

TOTAL WELLBEING EXPO

Virtual Event

Fact vs Fiction?

Common Fitness Myths Debunked

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Overview

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

AND

Strength Training



- Improves strength for daily activities
- Helps control blood sugar levels
- Improves body composition
- Reduces falls risk
- Increases bone density

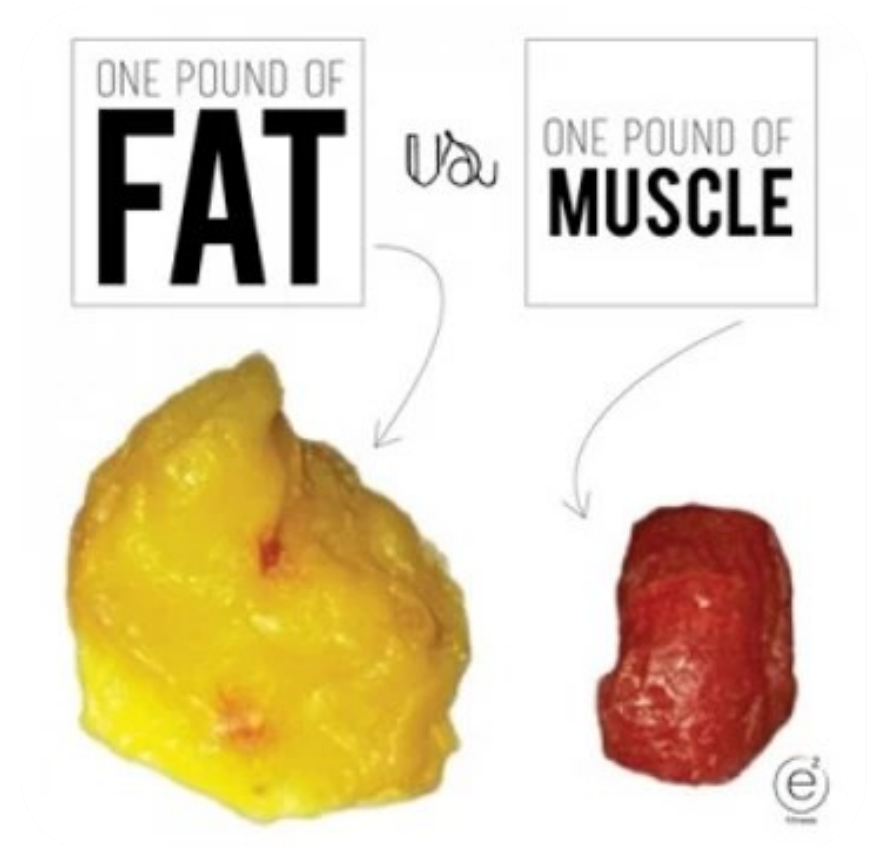
MUSCLE WEIGHS MORE THAN FAT

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.



HIGH INTENSITY WORKOUTS ARE BEST FOR FITNESS AND WEIGHT LOSS

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](#)

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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

SUN	MON	TUES	WED	THURS	FRI	SAT
Long walk	Strength A	Cardio	Strength B	Cardio or rest day	Strength C	Yoga & Cardio

IF YOU STOP WORKING OUT YOUR MUSCLE WILL TURN INTO FAT

FICTION!!

- 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



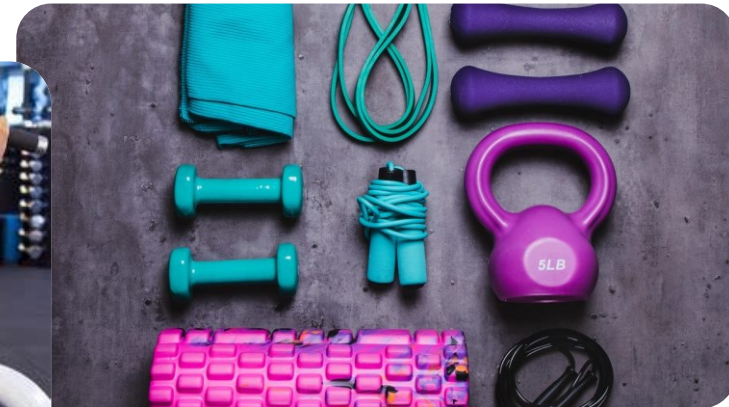
Don't chase soreness! It should not be how you gauge the effectiveness of your workout.

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)



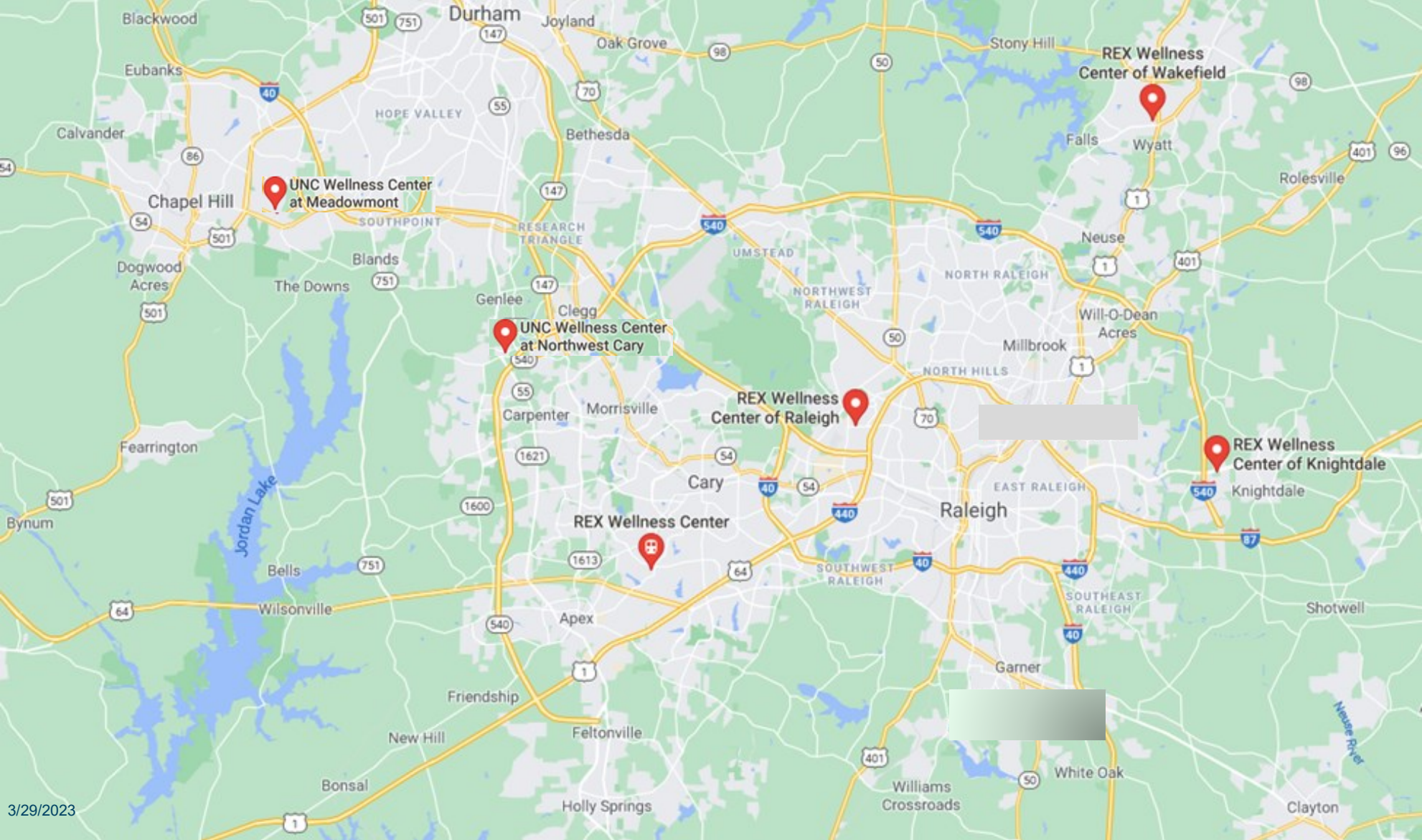
FINAL THOUGHTS

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



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UNC Health

Services

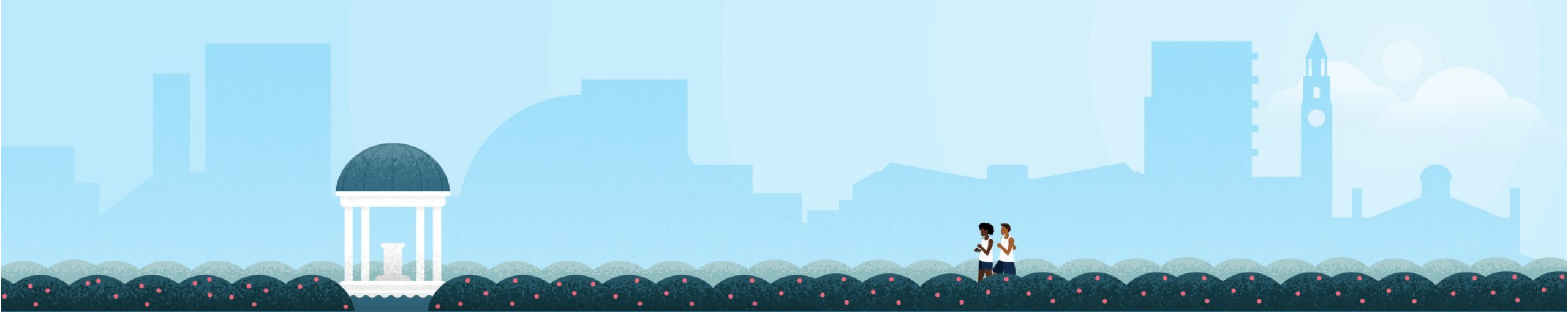
- Personal Training
- Massage Therapy
- Nutrition Services
- Health Education
- Cardiac Rehab
- Physical Therapy



Contacts and Facility Website links

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- [UNC Wellness Centers](#)





Thank you!



TOTAL WELLBEING
HEAD · HEART · HEELS



HUMAN RESOURCES AND
EQUAL OPPORTUNITY
AND COMPLIANCE
Human Resources