

BE ACTIVE- WORK OUT!

4 Workout myths to straighten out.....

- **You can spot reduce for tight abs.**

MYTH #1

Let's get real! Our body is not programmed for this. To get healthy, we have to tackle the whole body to burn fat! Anyway, what good is a six-pack if the rest of the body is out of shape?!?!?!?

- **Low-intensity exercise burns more fat.**

MYTH #2

There is only a little bit of truth in this. While you do burn more stored fat at lower intensities you burn more overall calories at higher intensities. In terms of percentage you may burn less fat calories with higher intensities but the total count is higher.

- **Women shouldn't lift weights because it'll make them bulky.**

MYTH #3

Women do not have high enough testosterone levels to build bulky muscle mass. Strength training actually decreases body fat and burns calories more efficiently. HOWEVER, if you build muscle with great strength training but gain weight with less ideal nutrition choices, inches of body fat can form on top of the muscles. Not good.....

- **I'll do lots of cardio to lose weight and then do strength training to tone up**





MYTH #4

Cardio burns more calories, true but which calories. While true, these calories may be coming from muscle mass and not fat. If your goal is to be trim and healthy, you want to add in strength training! It will not only accelerate your fat loss efforts, but will assure that what you lose is indeed fat and not muscle.

What is in a good workout program?

To create a real “get healthy and fit” workout plan you have to tackle all aspects of working out. These four parts will cover the most important aspects. Most of all, find something that you ENJOY doing and that you can stick with it. And then be creative and mix it up!



Cardiovascular 	Strength 
Flexibility 	Balance 

How often should I work out?

For Overall Cardiovascular Health:

At least **30 minutes of moderate-intensity** aerobic activity at least **5 days per week**

OR

At least **25 minutes of vigorous** aerobic activity at least **3 days per week**

AND

Moderate- to high-intensity muscle-strengthening activity at least 2 days per week for additional health benefits.

Source:

American Council on Exercise, American Heart Association, CNN, Jijifit.com



www.northcypresswellness.com

info@northcypresswellness.com

(281)807-5300