



# Fitness Myth Busters

**Myth: Strength training will make women “bulk up”.**

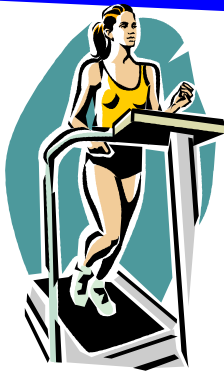
**Truth:**

- In order to bulk up testosterone is necessary.
- Women’s testosterone levels are much lower than men’s, and typically are not capable of building large muscles.
- Strength training however, can help women lose weight (increased metabolism), increase strength, and decrease one’s risk of osteoporosis.
- The RecPlex has personal trainers available for individual consultation. See a Fitness Center Attendant for more information.

**Myth: High reps are most beneficial.**

**Truth:**

- Try a weight that you can lift 8-15 times while keeping good form and remaining challenged.
- If you do not feel challenged after 15 reps the weight you are using is not heavy enough.



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**Myth: Running on a treadmill puts less stress on your knees than running on asphalt or pavement.**

**Truth:**

- The force your body exerts on your joints (7-8 times your weight when landing) is the same on a treadmill or asphalt.
- Reduce knee impact, by varying your workout with other cardio activities such as the elliptical, the stationary bikes, the arc trainer, or swimming.
- Try the Woodway treadmills, designed for enhanced shock absorbency.

**Myth: Machines are a safer way to exercise because you're doing it right every time.**

**Truth:**

- Exercise machines do not automatically put your body in the right position.
- Be sure to check for adjustments that can be made for your body type.
- Adjust the bike seats to a distance that allows for a slight bend in the knee, and find the proper setting on the weight lifting equipment by adjusting the yellow knobs/levers.
- For additional help see a Fitness Center Attendant.

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**Myth: Crunches burn off belly fat.**

**Truth:**

- The concept of “spot reduction” is false.
- For example, doing crunches will **not** take off fat around the midsection, but will strengthen the abdominal muscles. Fat and muscle are two completely different tissues.
- In order to burn fat, try a combination of cardiovascular exercise and strength-training.

**Myth: No Pain, No Gain!**

**Truth:**

- Exercise should not be painful!
- At the height of your workout, you should be sweating and breathing hard (enough to answer a question, but not so comfortable as to hold a conversation).
- Distinguish between muscles/joint pain (sharp and uncomfortable during movement) and muscle fatigue (feeling the “burn”).
- Always listen to your body, and if it is painful...stop!
- For sports-related injuries see a Fitness Center Attendant for details about the free athletic trainer who takes appointments every Monday from 12:00pm-2:00pm.

Information adapted from WebMD.com & AOLHealth.com