



# WEIGHING THE TRUTH ON EXERCISE AND NUTRITION

# SOURCES OF MYTHS

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- “I feel It” Syndrome

## SOURCES OF MYTHS

- Supplement Salespeople

# SOURCES OF MYTHS

- Equipment Salespeople



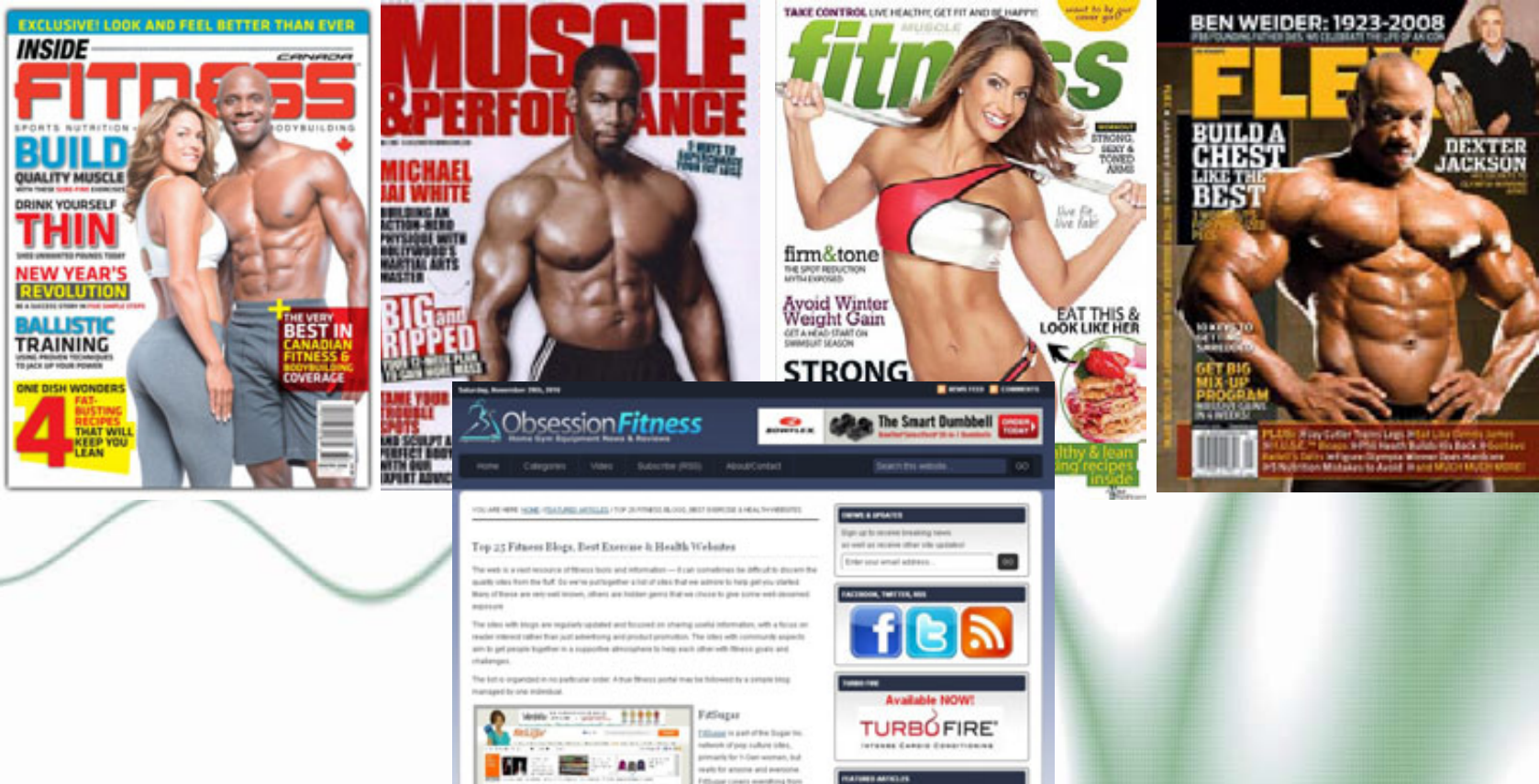


## SOURCES OF MYTHS

- “Big Guy” Syndrome

# SOURCES OF MYTHS

- Magazine and Website Editors



# TYPES OF MYTHS



- **AEROBIC EXERCISE MYTHS**
- **TRAINING MYTHS**
- **NUTRITION MYTHS**
- **DRUG MYTHS**

# AEROBIC EXERCISE MYTHS

## AEROBIC EXERCISE MYTHS

**MYTH:** Aerobic exercise and a restrictive-caloric diet are all I need to effectively control my weight and “get lean”.



- **IT MIGHT BE MORE APPROPRIATE TO BELIEVE THAT:** Combining a conventional aerobic exercise program with a calorically restricted diet does little (IF ANYTHING) to help you preserve lean body mass during your weight-reduction efforts. The optimal exercise prescription for sound weight management maybe one that combines aerobic conditioning and strength training as well as a sensible diet containing all food groups.



## AEROBIC EXERCISE MYTHS

**MYTH:** The more you sweat while exercising, the more body fat you lose.



- **IT MIGHT BE MORE APPROPRIATE TO BELIEVE THAT:**  
Any resultant weight loss would represent mostly lost water and not fat. When you replenish your body fluid stores by eating and drinking, those lost pounds return almost as fast as they left.

## AEROBIC EXERCISE MYTHS

**MYTH:** You can burn fat from specific regions of the body by exercising those areas.



- **IT MIGHT BE MORE APPROPRIATE TO BELIEVE THAT:** When you exercise, you utilize energy produced by metabolizing fat from all the regions of your body. Performing sit-ups will not trim the fat off your abdominal region. The exercise may firm up the area but will not make it disappear.



## AEROBIC EXERCISE MYTHS

**MYTH: Muscles will turn to fat when you stop exercising regularly.**



- **IT MIGHT BE MORE APPROPRIATE TO BELIEVE THAT:** Muscles cannot turn to fat. Muscle and fat are two separate and distinct tissues. If you do not use a muscle, it will literally waste away (atrophy).

## AEROBIC EXERCISE MYTHS

**MYTH: Eating too many dairy products causes cellulite or “cottage cheese” on the thighs.**



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- IT MIGHT BE MORE APPROPRIATE TO BELIEVE THAT: The activity of the fat producing enzyme lipoprotein lipase is very high in the thighs and hips of women, resulting in a higher percentage of fat deposition in these areas (women need these stores to prepare for pregnancy and lactation). While an increase in overall body fat does play a role, it is also due to genetics.

Individuals who have cellulite have a dermis layer that has areas of less density, which results in the appearance of the dimpling. Deep massaging every night to break up the deposits of fat and fibrous tissue can help to temporarily decrease the appearance of the dimpling. There are also a few FDA approved therapies for cellulite eg mesotherapy and Endermologie both of which are costly.

(a diet low in fat and exercise can assist in the reduction of the appearance of cellulite)





# NUTRITION MYTHS

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MYTH: I can get as big as I am physically capable of getting by eating three square meals per day.



BREAKFAST



LUNCH



DINNER

- **IT MIGHT BE MORE APPROPRIATE TO BELIEVE THAT:** It may take 5 or 6 meals a day, with an array of food groups, and each with an appropriate balance of fats, carbohydrates and protein, to ensure maximum growth (and let us not forget training!)

## NUTRITION MYTHS

MYTH: Dietitians, medical doctors and chiropractors are your best bet for good, sound nutritional advice to support your training efforts.





- **IT MIGHT BE MORE APPROPRIATE TO BELIEVE THAT:** Many are highly conservative in their nutritional approaches to fitness and sports excellence. Some are concerned with the health of the (relatively sedentary) masses because that's where their training is. (Sports and Fitness Nutritionist may be your best bet)

# TRAINING MYTHS

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**MYTH:** With the proper choice of exercises, I will be able control the shape of each one of my muscles.



- **IT MIGHT BE MORE APPROPRIATE TO BELIEVE THAT:** Your genes will determine your individual muscle's shape. What you can affect is the size and strength of you muscles.



## TRAINING MYTHS

MYTH: “If I do weight or resistance training I will get like those bodybuilders I see in the magazines”.



- **IT MIGHT BE MORE APPROPRIATE TO BELIEVE THAT:** The muscularity and size of bodybuilders are due to many other factors than just resistance training. There maybe a psychological and motivational component (“big arexia”), a nutrition component and a drug component. If the only element present is resistance or weight training and there are no extreme deviations in your current regimen otherwise it is almost impossible for you to look like “those bodybuilders in the magazines”.

# DRUG MYTHS

## DRUG MYTHS

MYTH: Without steroids I can't see muscular gains with definition.





- **IT MIGHT BE MORE APPROPRIATE TO BELIEVE THAT:** Integrative Science is an effective alternative. It may take more discipline, time and education but it can be done.

## CONCLUSION

Just be wary of the five myth sources identified and the associated myths, untruths and misconceptions that stem from them.

- “I feel It” Syndrome
- “Big Guy” Syndrome
- Magazine and Website Editors
- Supplement Salespeople
- Equipment Salespeople

**THE END**