

Debunking Fitness Myths

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1. More muscle mass results in burning more fat while resting

Our bodies continue to utilize energy while we sleep since it is a time for the body to heal and 1)_____. The average human is estimated to burn roughly 50 calories each hour. The exact number depends on an individual's metabolic rate. The higher an individual's muscle mass (and the lower their fat mass), the higher their metabolic rate, as muscle tissue burns far more energy than fat tissue at rest. Using 2)_____ training to gain lean muscle mass is therefore beneficial to burn fat and can continue doing so even during sleep.

2. Crunches don't burn that pesky belly fat

Unfortunately, crunches alone won't slim midsection. To 3)_____ excess belly fat, you have to lower your overall body fat through regular aerobic exercises, such as brisk walking, running and biking, and good nutrition. Shedding the extra jiggle around your waistline can 4)_____ heart diseases and certain cancers.

3. 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 5)_____ an awful diet, and of course it will always be easier to eat a little less than burn a little more.

