



# 5 Common Myths About Exercise

Misunderstood facts about exercise can prevent someone from taking the first step to getting fit. Learn the following facts about exercising:

**MYTH 1:**

Exercising makes you tired.

Actually, it's the complete opposite! As you become more physically fit, you have more energy. Not only does it reduce tiredness but it also helps manage stress.

**MYTH 2:**

Exercising takes too much time.

Do you have 10 minutes a day to exercise? If you use three 10-minute periods during the day to just walk, you're exercising! If you have 30 minutes in your schedule, three or four days a week, you can exercise enough to condition your heart and lungs.

**MYTH 3:**

All exercises give you the same benefits.

All physical activities can give you enjoyment. Low-intensity activities—if performed daily—can also have some long-term health benefits and lower your risk of heart disease. In a recent studies by the National Heart, Lung, and Blood Institute (NHLBI), have shown that women trying to lose weight can benefit as much from a moderate physical activity as from an intense workout. However, only aerobic exercises, such as brisk walking, jogging, or swimming, improve the efficiency of your heart and lungs.

**MYTH 4:**

The older you are, the less exercise you need.

The exact opposite is true. Older adults can benefit from muscle-strengthening exercises. Such exercises can reduce the risk of falling and breaking bones.

**MYTH 5:**

You have to be athletic to exercise.

Walking is the best exercise. Everyone can do it. It's easy, safe and accessible. Walking is especially good since it's an aerobic and weight-bearing exercise. It helps your heart and helps prevent osteoporosis.