

The Top 5 Training Myths

Myth No. 1: I need exercises to work my 'lower abs' and reduce my pot belly.

First, there is no such thing as 'lower abs.' The six-pack you're going for is actually one long muscle, called the rectus abdominis, that extends from below your chest to your pelvis. To work your abs, you should do exercises to target all four muscles: the rectus abdominis, internal and external obliques and the transverse abdominis.

Second, doing crunches will not help you get a 'six-pack' if you have a layer of fat over your abdominal area. In order to see the muscles; you must reduce your body fat. . You do this by proper exercise and really being honest about what you are eating. Through Start Caring Wellness Nutrition Plan, you can examine and figure out how to make this happen.

Myth No. 2: If I'm not sore the next day, I didn't workout hard enough.

Many people use muscle soreness as a gauge of how good their workout is. However, muscle soreness is caused by tiny tears in the muscle fibers and, while some soreness is expected if you regularly change your program, being sore for days after your workout most likely means you overdid it. If you're sore after every workout, you're not allowing your body time to recover, which is when you experience the most muscle growth. You must rest your muscles so they can grow.

Myth No. 3: If I can't workout often enough and hard enough, I might as well not even do it.

The general rule for weight loss is to do cardio 4-5 times a week for 30-45 minutes as well as weight training 2-3 times a week. Some people simply don't have the time to workout that much and they think, since they can't do all of that, why do ANY of it? Remember: *Any* exercise is better than no exercise, even if it's only a 15-minute walk. Being physically active) is proven to reduce stress and make you healthier. So, even if you can't make it to camp, you have no excuse not to do something active each day.

Myth No. 4: "For Women" Strength training will make me "bulk up"

Some women avoid weight training because they don't want to bulk up. However, strength training is a critical element to maintain a healthy weight and strengthen your body. Wayne Wescott, weight training expert and PhD, researched the effects of weight training on women and found that "the average woman who strength trains two to three times a week for eight weeks gains 1.75 pounds of lean weight...and loses 3.5 pounds of fat...women typically don't gain size from strength training, because compared to men, women have 10 to 30 times less of the hormones that cause bulking up." So don't be scared to pump a little IRON! ☺

Myth No. 5: If I eat more protein, I can build big muscles.

Building muscle mass involves two things: Using enough weight to challenge muscles beyond their normal levels of resistance and eating more calories than you burn. With all the hype about high protein diets lately, it's easy to believe that protein is the best fuel for building muscle but, according to the American Dietetic Association, muscles work on calories "which should be predominately carbohydrates. The remainder of the calories is divided between fat and protein."

If you consume too much protein, you run the risk of creating nutrient imbalance, kidney strain, or dehydration. Plus, excess protein results in extra calories that are either burned or stored. For muscle mass, you should incorporate a healthy eating plan, as well as a workout that combines cardio exercise as well as consistent weight training. Remember always consult a Physician prior to starting an exercise program of any kind.