

Name _____

Slot _____

Exercise Myths or Fact Alternate Assignment

Complete the myth or fact quiz. Your task is to choose any 5 statements and explain why they are a fact or myth (page 2). Provide evidence to support the correct information.

- _____ "No pain, no gain."
- _____ Eating carbohydrates will not make me fat.
- _____ "Spot" reducing is possible.
- _____ Females will develop muscle with resistance training.
- _____ Exercise burns lots of calories and offsets a high calorie treat.
- _____ Muscle will turn to fat when exercising stops.
- _____ Running a certain distance burns the same number of calories as walking the same distance.
- _____ A person cannot be fit and fat.
- _____ Steroid use is the best way to develop massive muscles.
- _____ Morning is the best time to exercise.
- _____ Train abdominals every day.
- _____ Having the right equipment and clothing is necessary to become fit.
- _____ Stretching decreases injuries.
- _____ During training, we shouldn't just eat anything.
- _____ Exercise is a waste of time unless it is intense and done for a long time.
- _____ Holding weights during a walk or a run increases the exercise benefits.

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EXPLORING FITNESS MYTHS & FACTS

MYTH OR FACT STATEMENT	SUPPORTING EVIDENCE & INFORMATION