



THE BLOG

Fitness Lies People Still Believe

🕒 03/02/2016 10:48 am ET | Updated Mar 02, 2016



Like 167

Thrillist

Everything worth caring about in food, drink, and travel

By: [Laura Williams](#)



Credit: Jacob Lund/Shutterstock

In a world where everyone has a body, and therefore has an opinion on that body, the number of misconceptions surrounding physical fitness is astounding. Despite years of research refuting some of these long-held fitness myths, they continue to be passed around and passed down from gym generation to gym generation in a frighteningly inaccurate oral history of the human body.

These are just a few of the glaringly obvious fitness lies it's insane people still believe.

See how **easy** it is to save on **Medicare Part D.**

Walgreens [Learn more](#)

AdChoices

Muscle weighs more than fat

A pound of muscle weighs a pound. A pound of fat weighs a pound. Duh, right?

Then why do people keep claiming muscle weighs more than fat? It's because people confuse weight with volume. Muscle is more dense than fat. A pound of muscle takes up less space than a pound of fat, but when do you talk about your fat or muscle in terms of a specific volume?

The easy solution is to stop saying, "Muscle weighs more than fat," and to start saying, "A pound of muscle takes up less space than a pound of fat." Or just avoid the topic altogether.



Credit: [Flickr/John Loo](#)

You need to be in the "fat-burning zone" to burn fat

This is just fundamentally untrue.

Your body's energy requirements operate on an upwardly angled line, more or less. As you move from sitting to walking to jogging to sprinting along the x-axis, your body's energy needs increase along the y-axis. Your body has to break down stored fat and carbohydrates (muscle glycogen and blood glucose) to produce this increased demand for energy.

The thing is, your body doesn't break down just one source of fuel or the other — it's constantly breaking down a ratio of the two. At lower intensities (say, sitting or walking), your body uses a greater ratio of fat to carbohydrate. Hence the name "fat-burning zone."

As exercise intensity increases, the ratio eventually flip-flops and you start burning a higher ratio of carbohydrates to fats. But since your total energy requirement has continued to rise, you actually burn more total calories and total calories from fats

FOLLOW HUFFPOST



HuffPost

Like 7M

Healthy Living

Like 1.3M

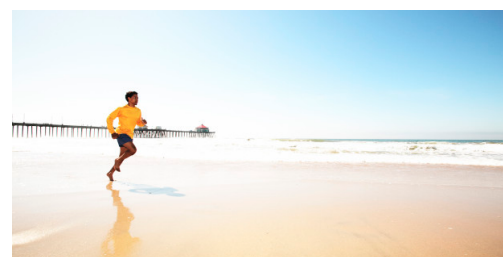
HUFFPOST NEWSLETTERS

Get top stories and blog posts emailed to me each day.
Newsletters may offer personalized content or advertisements. [Learn More.](#)

Subscribe!

SUGGESTED FOR YOU

The Biggest 'Drug' to Reverse or Prevent Heart Disease Isn't a Medication



37 Best Friend Tattoos So Brilliant, You Just Might Get One



How I Somehow Saved Money When I Started Spending More On Clothes



than you would during lower-intensity “fat-burning zone” training. So, for example, if you’re burning six calories per minute at a 4:2 fat-to-carb ratio during jogging, you’re still burning fewer fat calories than you would at a higher-intensity sprint of 11 calories per minute at a 5:6 fat-to-carb ratio.

Protein supplements are a requirement for muscle growth

PROTEIN is a requirement for muscle growth, but protein SUPPLEMENTS are not. The building blocks of proteins — amino acids — are absolutely necessary for muscle protein synthesis and repair after exercise, and protein supplements like protein bars and powders can, of course, provide the necessary amino acids.

But you know what else can provide the necessary amino acids? Real food. Like chicken, tuna, eggs, milk, or [these vegetarian-friendly sources of protein](#).

I’m not saying there’s no room for supplements, but believing you can’t see results in the gym without supplementation is like believing you can’t go to work without stopping at Starbucks. One is not a requirement to successfully complete the other.

Lifting weights while pregnant will hurt the baby

As long as a woman was lifting weights prior to her pregnancy, and as long as her doctor clears her to exercise, there’s no reason she can’t continue to train throughout pregnancy. This isn’t the Middle Ages, or even the 1950s. Women aren’t dainty flowers, and pregnancy isn’t an illness.

In fact, women who prioritize exercise throughout pregnancy have easier [labors and recoveries than those who don’t](#). So, uh, yeah, lifting weights while pregnant can actually be a really good thing. Stop treating it like it’s a capital offense.

[To find out what other fitness lies you absolutely shouldn’t believe, get the full story at Thrillist.com!](#)

More from Thrillist:

[Every Kind of Fitness Nut You’ll Inevitably Deal With](#)

[Health Mistakes From Your 20s That You’ll Pay for Later](#)

Like Thrillist on Facebook: www.facebook.com/Thrillist

Follow Thrillist on Twitter: www.twitter.com/thrillist

More: [Health](#) [Fitness And Exercise](#) [Healthy Living](#) [Diet And Fitness](#) [Exercise Tips](#)

FOLLOW HEALTHY LIVING

6 Important Weight Loss Lessons From 'The Biggest Loser' Study



Bibimbap, The Delicious Dish That You're Probably Too Afraid To Pronounce



I Tried Thinx 'Period-Proof' Underwear and It Was a Total Disaster



How Should You Brew Iced Coffee? Experts Share The Best And Worst Ways



Emma Watson's Met Gala Dress Was Made Of Recycled Plastic Bottles Because She's Awesome



30 Brides Who Will Make You Rethink



GET THE NEWSLETTER

Subscribe!

YOU MAY LIKE

Sponsored Links by Taboola

6 Incredible Credit Cards For Those That Need To Transfer A Balance

NextAdvisor

Forget Yoga Pants - These Are What You Should Be Wearing This Spring

American Giant | Refinery29

Do You Binge-Watch Documentaries? You'll Love This Website

LA Times | Curiosity Stream

A Solution That Puts Snoring to Bed

My Snoring Solution

Why You Should Be Getting Your Wine Online

The Huffington Post | Tasting Room

7 Reasons Why Glasses Should be Bought Online

GlassesUSA.com

CONVERSATIONS

That Whole White Dress Thing



Amy Schumer Just Left Us With Our Jaws On The Floor At The Met Gala





Add a comment...



Phil McCoun

I really hate the "debunking" of the muscle vs fat weight fact. Yes, a pound of muscle weighs the same as a pound of fat. It also weighs the same as a pound of feathers, a pound of lead, a pound of sand, a pound of anything. So to use the "debunking" argument, nothing weighs more than anything else, because a pound of anything weighs the same as a pound of anything else.

When saying a material or substance weighs more than another, it's a given that you are comparing equal volumes. Muscle weighs more than an equal volume of fat, and that's the point.

Like · Reply · 7 · Mar 2, 2016 10:22pm



Pete Wagner · Aloft at Wagtime Jungle

Fat floats, muscle sinks. Everybody knows what's meant by it despite the semantics. But I was expected something interesting about the pervasive stupidity and dishonesty of the fitness industry.

Like · Reply · 7 · Mar 2, 2016 4:07pm



Jason Hogan · Spokane, Washington

This was the absolute most worthless "list" I have read in a while.

Like · Reply · 1 · Mar 3, 2016 10:11am



Jane Eyre

OMG, in the title, already. It's = it is; its is possessive.

Like · Reply · 2 · Mar 2, 2016 11:08am



Leandro Jourdain · Health Coach at OptumHealth

You don't "burn" calories, you use calories.

Like · Reply · 19 hrs



Health-Zine.com

While there are good points, the article is too sensationalized.

Like · Reply · Mar 3, 2016 5:41am