

Top 5 exercise myths, Busted!



When it comes to exercise, it can be tough to tell the difference between fact and fiction. Here are some of the most common exercise myths and the real truth behind them.

Myth #1 - No pain, no gain.

This is an old-school way of thinking—and just plain wrong. If you're always sore, you won't want to work out anymore! Instead, your mantra should be - "No pain is gain!"

Myth #2 - I need to work out 1 to 2 hours a day to see results.

There is absolutely no need to work out that hard. In fact, you only need to exercise for 30 to 45 minutes, four to five times a week to see real results!

Myth #3 - I need to join a gym.

Not true. You can get great results working out at home, at your local recreation center or even in your office!

Myth #4 - If I lift weights, I'll bulk up.

Think again. Lifting weights will shape, contour and tone your body—not make it bigger.

Myth #5 - Exercise is the key to a flat stomach.

While exercise will help, in order to get a flat stomach, you need to make dietary changes. Learn to eat in ways that help feed muscle and starve fat and you'll be well on your way to the stomach of your dreams.

Know the truth when it comes to a safe and effective exercise routine.

