

## True or false

### **Showing up for your Workouts is 90% of success**

TRUE. This is great news so do it! The rest depends on how hard you work. If you are having problems with accountability join a class, small group, workout with a friend or hire a trainer to get you on track. Many people only need a jump start to get them on a regular plan.

### **Aerobic exercise is all that really matters**

FALSE. A balanced fitness program includes aerobics, strength training, stretching, as well as exercises to improve balance and stability. Some activities give you more than one benefit, for example, walking increases your heart rate while helping maintain balance and building strength in your lower body.

### **If you want to lose weight go for the Cardio**

FALSE. Science no longer supports this claim. Some of the newest information out there proves that Strength training and Metabolic training (High intensity intervals of Strength Exercises and Cardio) have been shown to be much more effective for weight and fat loss than Cardio.

### **Women who strength train are bound to bulk up**

FALSE. Thanks to genetics, hormones, and women's natural body types, most women are unlikely to develop bulky muscles with routine strength training. By strength training you will increase lean muscle mass which can make it easier to maintain a healthy weight. Body weight strength training is the best option for those who feel they may be the exception to the rule.

### **Exercise helps you sleep better**

TRUE. Regular exercise can help you fall asleep faster and deepen your sleep. Find the time that's best for you; if you exercise too close to bedtime, you might be too alert to drift off to sleep.

### **If you exercise you will reach your fitness goals**

FALSE. You need to identify your goals and make sure that your exercise program is designed to get you to your goals. All exercise is not created equal.

### **You can eat whatever you want if you exercise enough**

FALSE. If you consume more calories than you burn in a day you'll gain weight, no matter how much you exercise. One of the big things people do wrong is chow down after a workout. You do need to eat after a workout but, you need to eat a small balanced meal just like you do 5 other times each day.

### **Abdominal exercises will flatten your stomach**

FALSE. Crunches and other abdominal exercises can help strengthen your abs and improve your posture and abdominal tone, but muscle is muscle and fat is fat. If you have extreme abdominal fat, you won't be able to see your abdominal muscles no matter how many ab exercises you do. You need to watch calories in vs. calories out and work on overall fat burning before you can see muscle definition under the fat.

### **Aerobic exercise permanently speeds up your metabolism**

FALSE. During Aerobic exercise your metabolism speeds up while you're exercising and for a short time afterward, but it doesn't stay elevated all day. Add strength training to your aerobic workouts to build calorie-burning muscle while you're working off excess fat. Metabolic training (High intensity intervals of Strength and Cardio Exercises) has been shown to elevate the heart rate and metabolism for up to 6 hours after your workout.

### **When it comes to Fat Burning Intensity Matters**

TRUE. Getting out of your comfort zone equals results. The minute you think “Wow, this is getting easier” you need to switch up your routine, timing, or intensity level to continue to burn fat. See variety matters.

### **Variety Matters**

TRUE. One of the major things that people do wrong exercising on their own is to find a routine and stick with it. The body adjusts very quickly to any exercise routine. Every 6 weeks you need to switch up your routine and do something different to continue to get results. Hire a trainer, go to a new class, take up a new sport, embark on a new program and you will see the results you are looking for

### **The more you sweat, the more fat you'll lose**

FALSE. The harder you work out, the more calories you'll burn and the more fat you may lose, but sweating isn't always a reliable indicator of how hard you're working. Much of this is your unique genetic make up. Any weight you lose through sweating is almost entirely water. You should drink as much water as you think you may have lost in any workout. Water weight loss is dangerous and may inhibit fat weight loss.