

MYTHS AND FACTS ABOUT NUTRITION AND EXERCISE

Myth: Aerobics is better for body shaping than weight training.

Fact: To transform your physique, you must train with weights.

Myth: If you exercise, it doesn't matter what you eat.

Fact: If you exercise, it matters even more what you eat.

Myth: If women lift weights, they'll get bulky.

Fact: Weight training helps women create lean, toned bodies.

Myth: Weight Training is only for young athletes.

Fact: People of all ages should lift weights including children.

Myth: Muscles grow while you are working out.

Fact: Muscles grow while you are resting a recuperating.

Myth: A certain number of sets and reps gets the job done.

Fact: High intensity effort produces the results.

Myth: Eating right means three square meals per day.

Fact: Eating six nutritious meals a day is the right way.

Myth: People who overeat lack willpower.

Fact: Overeating is a natural instinct.

Myth: High-carbohydrate, low fat diets work best.

Fact: People are becoming fat from a "carb overdose".

Myth: You have to count every calorie you eat.

Fact: You should count portions not calories.

Myth: You need to drink water only when you are thirsty.

Fact: Your body needs more water than it is telling you.

Myth: You have to eat "perfectly" all the time.

Fact: There is no such thing as eating "perfectly".

Myth: Personal Trainers know how to count.

Fact: Your trainer cannot count.

Myth: Set diets are the answer to long-term success.

Fact: You must learn what types of foods to eat.

Myth: If you want to lose fat, you cannot eat fat.

Fact: Some fats are actually good for you and help to burn fat.

Adapted from Body for Life by Bill Phillips, 1999

Looking Good and Feeling Great Pty Ltd ABN 8511242052
Tel: 0403691855 **Fax:** 02 4730 1348 **Email:** denver@lgfg.com.au
Website: www.lgfg.com.au