



Fitness Myths & Facts

MYTH: You can target your fat burn

FACT: Working out can reduce your overall body fat, but you can't control where that fat comes from. One of the most common areas asked about is stomach fat. You can't spot reduce stomach fat simply by doing lots of crunches. The best way is to reduce your total overall body fat by balanced workouts with high intensity cardio and strength training. Another point here is that great abs are made in the kitchen....not in the gym. The biggest key to having a lean waist and getting that 6-pack is nutrition. Nutrition, nutrition, nutrition!!

MYTH: No Pain, No Gain

FACT: While working out a little discomfort is normal and should be expected. However, if you feel a sharp pain anywhere, stop what you're doing!! Sudden onset sharp pain is NOT NORMAL. Pushing thru the exercise and pain will only result in an injury. Any trainer who insists that you continue and push thru the pain - should be fired. Listen to your body! If the pain is severe and persists, you should consult a doctor.

MYTH: You should stretch before you workout

FACT: Stretching loosens your tendons, and makes muscles feel weaker and less steady. So, a pre-workout stretch can actually have a negative effect on your workout. The best way to warm up is with dynamic stretching and movements that warm up the muscles without over stretching the muscle fibers and tendons. Such as light jogging/walking, jumping jacks, walking lunges, etc. Dynamic stretching increases flexibility, improves blood flow, and decreases your risk of injury and your recovery time. Translation: Your workout will feel easier, and you'll see faster results.

MYTH: Lifting weights will make you bulky

FACT: Actually adding weight training (strength training) to your fitness program will slim you down. Weights help your body build muscle and loose fat more quickly. If your fitness program includes cardio, strength training helps you retain muscle as you drop fat, as well as prevent your metabolism from slowing. So don't focus all your efforts on cardio. Bicep curls can actually help you reach your ultimate goal. A well balanced fitness program should include both strength and cardio training.

MYTH: Exercise machines are better than free weights

FACT: Many exercise machines are actually designed for men, which can make it tough for women to have proper form while using them. Machines isolate specific muscles, which means you actually burn fewer calories on a machine than you do when you exercise freestyle. Body weight exercises or free weights are a much better option and better simulate "real world" movements of the body.

MYTH: Running on a treadmill is just as effective as running outside

FACT: Running against the wind or on uneven terrain engages more of your muscles, it requires more energy and ends up burning about 10 percent more calories than running the same distance on a treadmill. The harder your body is working and the more muscles that are engaged during the activity, the more calories you will burn. Running outside requires your body to maintain it's core temperature (either warming or cooling depending upon the weather) which also burns more calories. If running on a treadmill is your only option, consider raising the incline or increase the speed to make it more difficult.