



## Weight Loss Myths

By Garrick Transell

### MYTH 5

## Doing sit-ups and crunches will give you a toned mid section

Many people believe that exercising a certain area in their body will help to 'tone' that area. Firstly let's look at what 'tone' means. Tone is essentially the appearance of an area. The 2 variables in tone are how large the muscles are and how much body fat is on top of them.

**FACT: There is no way to change the shape of a muscle. It can get bigger or smaller, but the overall shape and proportions will remain the same.**

When most people talk about toning, what they mean to say is reduce body fat in an area. If we use the example of crunches or sit-ups the common goal is to improve the appearance of the mid-section. While these types of exercise can increase the muscle mass of the mid-section marginally, they contribute little to burning fat.

### Fat Burning 101

When we convince our body to start burning fat (through exercise) we release a combination of hormones. These hormones enter our blood stream and allow fat to be released from its stored form (Triglycerides) and used as energy (Free Fatty Acids).

**FACT: It has been scientifically proven that you cannot 'spot reduce.'** The best way to improve the appearance of your mid section is to do a combination of cardio and resistance training focusing on larger muscle groups. See MYTH 4 for an explanation of cardio v's weights for weight loss.

