

## Strength Training: Myths and Misconceptions

### MYTH #1

#### **It is possible to be too old to gain strength.**

**False.** Studies have shown that people can build strength well into their 90's.

### MYTH #2

#### **Weightlifting makes muscles big and bulky.**

**False.** While weight training with heavy weights can increase muscle size, working with lighter weights has a toning rather than a bulking effect on muscle.

### MYTH #3

#### **When a person stops lifting for a while, their muscles turn to fat.**

**False.** Muscle cannot turn into fat. It is possible for muscles to shrink in size. If a person gains fat at the same time, this can give the illusion that the muscle has turned to fat.

### MYTH #4

#### **If a person lifts weights every day, they will become stronger more quickly.**

**False.** Weight training exercises break down muscle tissue. It is during the rebuilding phase that muscles increase in strength and size. The body needs to rest during this rebuilding phase, lifting at this time increases the risk of muscle injury. If people work out with heavy weights, it is recommended that they wait at least 24 to 48 hours before working the same muscles again. Lighter weights do not break down muscle tissue to the same degree and can be lifted more frequently.

### MYTH #5

#### **Lifting weights makes a person slow and uncoordinated.**

**False.** Athletes lift weights and yet are still agile. As long as weight training is combined with other activities, the ability to perform those activities is not only maintained, but often improved.

### MYTH #6

#### **Most people do not have time to do strength training.**

**False.** Effective strength training can be done in as little as 15 minutes a day.

### MYTH #7

#### **Weight training is for men only.**

**False.** Weight training is very beneficial for women. It not only slows down the loss of valuable muscle tissue, but also helps bones maintain their strength by reducing the loss of calcium, a common side effect of the aging process.



# STRENGTH TRAINING: MYTHS AND MISCONCEPTIONS

## Talking Notes

### POINTS TO REVIEW

1. Discuss each myth as needed.

### QUESTIONS FOR DISCUSSION

1. Discuss each myth as needed.

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