



THE **10**
BIGGEST
FITNESS
LIES
EVER!

Carolyn Hansen

About Carolyn Hansen

CAROLYN HANSEN is a noted Peak Performance Fitness Consultant who hails from Whangarei, New Zealand where she owns an Anytime Fitness Gym. She has gained a reputation online as an authority on health, exercise and weight loss matters and is the author of several thousand health and fitness articles along with eBooks and programs that can be found [here](#).

She has devoted more than three decades to the fitness industry, both offline and online, teaching people the simple secrets to getting into better shape, losing weight, and improving health.



Her main goal is to change the paradigm of health care from sickness care to wellness care and will be showing people how to live longer, healthier lives while avoiding the many mistaken beliefs and practices that diminish health and longevity.

She will encourage you to become stronger and stay that way through each decade of your life, maintain your health, wellness and vitality and to ensure your “health span” matches your “life span”.

Carolyn helps clients take charge of their health before circumstance removes the option. If your quest for peak performance living is a journey she will put you in the driver’s seat.

[Click Here To Discover The Carolyn Hansen Catalogue](#)



Contents

About Carolyn Hansen	...2
Introduction	...4
Fitness Lie Number 1	
You Can TONE	...6
Fitness Lie Number 2	
You Can Spot Reduce	...8
Fitness Lie Number 3	
Cardio Is For Fat Burning, Weight Training Is For Muscle Building	...10
Fitness Lie Number 4	
Women Should Lift Lighter Weights In The Higher Repetition Range	...12
Fitness Lie Number 5	
Men Should Expect Their Level Of Sexual Fitness To Fade With Time	...14
Fitness Lie Number 6	
Hard Earned Muscle Will Eventually Turn To Fat If You Stop Using It	...16
Fitness Lie Number 7	
You Need To Drink Multiple Protein Shakes Per Day To Build Muscle	...19
Fitness Lie Number 8	
Protein Shakes Will Make You Bulky	...21
Fitness Lie Number 9	
Supplements Will Significantly Boost Your Metabolism	...22
Fitness Lie Number 10	
Cardio Is A Great Way To Get Thinner	...24
Bonus Fitness Lie	
Exercising Daily Is Optimal	...27
Conclusion	...29



Introduction

ARE you looking to get into the best shape of your life? Is your goal to drop 10-15 pounds? Or, perhaps you would like to *add 10-15 pounds* of lean muscle mass?

Whatever your goal may be, before you dive in, it is important to first come to grips with the biggest lies in the fitness industry. Otherwise you may end up not only wasting your valuable time, but perhaps even doing damage to your long term health.

The sad fact of the matter is that not everyone has your best interests at heart.

This is a consequence of the simple reality that professionals in the fitness industry – be they gym owner's, personal trainers, or supplement company representatives – *all make their living off people who are looking to get fit.*

If everyone was able to reach the pinnacle of health and fitness, those who make their living helping them reach that goal wouldn't be earning quite as much money as they currently are. Sure, you'll have to maintain yourself by continuing to go the gym, seeing a personal trainer from time to time, and utilizing a few key supplements that help you *keep* your body from deteriorating. But you wouldn't need to invest anywhere near the time and effort you would if you were trying to develop your body.

Maintaining yourself is far easier than getting fit in the first place. It's a dirty little secret that most people in the fitness industry don't want you to know. After all, it's not in their best interest for you to be at the top of your game.

They want to sell you on more quick-fix products, sell you on daily personal training sessions, or pricey gym memberships and extras such as group fitness classes.



And while some of these extras really are to your benefit, some aren't. So it is YOU who is responsible for making sure that your money is well invested.

It is YOU that has to do the background check on your trainer to ensure they have many success stories to their name and that they clearly *do* have your best interest in mind. It's up to YOU to look into any supplement you take and make sure there is research backing its claims of effectiveness and that a number of people before you have found that the product does indeed help them achieve the claimed benefits of taking the supplement.

This may seem like common sense, but all too often people will assume that everything they are being told about how to achieve their desired fitness goals is the truth when it simply is not.

It is very easy to become yet another victim to one or more of the major fitness lies.

Fortunately, I'm here to help. I'm going to reveal to you the top 10 biggest fitness lies in the industry. This way, you simply won't fall prey to them because you will *know better*.

Some of the information that I will present to you will run counter to everything that you believe in – everything that you know to this point. You are going to feel the urge to fight it. To reject the information.

Try to avoid this. If you truly want to experience optimal progress from your workout and nutrition program, you absolutely must know these lies inside out – and then side-step them every chance you get.

So with this said, let's move forward and present the top 10 fitness lies you must know.



Fitness Lie Number 1: You Can TONE

TONING. You might not see that fitness professional roll their eyes when you bring up the subject of toning with them, but believe me, they are thinking about it!

That is because when someone mentions the word “tone” it is usually without any clear understanding of what it might mean.

This common term, usually used when speaking to the female audience basically implies seeing more muscle definition. But with the exception of a small number of women who may be looking to compete in professional fitness or bodybuilding (more on this later) a bulky body is highly undesirable. So most women who use the expression “toning” do so without realizing they are asking for more muscle definition.

But make no mistake, toning is all about giving your physique that feminine look where some muscle definition is seen, so you look fit, but at the same time you’re still exhibiting curves in all the right places.



When someone says “I want to get toned”, this is usually the image they have in mind, whether they fully understand the nature of their request.

So toned is really nothing more than lowered body fat percentage.

Here's a little secret. *Everyone* – even you, right now, has great muscle tone. The only problem? You may have a layer of undesirable fat covering that muscle tone, so you don't see it.

So the real secret to getting “toned” is actually just to lose weight.

Next time you see a program that promises to help get you toned in no time, realize this is a weight loss program you are going on. Therefore, if the program does not come with a solid nutrition plan (a key element for any weight loss program), chances are it's not going to be delivering the results that you want to be seeing any time soon.

Don't fall for the toned gimmick. There's either muscle building or fat loss. In most cases, it's fat loss you need to get toned (apart from the few that are very naturally thin, in which case, muscle building is what will be needed).

Fitness Lie Number 2: You Can Spot Reduce

THIS next lie goes hand in hand with the toning concept. It is the lie of spot reduction.

Perhaps you've even gone to your trainer at one point and told them you wanted to get rid of "this", while pointing to your abs, underarms, hips, bum, or another region of your body that you strongly dislike.



This desire to "spot reduce" is based on the faulty belief that by a careful selection of exercise and diet you might be able to lose fat from just one area of your body. It's what everyone wants to do, but no one ever achieves it.

This is because fat loss is a full body affair. Basically, you need to be in a hypocalorie state (eating less than you burn) for your body to start utilizing fatty acids as a fuel source. And, as it does, it uses these from all areas of your body.

There's no way you can tell your body to selectively burn fat from those jiggy underarms or that protruding belly. Your energy regulation system is not designed to take into account what amounts to vanity requests. We are simply not that evolved as a species.

Not only that, but the place you most want to lose the fat is probably the place it's going to come off last. No, this isn't your body playing a cruel joke on you, it's basic physiology.

Wherever you tend to deposit fat first (for women it tends to be the hip, butt and thigh region, while for men it's the abdominal area) is going to be your stubborn fat reserve. This specific area is where your body most wants to have fat in higher quantities and as such, is going to protect it to a larger degree.



Another classic example of the desire to spot reduce can be seen in the individual who performs an endless series of crunches every day hoping that it will bring them abs.

While you may be able to effectively make those muscles *larger* by targeting just one area with exercise, if there is still a high level of body fat covering those

abs, guess what? You still won't be seeing them even if they are well developed.

So remember, you can spot build your body – by doing exercises for a certain area. You can most definitely cause it to get bigger, but you cannot spot reduce your body. Body fat will be burned off from everywhere over time.

The only thing you can do is be patient and wait for your overall percentage of body fat to come down.

Fitness Lie Number 3:

Cardio Is For Fat Burning, Weight Training Is For Muscle Building

WHICH brings us to our next lie, the lie that cardio is for fat burning and weight training is for muscle building.



burn fat. So you should do it. Weight training if anything, will just cause you to gain weight.

So what's wrong with this picture?

Here's what you are forgetting. There is a big difference between gaining fat weight and gaining muscle weight. Gaining muscle weight is good for you. In fact, building muscle weight is one of the best ways to boost your metabolic rate, and makes the job of burning fat that much easier.

Muscle weight is also very dense, so you will hardly notice any size increase on your body. The same cannot be said for fat weight.

How many times have you heard someone (or perhaps you have done this yourself), say that they are going to stick to cardio right now because they need to lose fat and later on, they will start weight training?

It's what most people regard as common sense. Since cardio burns calories (and you see it right there on the machine readout), it's the best way to

In fact weight training burns just as many, if not more calories than cardio does when performed properly.

Weight training will have you torching up fat not only while you are doing it, but after the workout is over as well (for up to 48 hours!).

This makes it incredibly powerful as far as fat burning goes.

The truth of the matter is that weight training is for muscle building or *fat loss*. Cardio training, unless it's high intensity interval training, really has no place in a body composition transformation program.

Sure, you can do it to boost heart health if you really want, but realize you can boost heart health through weight training as well.

The only reason to really do all that steady state cardio training is if you are someone who can sit back and say you love it. For 95 percent of the people out there, this is just not the case, so it's time to get that steady state cardio *out of your program*.

Fitness Lie Number 4:

Women Should Lift Lighter Weights In The Higher Repetition Range

EARLIER we spoke about how most women would never want to get big and “bulky”, so instead, they use the term “tone” to describe what they are looking to achieve.

Most women who enter the gym are terribly afraid of lifting heavy weights because they feel they will start growing large muscles, nearly overnight. As such, they pick up light weights and work in the high repetition range – usually 15-20 reps total.

This is a mistake. What you need to realize is that as a woman, you simply do not have the testosterone level present that is needed to develop significant muscle size. Compared to a man, you have just a small fraction of this powerful hormone, the primary objective of which is to build muscle tissue.

Therefore, while men naturally tend to build muscle thanks to their increased levels of testosterone after puberty, women do not. Instead, women secrete estrogen and progesterone, which are more conducive to fat gain. These hormones will not cause muscle gain.

The best thing you can do to fend off the fat gain is to build more lean muscle mass, which will help boost your resting metabolic rate so that you don't gain fat so easily.

But this idea alarms most women. They think they'll go from zero to hulk in a week flat if they pick up anything more than 10-15 pounds.

This simply is not the case. Even for men who do have that testosterone present in their body, they can still usually only build around 1-2 pounds of lean muscle mass per month – and only if they hard at it.

Since you have maybe 10 percent of the amount of testosterone they have, you can imagine what your rate of muscle building will be.

Moreover, to really build muscle mass, you will need to be eating a higher calorie diet. Basically, you need to be in a surplus of calories every day to give your body the raw materials it needs to generate more lean tissue.

Most women are chronically restricting their calorie intake for fear of getting bulky. Here again, it's bad news as far as building muscle goes. Most women won't eat *more* on purpose, so that makes the chances of building muscle even more slim.

All in all, just note that as a woman, it is going to take a very large effort to build any sort of muscle mass and it will be a very slow process – it'll be a process that you can control completely. If at any point you feel like you are getting too muscular, you can just stop eating so much and the process will come to an immediate halt.

But rest assured, you are in no danger of getting bulky anytime soon. For women who do want to get bulky (professional fitness or bodybuilding competitors), it can take years and years of hard work and dedication.

If a woman wants to see results, she needs to challenge herself. The best way to do this is through lifting a heavier weight than your body is used to.



Fitness Lie Number 5:

Men Should Expect Their Level Of Sexual Fitness To Fade With Time

VIRILITY is the measure of a man's sexual fitness – his ability to satisfy his partner in the bedroom. Any man who has experienced a slow loss of libido will have seen that it goes hand in hand with the loss of his overall body strength.

This is no coincidence. Testosterone levels track the body's need to remain physical. So when you resign yourself to the idea that it is time for your physical side to wind down - whether you do this consciously or not - you signal your body to wind down your chemical dependency that is responsible for your male essence.

Testosterone and lean muscle mass decline together at an almost imperceptible rate, so that you never really notice that something terrible is going on with your body. Not until the effect has insinuated itself into your life and you become resigned to the idea that this is just the way life is – aging is cruel, but what can be done about it?

Actually, plenty. You no more have to give up sizable circulating levels of testosterone than you have to give up a lean muscular physique. But you will have to work at it. Getting back into the gym and tearing into a weight lifting protocol is an EXCELLENT way to beef up not only your strength and the amount of fat-burning muscle carried on your body. It also works wonders for your testosterone production.



So forget the “low T” commercials that run late at night and work hard to convince you that loss of manhood is an inevitable consequence of age that can only be remedied by expensive testosterone therapy treatments. Instead, get yourself some dumbbells or a kettlebell and start reminding your body that you are a long way from resigning yourself to the idea of a slow decline in sexual fitness.

No – one of the most harmful myths for men moving into middle age is that their manhood must give way to the passage of years. It is simply not true, and should not be accepted. You can be both physically and sexually fit at almost any age!

Fitness Lie Number 6:

Hard Earned Muscle Will Eventually Turn To Fat If You Stop Using It

NOW let's move forward to another lie that many people are worried about, and that is the lie that your hard earned muscle will eventually turn to fat if you stop working out.

Many people fear developing lean muscle mass and for the males, getting too large, because they think that if they stop going to the gym at some point during their life, all that muscle will just simply turn right into body fat.



Then they will really have a problem on their hands.

Fortunately, you can put this notion to rest as well.

Seeing your muscle turn to fat would be like watching an apple convert itself into an orange right before your very eyes.

What are the chances of that happening?

Nil. The same goes for your muscle converting to body fat. Muscle and fat are two completely separate types of tissue. Just like your heart is different from your liver. You aren't worried about your heart one day *becoming* another liver are you? That's just silly.

But it's the exact same thought process as the belief that muscle can become fat is.

You will never have muscle convert to body fat – instead, you may *lose muscle*. If muscle is not continually stressed with a workout program (e.g. You stop exercising for a year), it's not going to maintain itself. Your body doesn't like maintaining lean muscle mass because it takes a lot of energy to do so (which is also why having more muscle is so great for preventing fat gain).

So if your body does not think it needs to maintain the muscle? It's gone. It is that simple. The body will start catabolizing (breaking down) muscle mass when it's not being stressed and soon, it will be gone.

So your muscles don't turn to fat, they just get smaller.

Now, you may be wondering, you've seen someone stop working out who was once very muscular and now they just look fat – they are nearly the same size, but without that strong, fit look. What happened here?



What happened is that individual did not change their diet. Remember, muscle burns far more calories than fat does. So, if you begin losing lean muscle mass and your total daily calorie expenditure goes down, but yet your food intake stays the same, now you are taking in a high surplus of calories.

That surplus then gets converted into body fat and you have seen fat *replace* muscle mass. It's not that their muscle has converted into body fat, it's that they have built up *more* body fat, while losing muscle at the same time. So it's more of a replacement process than it is a conversion.

The way around this?

If you do have to stop weight training for whatever reason (excuse), adjust your total daily calorie intake. Realize that you won't be able to eat as much now as you were before and cut back. If you do, you won't gain body fat in the process.

So now, you will get smaller as you begin losing the muscle, but you won't gain fat.

Don't fear building muscle because you worry about it being converted into body fat. That won't ever happen. And take note, it takes far less effort to *maintain* muscle once it's built than it did to build it in the first place.

If you can spare about 60 minutes per week (two 30-minute sessions) to hit the gym, you likely won't ever have to face losing that hard earned muscle.

Fitness Lie Number 7:

You Need To Drink Multiple Protein Shakes Per Day To Build Muscle

OUR next fitness lie is the thought that in order to build muscle, you need to be constantly drinking protein shakes. Almost anyone who belongs to a gym has seen that very muscular guy walking around holding his protein bottle as he slams it back.

As such, protein shakes have become closely associated with building large amounts of muscle mass. People now think that you *need* to drink these shakes to get bigger. This is one reason men everywhere stock up on protein powders and drink them three to four times per day.



The thing to know about protein powder is that it isn't some magical substance. It really isn't a whole lot different than simply eating a chicken breast or having a piece of steak.

The one way that it is different is that if you purchase an isolate variety, it will digest far quicker, so post workout it can be beneficial in that regard, but in terms of having some mega-superpower to help you pack on lean muscle mass – just wishful thinking. Protein powder doesn't do that.

It's a great idea to have a protein shake immediately post workout for reasons just described, but beyond that, focusing on whole food sources of protein tends to work better.



The only time that it might be beneficial to consume multiple protein shakes is if, for whatever reason, you cannot get in enough whole food protein during the day. Then, having multiple protein shakes will always be better than not meeting your protein needs.

Speaking of which, also note that eating *too much* protein can be detrimental to the muscle building process. If you are drinking so many protein shakes that it causes you to cut back on how many carbohydrates and fats you are eating – two other nutrients that are very important to the process of muscle building, you won't see optimal progress.

Balance is really key.

Fitness Lie Number 8:

Protein Shakes Will Make You Bulky

WHICH now brings us to our next myth, which goes hand in hand with the one above. This myth is that drinking protein shakes will make you bulky.

While men tend to drink too many protein shakes, for women, it's the opposite problem. They fear drinking protein shakes because once again, they think they'll turn them into hulk overnight.

Only, this isn't the case at all. In fact, it's usually women who stand to benefit more from protein shakes than males do because women tend to include much less protein in their diet.

Women crave carbohydrates – not steak or chicken. Men on the other hand will typically pass up that piece of cake if they could just have a juicy steak instead.

If a woman is not getting enough protein, she'll be at a higher risk for fat gain, a sluggish metabolism, and a higher level of hunger on a daily basis.

So if you simply don't want to eat chicken, eggs, steak, or fish several times a day, protein shakes can be your best friend. They're quick, easy, and highly convenient – perfect for the busy woman.

Just remember to count the calories that come in that protein shake as part of your daily total. They do contain calories and if these calories are not accounted for, then you may start to see some weight gain.



Fitness Lie Number 9:

Supplements Will Significantly Boost Your Metabolism

MOVING on, we now come to our next lie, which is that supplements will significantly boost your metabolism. How many times have you ventured into a supplement store near you only to feast your eyes on rows and rows of fat burners?

These products suck people into their trap daily as they dish out hundreds of dollars over the course of a diet to purchase these products in the hope that they will boost their progress.

What's worse is that very often in doing so; they figure they don't really need to watch their diet any longer since they have that fat burner on their side.

It will help them achieve the success they're after. Sadly, this just isn't the case. In fact, if they stop eating as well as they were before they used the fat burner, chances are they will do worse than if they had just skipped the fat burner entirely.

The truth is that a supplement is never going to do the work for you. It may help make it slightly *easier* to follow your diet and get your workouts in, but by itself? It's just not going to make that big of a difference.

RATED #1
FAT BURNER
[Click Here to Order Online](#)



Many people take these fat burners, thinking they'll be burning up hundreds of calories extra per day while using them and often start forgoing their gym workouts as well.

Who wants to workout if they can just pop a pill, right? At least this is what they are thinking.

If this is what you have done in the past, I'd highly recommend you just skip supplements altogether. They are doing nothing positive for your mindset and will just make it harder for you to do what really counts – getting that good workout and eating plan in order.

Only those people who have already achieved this and feel confident that they will maintain their achieved results should consider adding a supplement into the mix.

What you should know is that very often, it's not the supplement itself that will boost your metabolic rate or accelerate fat burning, it's the fact that while you take the supplement, you will be able to exercise much harder than you did before and that added exercise is going to increase your overall success rate.

Or, on the diet side, the supplement may help to reduce how hungry you are during the day, which may then make it easier for you to consume less food – and stay in that hypo-calorie state which is needed for fat burning.

If a supplement says that it's going to “block” calories or allow you to eat all your favorite foods without weight gain, run as fast as possible from that product. It's a gimmick.

When it comes to fitness supplements, if it seems too good to be true, trust me, it very likely is.

No changes in your body composition are going to come very easily. You will have to work if you want to see results, so the sooner you can accept that and stop seeking out these “quick fix” products, the sooner you can be on track to seeing superior progress.

Fitness Lie Number 10:

Cardio Is A Great Way To Get Thinner

NOW let's move on and talk about another lie that's often believed and that is that cardio training is a great way to get thinner. We touched upon this concept when we mentioned that weight training is for building muscle and cardio is for fat loss, and how that thought was incorrect.

But now I want to focus exclusively on the cardio side of things. For reference, during this discussion, I am referring to those steady state cardio sessions where you hop onto the piece of cardio equipment and go at one pace for around 20-60 minutes.



You know, the workouts that most people dread but yet do near daily when they hit the gym.

Truth be told, these workouts are doing *very little for you*. In fact, they may actually take you away from optimal progress.

Let's look at how.

First, you have your calorie burn. You look down on the machine and see that you've burned a good 550 calories in that one hour session you just did. You feel mighty accomplished – that's a good number and surely is going to help you burn the fat, right?

The problem is that these machines are highly inaccurate. So that 550 calories is likely more along the lines of 300-400. Doesn't sound quite so impressive now, does it?

Second, often doing these hour-long sessions will also make you hungrier. This means you'll want to take in more food all day because of that workout. So you might add an additional snack to your day that you otherwise wouldn't have that comes in at around 250 calories.

Now, your total *net calorie burn* from that cardio session (your true burn minus the additional food you consumed) is only around 50-100 calories.

This is hardly going to make a dent in your fat loss progress. And, in some cases, you might eat back more than you burned, so now you're actually gaining weight. All because you made it your mission to hit the gym for that cardio workout.

Many people who are classic "cardio bunnies", as they're often called, report a ravenous appetite that just won't go away. This is thanks to all the exercise they are doing.

Another big issue with this cardio training is that it does very little to help you build lean muscle mass. In fact, it may actually cause you to lose lean muscle mass. When your body knows that it has to go for long periods of time at this moderate intensity pace, it's going to do what it can to become more efficient. Since muscle tissue is energy-intensive to maintain, it actually is better for your body if you have less of it.

Couple this with the fact that you may also be on a lower calorie diet while doing all this cardio and now your body will be ready and willing to drop lean muscle.

So you aren't really losing fat in the process, but rather, lean muscle. Now, after months pass, you may look smaller because you have lost some weight, only your body composition has risen since you contain more fat mass in proportion to your lean muscle mass. The end result is that you look soft, jiggly, and anything but fit.



Strength training reverses this, but sadly, most people who are doing all this cardio have no time to do strength training, so it simply gets skipped over.

If you want to have a fit, lean, and hard body, cardio training is not the way to get there. It's important to realize this so that you can start making changes to your workout program to correct this issue. Until

you do, you won't ever see the body you're going for no matter how hard you work.



Bonus Fitness Lie: Exercising Daily Is Optimal

FINALLY, the last fitness lie we cover here is the notion that exercising every single day is optimal. Many people fall into this trap because they think if some exercise is good, more must be *better*.

This however, is incorrect. Remember, each time you are in the gym training hard, you are breaking the body down. Basically, you are creating tiny microtears that then need to be rebuilt back up so they can withstand the same level of force once again.

This process takes time and energy – something that won't happen immediately. If you don't provide this time and energy, you are basically just going to hit the gym in a weakened state. If you do this, you don't get stronger, you are now just creating even greater tears – tears that then need to be repaired.

Do this often enough and you may just start losing lean muscle mass. Your body needs rest days in a well-planned protocol in order to have the time to get stronger than it was before.

Ideally you should have at least one day off a week, if not two. Some people may need even more. Three or four days of rest are not uncommon in beginner trainees or those who are doing intense training. Remember, as the intensity of your workouts go up, your total rest required to recover from that workout will also increase.

One big reason many people fail to see progress is because they simply aren't giving their body the rest it needs. Instead, when they aren't seeing progress, they figure it's because they aren't training hard enough and start pushing themselves harder.



This is precisely what you do not want to do. You need to learn how to recognize when it's time to work hard and when it's time to rest. Understanding the difference and giving your body what it needs will get you to that end goal.

Conclusion

SO there you have it. Some of the biggest fitness lies laid bare. If you are overlooking even one of these, it could be costing you your success. Far too many people fall prey to these lies and then only wind up frustrated when it seems like their goals just aren't getting any closer.

Remember to always be evaluating your program – both your workouts and your diet – think about where you might be going wrong and what changes could be made.

If you don't look for problems, they're easy to overlook. With the help of a good, qualified personal trainer, you can better pinpoint and track these issues as well.



For more tools and resources that will assist you in attaining your goals and achieving the success you desire in life, please visit:

<http://CarolynHansenFitness.com>