## Debunking Fitness Myths

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**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 **1)**_____ up. 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 **2)**_____ suit, 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 makes a **3)**_____ 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 **4)**_____ fewer calories.

**3. 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 **5)**_____ 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 **6)**_____ and posture.


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