

## DEBUNKING EXERCISE & WEIGHT LOSS MYTHS

**MYTH: IF YOU EXERCISE, IT DOESN'T MATTER WHAT YOU EAT.**

FACT: IF YOU EXERCISE, IT MATTERS *EVEN MORE* WHAT YOU EAT.

If you don't have the nutrients in your body, you will not recover properly from a good workout. It's like flicking a lighter without any butane. If there's no material for the exercise to spark there will be no flame – and you may be creating a nutrient deficient.

**MYTH: AEROBICS IS BETTER THAN WEIGHT TRAINING FOR LOSING WEIGHT.**

FACT: TO REALLY TRANSFORM YOUR BODY, YOU *MUST* WEIGHT TRAIN.

If you're doing nothing, any extra activity is good for you. But if you really want to burn fat and change the shape of your body, you need to ramp up your metabolism by building more muscle. Even though aerobics does help burn fat, it does not change how small your waist looks or how slim your arms look the way weight training does. That's where bootcamp comes in, it's covers both bases.

**MYTH : THE LONGER YOU EXERCISE, THE BETTER.**

FACT: TOO MUCH EXERCISE *PREVENTS* RESULTS.

The purpose of exercise is to stimulate muscle and burn fat. To do this, workout sessions should be **brief, intense** and **highly effective**. This can be accomplished in less than 4 hours per week. Anything more can drain you – mentally and physically – and take you further away from your goals.

**MYTH: MUSCLES GROW WHILE YOU'RE WORKING OUT**

FACT: MUSCLES GROW WHILE YOU'RE RESTING AND RECUPERATING.

During a good workout, slight muscle damage occurs. This micro-trauma triggers the body to re-build the tissue – if you give it time and proper nutrients to recovery.

**MYTH: IF WOMEN LIFT WEIGHTS, THEY GET “BULKY”**

FACT: RESISTANCE TRAINING HELPS WOMEN BECOME LEAN AND TONED.

Fat takes up 5 times more space than muscle. If you replace the fat on your hips or thighs with muscle, you get smaller hips or thighs.

**MYTH: WEIGHT TRAINING IS ONLY FOR YOUNG PEOPLE.**

FACT: PEOPLE OF ALL AGES SHOULD BE WEIGHT TRAINING.

Loss of muscles mass begins at age 25! This is the age most people see their body fat levels go up. Without weight training, we lose strength and become fragile and more prone to injury as we age.

**LIFT WEIGHTS TO LOSE WEIGHT!**