

Debunking Myths on Exercise and Weight Loss



Exercise is a critical component in any effective weight-control regimen. Unfortunately, some people have misconceptions about weight and exercise. Here are some of the more common popular fallacies.

Myth: Exercise increases your appetite.

Fact: Appetite is actually more manageable after exercise. Furthermore, any slight increase in food intake from physical exercise is more than offset by calories expended by the exercise.

Myth: In order for exercise to be worthwhile, you must work out every day.

Fact: Three times a week for around 20 minutes each time will burn off a significant number of calories. (Of course, if you exercise longer—say, 45 minutes to an hour—you'll burn even more calories.)

Myth: Exercise must be extremely vigorous to achieve weight loss.

Fact: Moderate exercise like walking, if done on a regular basis, can be effective. Daily 30-minute walks can burn up to 15 pounds a year.

Myth: The more you sweat, the faster you lose weight.

Fact: There is no benefit to excessive sweating. It can even be dangerous. So don't overdress for exercise, and don't wear "sauna suits."

Myth: Only aerobic exercise burns calories.

Fact: Aerobic exercise (cycling, walking, swimming, etc.), speeds up your metabolism for 4 to 8 hours after you stop exercising, so calories will be burned when you exercise and after you finish working out. Nonaerobic exercise like weight lifting, burns calories when you exercise and adds lean muscle tissue, which burns more calories than fat. Both types of exercise are important components of fitness.