

Speaking

Fitness - Exercise Myths

Although some old fitness fictions, such as “no pain, no gain” are fading fast, plenty of popular exercise misconceptions still exist. Here are some of the most common myths as well as the not-so-common facts based on current exercise research. Discuss them. Do you consider them myths? Support your arguments.

- 1. If You're Not Going to Work Out Hard and Often, Exercise Is a Waste of Time.**
- 2. Yoga Is a Completely Gentle and Safe Exercise.**
- 3. If You Exercise Long and Hard Enough, You Will Always Get the Results You Want.**
- 4. Exercise Is One Sure Way to Lose All the Weight You Desire.**
- 5. Overweight People Are Unlikely to Benefit Much From Exercise.**
- 6. Home Workouts Are Fine, But Going to a Gym Is the Best Way to Get Fit.**