

Work Out Myths



Sometimes we hear conflicting views about “working out” from different sources. As a result, we are often left confused about what we should or shouldn’t do which typically doesn’t propel us to take action, or if it does, it may lead us down the wrong track! Without a doubt, there are a lot of myths out there that need to be de-bunked. As such, the Heart and Stroke Foundation provides some answers to some of these unfounded claims.

Here are just a few:

Myth #1: An aerobic workout will boost your calorie burn for hours after you stop working out.

False: Don’t confuse calorie burn with metabolism. While your metabolism will continue to rev at a slightly higher rate after you finish an aerobic workout, the amount of calorie burn is not statistically significant. In fact, you’ll only use up about 20 extra calories for the rest of the day. While there's a little bit more of a metabolic boost after strength training, it's still negligible. In other words, don’t use the fact that you worked out to eat more.

Myth #2: If you're not working up a sweat, you’re not exercising hard enough.

False: Sweating or perspiring is not necessarily an indicator of exertion. Perspiring is your body’s way of cooling itself. It's possible to burn a significant number of calories without breaking a sweat.

Myth #3: Strength training will make me "bulk up."

False: Gaining muscle mass is something you have to work very hard at to achieve, male or female. Women tend to avoid weight training because they don't want to look bulked up. However, strength training is a critical element to maintaining a healthy weight and strengthening your body. What we know is that the average woman doesn't typically gain bulk

from strength training because she doesn't have the amount of hormones necessary to build massive amounts of muscle.

For more answers to other workout myths, click [here](#).