

## Common Weight Loss and Exercise Myths Exposed

Learning how to [lose weight](#) and exercise properly are difficult enough as it is, so let's clear up some common [diet and exercise](#) myths.

**Answer True or False:**

**Myth #1:** It is possible to "spot reduce" your problem areas if you stick to an ultra-strict diet.

**Answer:** False! Your genetics will dictate where you store extra body fat and from where it is removed when you diet. Other than liposuction, there is no way to "spot reduce."

**Myth #2:** Exercise lowers your risk of multiple diseases, such as heart disease, cancer, and diabetes.

**Answer:** True! Your body was made to move, so get out there and let loose!

**Myth #3:** Overweight people eat more calories than thin people.

**Answer:** False! In fact, research shows that overweight individuals often eat *fewer* [calories](#). The problem with eating too few calories is that your metabolism (fat burning potential) slows down, which makes it very hard to lose weight.

**Myth #4:** Strength training is not a good choice for women because lifting weights makes you "bulk up."

**Answer:** False! Studies show that strength training does not generally create large, bulky muscles in women because they have low testosterone levels. Strength training should be a vital part of any workout program due to its heart healthy, fat burning, and bone strengthening benefits.

**Myth #5:** Men generally lose weight faster than women.

**Answer:** True! Sorry girls, this one may seem unfair, but men naturally carry around more total muscle mass than women, which causes a rise in their resting metabolism rates. On a positive note, women can close the gap a little by building lean muscle (strength training).

**Myth #6:** Doing sit-ups or crunches will reduce your "pot belly."

**Answer:** False! Doing sit-ups is a great way to build core strength and firm abdominal muscles, but unless you lose the layer of fat sitting on top of your abs, no one will be able to see the fruits of your labor.