

Fitness tips 10 exercise myths

1. You will burn more fat if you exercise longer at as lower intensity
2. If you are not going to workout hard and often, exercise is a waste of time
3. Yoga is a completely gentle and safe exerciser
4. If you exercise long and hard enough, you will always get the results you want
5. Exerciser is one sure way to lose all the weight you desire
6. If you want to lose weight, stay away from strength training because you will bulk up
7. Water fitness programmes are primarily for older people or exercise with injuries
8. The health and fitness benefits of mind-body exercise like tai chi and yoga are questionable
9. Overweight people are unlikely to benefit much from exercise
10. Home workouts are fine, but going to a gym is the best way to get fit