

10 MYTHS ABOUT EXERCISE

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1. I need a lot of time to exercise

The Truth: You only need 10 minutes of time to target a muscle. If you can add 6 ten minute chunks of exercise per day that will give you the same benefit as one exercise session of an hour. The point is just start exercising instead of thinking about it!

2. I'm not coordinated enough to participate in an exercise class

The Truth: You can build coordination skills if you practice! If you don't challenge your mind or your body to move in ways you are not accustomed to you

will miss out on working your brain and strengthening your muscles!

3. You have to be an athlete to follow an exercise program

The Truth: An exercise program should be designed specifically for you taking into account what your fitness and lifestyle goals are. Otherwise you won't stick to it and then it is useless!

4. Fit people don't sweat

The Truth: Fit people have the ability to sweat quickly because their bodies know how to handle the changes in body temperature that go along with exercise intensity.

5. If I exercise too much I will bulk up!

The Truth: The heavier the weight you use the more muscle definition you will gain. Focus on more reps and less weight to get toned. It takes a lot of time and energy to bulk up!

6. You need workout machines to get real results!

The Truth: You only need you! Your own body weight can be used in various exercises to build strength and tone muscles - for example push ups, sit ups, bench dips, holding the plank!

7. Exercise fads/gimmicks don't work

The Truth: You really don't need any pieces of equipment -just a desire to do exercise! If you believe that a piece of equipment will motivate you to do exercise then get it! The real key to exercise is your motivation to do it. If you need to hire a personal trainer to motivate you to exercise then spend the money because then it will be worth it!

8. Running is enough

The Truth: Running is great for cardiovascular exercise, helping to build a strong heart and preventing diseases. However you also need a strong body. Crosstraining is important to have an overall fit body. Crosstraining allows you to build muscle and core strength, improve balance, endurance, flexibility, and bone density. It also helps in the prevention of injuries, and in reducing the duration of illnesses.

9. Baggy t-shirts are good for the gym/classes

The Truth: If you wear form fitting clothing that stretches and breathes when you workout you are able to pay attention to your form and alignment -"suck it in" for ab work and for shoulders "lift up, squeeze back, and drop down" for improved posture!

10. Dieting is the only way to weight loss

The Truth: Weight loss is all about the difference between calories in versus calories out/burned. Increasing the amount of exercise you do will increase the number of calories burned, increasing weight loss. Building muscles through exercise helps to burn even more calories while at rest.

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