TOTAL WELLBEING EXPO
Virtual Event
Fact vs Fiction?
Common Fitness Myths Debunked
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WHICH IS BETTER FOR WEIGHT LOSS?

**Cardiovascular Workouts**
- Increased caloric expenditure
- Improves cardiovascular fitness & health
- May lower BP and resting HR
- Strengthens the immune system
- Better sleep

**Strength Training**
- Improves strength for daily activities
- Helps control blood sugar levels
- Improves body composition
- Reduces falls risk
- Increases bone density
MUSCLE WEIGHS MORE THAN FAT

FICTION!

- A pound is a pound!

A few quick facts:
- Muscle is denser so it takes up less space
- Muscle is more metabolically active—burns more calories at rest
- Goal is to maintain as much muscle mass as possible.
FACT…up to a point.

• High intensity workouts can be counterproductive if you overdo.
• Varying workout intensity helps to avoid burnout, overuse injuries and chronic soreness.
• Limit high intensity workouts to 1-3 per week
• Higher intensity = shorter duration

Follow the 80/20 rule:
• 80% of the time low to moderate intensity (longer slower sessions)
• 20% of workouts are moderate to high intensity (shorter, quick sessions)
REGULAR WORKOUTS COUNTERACT THE EFFECTS OF SITTING AT A DESK ALL DAY

FICTION!! Keep in mind its not only about calories burned or weight lifted.

- What happens to the “shape” of our bodies?
- Moving throughout the day can help with fat metabolism
  - Decreases triglycerides in the bloodstream
- Our learning, focus and consolidation works best for 75-90 minutes, then a break is needed (Pozen)
  - “Pulse and pause” work pattern; we naturally go from complete focus to physiological fatigue about every 90 minutes (Schwartz)

**Break time!**

*Stand up, walk outdoors, stretch, stationary march/butt kicks, healthy snack, socialize*

Robert Pozen, senior lecturer at the MIT Sloan School of Management and author of *Extreme Productivity: Boost Your Results, Reduce Your Hours*.

Tony Schwartz, founder of the Energy Project
DOING THE SAME WORKOUT PROGRAM FOR A PERIOD OF TIME PRODUCES THE BEST RESULTS

FACT!

- Our bodies need consistency to progress and become more efficient
- Workout programs are more effective than random workouts with different exercises every time
- Helps us get more proficient with movement patterns
- Tracking progress = increased motivation
- Decreases muscle soreness
- Vary the workout program every 4-8 weeks

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<tr>
<th>SUN</th>
<th>MON</th>
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<th>WED</th>
<th>THURS</th>
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<tr>
<td>Long walk</td>
<td>Strength A</td>
<td>Cardio</td>
<td>Strength B</td>
<td>Cardio or rest day</td>
<td>Strength C</td>
<td>Yoga &amp; Cardio</td>
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Muscle and fat are different tissues; one doesn’t change into the other.

Working out less (less strength training) will cause your muscle tissue to decrease.

A decrease in overall activity can lead to a positive calorie balance, therefore increasing fat storage.
MUSCLE SORENESS IS A SIGN OF AN EFFECTIVE WORKOUT

IT DEPENDS!
Factors that may affect soreness:

• Adding a new exercise
• Increase in resistance
• New shoes or exercise surface
• Hydration status
• Increase in volume (number of sets/reps; duration of cardio, etc)
• Insufficient recovery

Don’t chase soreness! It should not be how you gauge the effectiveness of your workout.
TO CONTINUE TO PROGRESS STRENGTH, I NEED TO INCREASE RESISTANCE

FICTION!

Additional methods to challenge and progress your strength and fitness:

• Time under tension (TUT) – slower tempo, pause at end range of movement, isometric (hold)
• Vary the exercises used for a muscle group
• Vary exercise order
• Change the mode of resistance (machine, dumbbells, kettlebells, resistance bands, bodyweight)
GENERAL FITNESS RECOMMENDATIONS

• Move more in general—track your daily steps
• Strength train 2-3 days/wk
• Cardio 3-5 days/wk
• Set goals
• Enlist support
• Try to avoid sitting for extended periods of time—your body, eyes and brain will benefit!
• Look for recreational activities for the FUN factor
  • Tennis
  • Pickle ball
  • Hiking
  • Bike the trails
UNC Wellness and Rex Wellness Center Locations
Membership Benefits

- Staff monitored fitness areas with UNC Health safety standards
- Full access to fitness floor, equipment, track, pools
- Access to unlimited in-person and virtual group fitness classes
- Pool and aquatics classes
Services

• Personal Training
• Massage Therapy
• Nutrition Services
• Health Education
• Cardiac Rehab
• Physical Therapy
Contacts and Facility Website links

• Health Education Manager: Julie.McNamara@unchealth.unc.edu

• Wellness Programs Coordinator: Neva.Avery@unchealth.unc.edu

• Rex Wellness Centers
• UNC Wellness Centers
Thank you!