise & Fitness 10 Myths & Realities

1. More is better...

In some things, yes; in exercise no. Your body will respond in a positive manner to an appropriate amount of stress placed upon it. Exceeding that amount is a waste of time and, quite possibly, may be counterproductive or injurious to your health. For example, research has shown that individuals who run seven days a week are typically no more aerobically fit than individuals who train properly 3-4 days a week. By the same token, an individual who performs the same strength training exercises on an every-day basis will eventually (over a period of time) be actually less muscularly fit than someone who gives the body time to adapt to the stresses imposed upon it.

2. Muscles don't matter...



Not true. An adequate level of muscular fitness is important for several reasons. For example, it reduces the likelihood that you will be injured by strengthening the muscles and the attendant structures

adjacent to a specific skeletal joint. It also will help make you a better performer in job-related and sports-related tasks. Finally, as you get older, your ability to perform certain daily tasks will be directly related to your level of muscular fitness. You can't be independent without being able to fend for yourself. As many researchers suggest, the primary essence of human dignity is a sense of independence.

3. The more you sweat, the more fat you'll lose...

Not true. Sweat reflects lost water, not lost fat. How much you sweat is not a good measure of how much energy you're using. Sweating is more dependent on such factors as temperature, humidity, lack of conditioning, body weight, and individual variability.

4. Muscle will turn to fat when you stop lifting weights...

Absolutely not possible. When you stop strength training, your muscles will return to their natural

state. The principle of "use it or lose it" applies here. If you think that muscles can turn to fat, simply observe what happens to someone who has cast on his/her broken leg. When the cast is removed after several weeks, you can readily observe that the muscles have considerably atrophied (i.e., reduced in size).

5. Exercising when you have a cold will help you sweat it out...

Not true. In fact, you should not exercise when you have a cold. When you get a cold, your body must work extra hard to fight off the viral infection. The demands placed on your body by exercise simply compound the problems presented by the infection. Refraining from exercise for a few days generally won't cause your level of fitness to decline, but it will give your body a chance to recover.



6. Exercise increases your appetite...

Not true. Considerable evidence suggests that exercise actually depresses your appetite (for a while), not increases it. While you may become hungrier at the mere mention or thought of exercise, researchers tend to attribute such sensations to psychological factors. Somewhat similar to the theory of Pavlov's dog acting in a certain way to a particular stimulus, your body may (psychologically) respond to exercise with feelings of hunger. Keep in mind that a desire for food does not signify a real need for nourishment.



7. Exercise will sap you of energy...

Not true. In fact, people who exercise have more energy than those who don't. You increase the number of red blood cells, which in turn increases the amount of oxygen rich cells which are delivered to your muscles. As a general rule, individuals who exercise tend to sleep better, and in turn have more energy the next day, than those who don't.