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5 Fitness Myths That Are Responsible For Thousands of Fitness Failures

By Jesse Cannone

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Unfortunately, many people are misinformed and are also misled by the many promises of the weight loss industry. Everywhere you look, you see or hear of people promising "Dramatic Weight Loss" with products such as "The Fat Trapper", or "Exercise in a Bottle".

Then you also have the hundreds of diets out there such as "The Zone", "Sugar Busters" or "The Atkins Diet". I'm sure you have heard of many of these yourself. You might have even tried some of them. Unfortunately, these products and diets are not the quick fix, or the miracles they are portrayed as. They are also usually very dangerous.

Below are some common misconceptions among people with regard to exercise and nutrition.

1. You need to exercise to burn fat.

The truth is you don't gain body fat because of a lack of exercise. You gain it because your blood sugar levels exceed what you are using. Basically, you are eating too many calories at one time.

2. Your metabolism slows down once you hit 30.

WRONG! Actually, hundreds of research studies have shown that the slow down in metabolism is due to a loss of muscle tissue. And the loss of muscle tissue is directly related to a lack of hard physical activity!

3. Pasta and bread are fattening.

Anything is fattening! Lettuce can be stored as fat! Any food or drink, which contains calories, can be stored as body fat if it causes your blood sugar levels to exceed what the body needs at that time. Bread and pasta are actually great sources of complex carbohydrate! The key is how much you eat

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and when you eat it.

4. Eating after 7pm will make you fat.

Absolutely false! It all depends on whether or not the body needs that amount of calories at that time. Keep in mind your body is constantly burning calories, 24 hours per day, just the amount varies.

5. Strength training will make you bulk up.

Another NO! It seems as if mostly women are concerned with this one. Muscle size is primarily affected by genetics and hormone production; therefore, most women don't have the potential to build very large muscles.

Muscle burns calories, so the more muscle you have, the more calories you burn which makes easier

to burn fat and harder to gain it!

By no means is this a complete list! There are so many I could write a whole book just about them. The key is in education, but not by reading fitness magazines!

Jesse Cannone is a certified personal trainer and author of the best-selling fitness ebook, Burn Fat FAST. Be sure to sign up for his free email course as it is full of powerful weight loss and fitness tips that are guaranteed to help you get the results you want.

Setting Body Perfect Fitness Goals for the New Year

By Robert Adams

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Goal Setting 101

All of our lives, we have many things we want to accomplish, but somehow, someday, things just don't get done. That includes sticking with a lifestyle change that helps improve your overall fitness and health.

Each year the average American gains more and more weight, and yet there are more and more diet plans, weight loss schemes, exercise programs, and short cut methods that are supposed to support a Body Perfect solution.

Well I have a secret!!!

Life and success in your fitness and health goals, begins and ends with a between the ears process.

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Yes, your MIND!!!

How you feel, what you think, what is going on between your ears, effects the net result of any lifestyle change, fitness program, or reaching any long term fitness or health goals.

So let's talk about Goal Setting and how important of an impact and focusing on establishing S.M.A.R.T Goals has on your future success in fitness and health.

So this is what defines S.M.A.R.T Goals.

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Robert Adams holds an Associates Degree in Culinary Arts from the Culinary Institute of America, is a Certified Coach in Coaching for Personal Development as well Interaction Management, is a member of NESTA– National Endurance Sports Trainers Association, and lives a healthy lifestyle through his Body Perfect Fitness philosophy of healthy eating and fitness focus.

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