WORKOUT
MYTHS

When it comes to physical activity and working out, don’t believe everything you hear. Let’s dispel some common myths you may encounter.

**MYTH: Sports drinks are necessary after or before working out.**
**TRUTH:** Unless you are running a marathon or are into extreme sports, water is a sufficient way to rehydrate after a workout. Sports drink have unnecessary added sugars, salt, and/or other chemicals.

**MYTH: Anyone who works out should take vitamin supplements.**
**TRUTH:** You do not have to take additional vitamins when you work out. If a medical professional has diagnosed you with a particular vitamin deficiency, it can be helpful to take supplements. However, whole and natural foods are the best sources of essential nutrients for most people.

**MYTH: Food supplement shakes and sports bars increase your performance.**
**TRUTH:** Supplemental shakes and bars can be fine as a treat or as meal replacements in a pinch, but they are full of extra calories and can undo the benefits of exercise. It is better to eat well-rounded meals to ensure you are getting all your nutrients. Stick to nuts, fruits, and veggies when you need quick snacks.

**MYTH: Lifting heavy weights will bulk you up.**
**TRUTH:** Unless you have a body with high levels of testosterone and are actively loading up on protein and extra calories, you will not dramatically increase your muscle mass and become bulky. Try using heavier weights with less repetitions rather than lighter weights with more repetition to strengthen your muscles and increase muscle endurance.

**MYTH: If you are not drenched in sweat, you are not working hard enough.**
**TRUTH:** Sweating is your body’s way of cooling you off when it gets hot. It is not necessarily an indicator of exertion. How much you sweat depends on temperature and humidity or your personal physiology. You can burn a significant amount of calories without breaking a sweat; for instance, when you walk or lift weights.