



vigor monthly e-newsletter

Fitness Myths Busted



Despite being well informed about the benefits of exercising, many people choose not to exercise. The most popular and defeatist excuse is “When I exercise I don’t see results.” Is it because you are living with some misconceptions? You are not alone. Let’s examine some of these flabby fairy tales:

Myth 1: As you get older, you gain fat, no matter what you do

Some physiological reports show that with regular exercise that includes weight training, aerobic exercise and low-fat diet, you can increase lean body mass and decrease fat mass. Even at 90 you can experience renewed strength, stronger bones and flexibility!

Myth 2: No pain, no gain

Many people are under this misconception that unless they feel pain during their workout, their exercise is incomplete. Well, exercise should never hurt. It is not unusual to feel pain during the start of an exercise program, however you body acclimates quickly and soreness should be less of a problem as our muscles adapt to the exercise program.

Myth 3: Exercising with weights makes women bulky

First of all, no one becomes a ‘Hulk’ overnight! Light to moderate weights with a few repetitions are most effective in toning and strengthening. Most women lack the testosterone levels necessary to make the “body builder” like muscles.

Myth 4: You should never drink water when you’re over-heated.

If you are someone who believes this, you are risking yourself of getting dehydrated. You should drink few sips of water before, during and after exercising to replace the fluid you’ve lost.

Myth 5: If you are experiencing joint pains, you shouldn’t exercise.

Wrong! People with joint pains can improve their condition by keeping their joints mobile and active. Fitness training can help keep bones dense and strong, increases blood circulation & relieves stress.

If you still are not convinced walk into our fitness club and find out for yourself.

Next Edition: Shape up this Summer

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