

# 5 Exercise Myths



## **1. If You're Not Going to Work Out Hard and Often, Exercise Is a Waste of Time.**

This kind of thinking keeps a lot of people from maintaining or even starting an exercise program. Research continues to show that any exercise is better than none. For example, regular walking or gardening for as little as an hour a week has been shown to reduce the risk of heart disease.



## **2. Exercise Is One Sure Way to Lose All the Weight You Desire.**

As with all responses to exercise, weight gain or loss is impacted by many factors, including dietary intake and genetics. All individuals will not lose the same amount of weight on the same exercise program. It is possible to be active and overweight. However, although exercise alone cannot guarantee your ideal weight, regular physical activity is one of the most important factors for successful long-term weight management.



## **3. If You Want to Lose Weight, Stay Away From Strength Training Because You Will Bulk Up.**

Most exercise experts believe that cardiovascular exercise and strength training are both valuable for maintaining a healthy weight. Strength training helps maintain muscle mass and decrease body fat percentage.



## **4. Overweight People Are Unlikely to Benefit Much From Exercise.**

Studies show that obese people who participate in regular exercise programs have a lower risk of all-cause mortality than sedentary individuals, regardless of weight. Both men and women of all sizes and fitness levels can improve their health with modest increases in activity.



## **5. Home Workouts Are Fine, But Going to a Gym Is the Best Way to Get Fit.**

Research has shown that some people find it easier to stick to a home-based fitness program. In spite of all the hype on trendy exercise programs and facilities, the “best” program for you is the one you will participate in consistently.