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Sports

Debunking Exercise Myths: A Key to Success

Most people realize that exercise is extremely beneficial for their physical and mental health yet the most common fitness goals are to lose weight and reshape the body. To achieve these goals, it's important to understand the truth about exercise. Here are a few fitness "myth busters" to help you get on the right track.

1. You have to starve yourself to lose weight. The truth is that if you're starving yourself in order to lose weight, you will never lose weight. When you starve

yourself, your body and metabolism go into survival mode. Survival mode tells your body to store fat because fat is more nutrient dense than muscle. This causes your body to feed itself by eating away at your muscle tissue.

2. If I work my abs every day I will get a six pack. Wrong! This is a common misconception that more is better. The technique of working a muscle group every day to lose body fat in that area is called spot reducing and unfortunately, it doesn't work. Cardiovascular activity, strength training and proper nutrition are the keys to losing body fat.

3. I don't lift weights because I don't want to look like a man. This is extremely inaccurate. Women are afraid that by lifting weights they will build big muscles like men. The truth is that women do not produce enough testosterone (the male hormone) to build big bulky muscles.

Avoid these three common myths and you will be on your way to meeting your goals.

Brought to you by THE GYM in Armonk, 99 Business Park Drive. For more info call 914-219-1601.