



# MORE EXERCISE MYTHS:

## separating the fact from the fiction

At some time or another you will probably come across the following myths during your exercise journey. Here's what you need to know to separate the fact from the fiction.

### **FICTION: IF YOU DIDN'T EXERCISE WHEN YOU WERE YOUNGER, IT'S TOO LATE**

Fact: Some older people tend to think that it is too late to start an exercise routine if they didn't workout when they were younger. But studies have shown that it is never too late to start exercising because you can reap benefits at any age. As we age, exercise can help reduce the risk of bone and muscle diseases and help enhance daily functionality. Regardless of age and medical history, consult a doctor before starting any exercise program.

### **FICTION: IF YOU CAN'T EXERCISE REGULARLY, DON'T BOTHER**

Fact: It can take 10 to 12 weeks of regular exercise for you to noticeably improve your fitness and have your body change shape, but the benefits can start as quickly as right after that first brisk walk! Doctors recommend that you get at least 45 minutes of moderate exercise each day, but if you think you don't have time to go to the gym or walk or run each day, try integrating exercise into your daily routine. For example, opt to walk up the stairs instead of taking the lift, walk to and from work, or get off the bus one stop early and walk the rest of the way.

### **FICTION: YOGA IS A COMPLETELY GENTLE AND SAFE EXERCISE**

Fact: Yoga is an excellent form of exercise, but some styles such as Ashtanga, Power yoga or Bikram are quite rigorous and physically demanding. As with any form of exercise, qualified, careful instruction is necessary for a safe, effective workout.

### **FICTION: YOU WILL BURN MORE FAT IF YOU EXERCISE LONGER AT A LOWER INTENSITY**

Fact: The faster you walk, step or run, the more calories you use per minute, and the more fat you will burn. However, high intensity exercise is difficult to sustain for long periods of time, and if you are just beginning or returning to exercise, you may not be able to exercise very long at all. It is safer, and more practical, to start out at a lower intensity and work your way up gradually.

### **FICTION: THE MORE YOU SWEAT, THE MORE FAT YOU LOSE**

Fact: If you exercise in extreme heat or humidity, you will sweat profusely and lose some weight. This weight loss will, however, only be fluid loss, not fat loss.



### **FICTION: ALL FAT IS BAD**

Fact: Our bodies need fat for vital functioning. It helps slow the ageing process and satisfy hunger for long periods of time - even up to 5 hours! The key is to replace the unhealthy fats in your diet with healthy fats such as olive oil.

### **FICTION: EATING MORE PROTEIN WILL CAUSE NEW MUSCLE GROWTH**

Fact: Protein is used for rebuilding the muscles (repair) after weight training (damage/stimulus). More protein does not cause muscle growth, but it does provide the muscles with 'fuel' when needed. This is not to be confused with fuel during exercise though, which is provided primarily by fat and carbohydrates (depending on intensity and duration).

### **FICTION: EATING LATE AT NIGHT, AFTER EXERCISE, RESULTS IN WEIGHT GAIN**

Fact: Eating in addition to your regular meals (and in excess of calories needed for your activities) will result in weight gain. Especially if those late night meals include tubs of double chocolate ice cream or multiple packets of chips!

#### **By Liz Dene, BHMS**

Liz is a personal trainer with more than 15 years industry experience. She specialises in nutrition and exercise and pregnancy issues and is a lecturer for the Australian Institute of Fitness (NSW) and presenter for Australian Fitness Network.