

## 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. Stretching before a workout will prevent injuries and soreness

Studies that have compared injury rates or muscle soreness in people who stretch before exercise and those who don't have found little benefit to stretching. On the contrary, stretching cold, tight muscles before a resistance training session may have a deleterious effect. When you pre-stretch muscles, they lose some of their ability to contract. Instead, start your workouts with a dynamic warm-up and save the static stretching for your post-workout time. It will reduce stress, decrease muscle tension, and improve your poise and posture.

### 2. Dieting is more effective than physical activity for weight loss.

Unfortunately for gym fans who absolutely love to eat studies suggest that dieting is a more effective weight loss strategy than exercising. You can't possibly burn enough calories through exercise alone to offset an awful diet, and of course it will always be easier to eat a little less than burn a little more.