

## Endurance Training: Myths and Misconceptions

### MYTH #1

**A person can be too far out of shape to ever start an endurance program.**

**False.** A person is never too far out of shape to start an endurance program.

### MYTH #2

**Aerobic exercise means dancing to music.**

**False.** Aerobic exercise is any exercise that uses the large muscle groups of the body in a rhythmic fashion for an extended period. This includes walking, jogging, riding a bike, swimming, cross-country skiing, aerobic dance, or any other activity that elevates the heart and respiration rates.

### MYTH #3

**Aerobic exercise is not as effective as dieting.**

**False.** Aerobic exercise is actually more effective than dieting because it actively burns fat and makes the body more efficient at using fat as a fuel source throughout the day. Of course, the best approach is a combination of aerobic exercise and eating a sensible diet.

### MYTH #4

**Most people work hard enough during the day to keep in good shape.**

**False.** While people may work hard, aerobic exercise requires them to participate in an activity with an elevated heart rate and respiration rate for approximately 20 minutes. Most work tasks are performed in short bursts of energy that do not impact the aerobic system.

### MYTH #5

**Most people do not have time to do endurance training.**

**False.** People can do effective aerobic training if they can find 30 minutes in their day. These 30 minutes include the warm-up, exercise, and cool-down.



# ENDURANCE TRAINING: MYTHS AND MISCONCEPTIONS

## *Talking Notes*

### POINTS TO REVIEW

1. Choose a myth or two from above and open a discussion with the group.

### QUESTIONS FOR DISCUSSION

1. Choose a myth or two from above and open a discussion with the group.

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