

Debunking Fitness Myths

follow suit bulk up trim offset make a beeline stave off
deleterious par for the course poise strenuous agile fight off

1. Lifting heavy weights bulks up women.

Lots of women worry that lifting weights will make them look like the Hulk. But the concern is seriously unfounded. Bodybuilders basically devote their lives to . They spend hours upon hours every day lifting the heaviest weights they can get off the ground and follow a squeaky-clean, high-protein diet. Unless you're , you really don't need to worry.

2. Eating fat makes you fat.

While fat is often demonized, there's no proof that the fat you eat to your butt or thighs or tummy. That's because your body only turns calories into body fat when you eat more calories than it can burn — and that goes for calories from any nutrient, including protein and carbs. Dietary fat is enormously satisfying and steadies your blood sugar and appetite, so a diet that contains healthy fats from foods like fish, vegetable oils, and avocado may actually help you crave fewer calories.