



# Wellness Buddy Wednesday Tip

## COMMON MYTHS ABOUT EXERCISE

There are many myths about fitness and exercise. Here are a few, with explanations of why they are false:

- ◆ **Myth 1:** Exercise makes you tired. As you get into shape, you will find that exercising gives you more energy than you had before. Regular exercise can actually reduce stress and fatigue.
- ◆ **Myth 2:** Exercise takes too much time. Regular exercise does not have to take more than 25 to 40 minutes, three times a week.
- ◆ **Myth 3:** All exercise gives you the same benefits. All physical activities can give you enjoyment, but only frequent, continuous activity helps the heart and lungs, and burns off fat and calories.
- ◆ **Myth 4:** Exercise is expensive. Some of the most beneficial exercises are very inexpensive, such as walking or jogging. Swimming is another excellent activity that is reasonably priced.
- ◆ **Myth 5:** Exercise means playing a sport. While team sports are exercise, individual activities such as walking, running, biking, or swimming are excellent forms of exercise too.
- ◆ **Myth 6:** You have to be athletic to exercise. Most aerobic activities, such as those mentioned above, do not require any special athletic abilities. In fact, many people who find competitive sports difficult have discovered that these other activities are easy to do and are enjoyable.

Healthy Communities, Healthy People  
Jackson Co Health Department  
P O Box 310  
3045 4th Street  
Marianna, FL 32447

Phone: 850.526.2412 ext 282  
Fax: 850.428.9564  
Email: [WellnessBuddy@doh.state.fl.us](mailto:WellnessBuddy@doh.state.fl.us)



**Nutrition & physical fitness** *are our mission!*