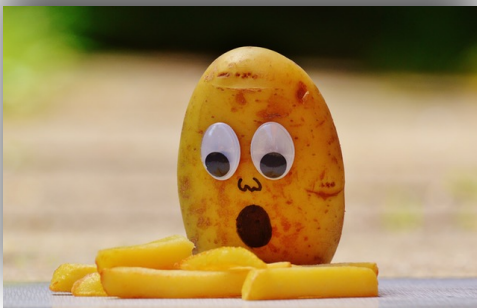


Be. Live. Stay. Well...



Busting Exercise & Diet Myths Debunking 5 common myths



1. If you want to lose fat, keep the intensity of exercise low. It is **true** - there is what exercise scientists consider to be a “fat burning zone”. This is the point at which lipids are being used as the primary source of fuel. Lipids are generally utilized at rest (including sleep) and during very low-intensity activities. **However**, at lower intensity activities fewer calories are burned. In fact, the amount of calories burned in this “zone” are too low to initiate (or maintain) weight loss. If the goal is weight loss, a higher intensity activity is desirable. The overall goal should be to increase the heart rate and burn off a significant number of calories.
2. Strength training makes women bulky. **Truth** - most women do not possess the genetic potential to “bulk up” from weight training without the use of external substances (steroids and supplements). Strength training will not make women bulky - they lack high levels of testosterone, which is a hormone responsible for muscle growth.
3. Abdominal crunches flatten the stomach. **Truth** - all the ab crunches and sit-ups will not burn the layer of fat that rests upon the muscle tissue. To reveal the “six pack”, an individual must perform a combination of cardio and strength exercises in addition to eating a balanced diet.
4. Extreme calorie cutting will help you lose weight. **Truth** - when calories are restricted to the extreme, the body perceives a state of starvation and the resting metabolic rate will slow and protein will be used for energy instead of what it is made to do - repair the body and build muscle. Exaggerated caloric restrictions also interrupt and silence the body’s natural hunger signals and we lose the ability to eat intuitively.
5. Reduced Fat foods are healthier. **Truth** - these foods are often higher in sugar and sodium. Fat gives food flavor and when it is removed, something has to take its place.



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