

FITNESS MYTHS

1. You must exercise everyday in order to get any benefits.

A regular exercise routine is important, but it doesn't have to be every day. Exercising 20-30 minutes a day, 3-5 days a week, will provide great health benefits, but, depending on the sport, it may not get one in shape to officiate.

2. Running is the best way to get in shape.

There is no "best way" to get in shape. Find something you enjoy that elevates your heart rate. Remember, getting in shape takes time and staying in shape takes a regular routine.

3. Early morning is the best time to exercise.

There is no "best time" to exercise. Exercise is good for you any time. You just need to decide when you enjoy it the most and find time to work it into your schedule. Whether you use it to "get you going" or a way to relax at the end of the day makes no difference.

4. Warming up before exercise isn't important if you're under 50 years old.

Preparing the body to work is important, no matter what your age. A warm up and stretching routine plays an important part in reducing the likelihood and severity of injuries. Cooling down after exercise is also important.

5. If exercise doesn't hurt, it isn't doing any good. (No pain, no gain!)

If exercise hurts you are probably doing something wrong or doing too much. You may feel some discomfort as you exercise hard enough to increase your heart rate, but the health benefits are not greater if you are killing yourself to get fit!

6. Dieting is the best way to lose weight.

Most people who only diet to lose weight gain it all back, plus a little extra, within a year of starting their diet. Eating sensibly, by reducing fat, and regular exercise is the best way to lose and maintain weight.

7. Drinking water during exercise causes muscle and stomach cramps.

Muscle cramps are caused from LACK of water. Water is essential to the body functioning properly, especially during exercise. Stomach cramps can occur if one drinks too much water in a short time or drinks carbonated beverages during exercise. If you are not used to drinking water during exercise drink small amounts at first, to get your body used to the fluids, then drink.lots!

8. Applying heat makes injuries feel better and heal faster.

Heat causes injuries to swell and heal much slower. The best advice for any injury is to use ice to reduce the swelling and pain.

9. Steak is still the best pregame meal.

Steak never was the best pregame meal! Foods high in carbohydrates are the best foods to eat before a contest. Pasta, fruits, vegetables, breads, and noncarbonated, caffeine-free fluids are good choices before a contest.