

Tips that Count

Wellness information for your journey to a healthier you!

Exercise Myths

The more out of shape you are, the longer it will take to see results.

The greatest gains in fitness are seen in the first few weeks and months of an exercise program, and the worse shape you are in, the greater the relative improvement will be.

Being very tired after an exercise session is a sign that you've had a really good workout. Actually, feeling drained is a sign that you're pushing yourself too hard. Except for the first couple of weeks of a new exercise program, your workouts should leave you feeling invigorated, not worn out.

When your muscles are sore, it means they're getting stronger.

Some muscle soreness is common the day after you've had a good workout. But if the soreness lingers for more than a few days, you could be damaging your muscles.

Heavy people have a harder time burning calories. In fact, the more you weigh the more work you're doing and the more calories per minute you're guaranteed to burn.

People who are out of shape sweat more than really fit people.

Fit people actually perspire more than sedentary folks.



All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician before starting a new fitness regimen.