

Published based on [Weight Loss Myths And Corresponding Facts](#)

# **Weight Loss Myths And Corresponding Facts**

The myths about weight loss are making rounds everywhere and they never cease to end, as the people are very much concerned and are in the look out for easy way to lose weight, hence lots of wrong theories going around. Listed Below are some weight loss myths along with corresponding facts.

### **Myths Pertaining to Physical Exercises:**

**Myth:** Exercise when done on an empty stomach results in more fat burn out.

**Fact:** The weight loss is said to be effective when the calories consumed are burned the same day no matter, how they are burned. Hence the impact of exercising with an empty stomach is the same as with a full stomach. Studies have revealed that the increase in metabolism seen in anaerobic exercise is reduced after a full meal. It means that more energy is used for digestion than to repair muscles.

**Myth:** The more the exercise the more the benefit.

**Fact:** It is not true. Even though every exercise session is good for an individual, there is a required level and frequency to get optimum results. After the optimum level, the exercise done will have an opposite effect by not allowing the body to cope up with the stress created by the exercise, which can be actually detrimental towards weight loss.

**Myth:** Muscle turns into fat once the exercise is stopped.

**Fact:** It is not true. Muscles, as a matter of fact, cannot be converted into fat as they are entirely different kinds of tissues. When the exercise is stopped, the muscles shrink but do not disappear. If the calorie intake is more, which is not burned it actually deposits as fat.

**Myth:** More the Sweat, More the hard work is done.

**Fact:** This too is not true, as sweating is the body's cooling ability. Sweat can be due to lot of factors like body temperature, type of exercise done, fat deposition of the body, room temperature, the kind of clothing used for exercise, and the intensity of exercise done.

**Myth:** Drinking water while exercising might lead to cramps.

**Fact:** If more litres of ice cold water are drunk in one go while doing exercise may result in cramps. Hence, it is good to drink water consistently before, during and after exercises in order to replace the fluid lost and to avoid any discomfort being caused.

**Myth:** Exercise done to tone the abdominal muscles also tones potbelly.

**Fact:** When exercise is done for the abdominal region only that region gets toned up. The fat deposits are not burned, reducing the potbelly. Fat reduction happens uniformly throughout the body and there is no possibility for spot reduction.

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