



So you think you're exercising correctly?

The Health Promotion Board encourages us to aim for 150 minutes of physical activity every week¹.

Given our busy schedules, are you putting in the right effort to stay healthy?



Don't exercise late in the day because it'll keep you awake



You may have heard that exercising late in the day only leads you to having less stamina. This is because, after exercising late in the evening your metabolism goes up, making it harder for you to unwind and go to sleep. The lack of sleep thus results in less stamina and more stress. This is not true. According to reports from Harvard Medical Schoolⁱⁱ and National Sleep Foundationⁱ, exercising at any time of the day will help you sleep. Just be sure to give yourself a few hours between exercises and sleep time so that your body can return to its resting state to sleep peacefully.



Crunches are key to flat abs

True indeed. Crunches only help to tone our stomach. It does not help to remove the layer of fats covering our stomach muscles. To lose the belly fat, you need to do a workout that incorporates both cardiovascular and strength-training elements.ⁱⁱⁱ Moreover, crunches can hurt your back!¹



Think that stretching before exercising prevents injuries?

A report from Time^{iv} pointed out that stretching may weaken your performances and even lead to injuries! No matter how much you stretch, there's still a likelihood of getting injured when you do not exercise properly.



Do stretches to recover faster



¹ <http://www.hpb.gov.sg/HOPPortal/article?id=10346>

ⁱⁱ <http://edition.cnn.com/2014/04/22/health/upwawe-night-exercise/>

ⁱⁱⁱ <http://www.nlb.gov.sg/sure/crunches-myth-busted/>

^{iv} <http://healthland.time.com/2013/04/08/why-stretching-may-not-help-before-exercise/>

¹ <http://sleepfoundation.org/media-center/press-release/national-sleep-foundation-poll-finds-exercise-key-good-sleep/page/0%2C2/>

² <http://www.newsweek.com/stop-doing-sit-ups-why-crunches-dont-work-222416>