

Female Friendly Fitness Podcast:

“You’re listening to the Campus Recreation’s Wellness Podcast, from the University of Northern Colorado.

Today’s presentation is titled: Female Fitness: What’s True, What isn’t?

We’ll be going through some common myths and uncovering the truth.

Myth #1: Training makes you bulky and masculine

Due to the fact that women do not, and cannot, naturally produce as much testosterone (one of the main hormones responsible for increasing muscle size) as males do, it is impossible for a woman to gain huge amounts of muscle mass by merely touching some weights.

Myth #2: Exercise increases your chest size

Sorry girls. Women’s breasts are composed mostly of fatty tissue. Therefore, it is impossible to increase breast size through weight training. As a matter of fact, if you go below 12% body fat, your breast size will decrease. Weight training does increase the size of the back, so this misconception probably comes from confusing an increase in back size with an increase in cup size. The only way to increase your breast size is by gaining fat or getting breast implants

Myth #3: Weight Training makes you stiff and inflexible

If you perform all exercises through their full range of motion, flexibility will increase. Exercises like flyes, stiff-legged dead lifts, dumbbell presses, and chin-ups stretch the muscle in the bottom range of the movement. Therefore, by performing these exercises correctly, your stretching capabilities will increase with weight. However, a stretching regimen or mind/body exercise (such as Yoga or Pilates) in conjunction with weight lifting can truly increase your flexibility.

Myth #4: If you stop weight training, your muscles turn into fat

This is like saying that gold can turn into brass. Muscle and fat are two totally different types of tissue. What happens many times is that when people decide to go off their weight training programs, they start losing muscle due to inactivity (use it or lose it) and they also usually drop the diet as well. Therefore bad eating habits combined with the fact that their metabolism is lower due to inactivity and muscle loss, causes them to gain fat. The fat just becomes more noticeable.

Myth #5: Weight training turns fat into muscle.

This is the equivalent of saying that you can turn any metal into gold; don’t we wish! The way a body transformation occurs is by gaining muscle through weight training and losing fat through aerobics and diet simultaneously. Again, muscle and fat are very different types of tissue. We cannot turn one into the other.

Myth #6: As long as you exercise you can eat anything you want.

How I wish this were true also! However, this could not be further from the truth. Our individual metabolism determines how many calories we burn at rest and while we exercise. If we eat more calories than we burn on a consistent basis, our bodies will accumulate these extra calories as fat regardless of the amount of exercise that we do. Lean muscle mass increases though, and increases how many calories we burn at rest—so hit the weights!

Myth #7: Women only need to do cardio and if they decide to lift weights, they should be very light

Although cardiovascular exercise burns more calories than weight lifting during the activity, our bodies actually burn more calories *after* weight lifting and throughout the day, thus making it the “true calorie buster”. Resistance training also increases bone density which helps to prevent osteoporosis. No one mode of exercise is perfect—so change it up and give your body a true workout!

This has been a presentation from the University of Northern Colorado's, Campus Recreation, Wellness Programming. We hope you've enjoyed this presentation and be sure to download our others topics. All information regarding upcoming events and programming is located on our webpage at: www.unco.edu/campusrec.

Today's music was provided by Freeplaymusic.com. Be sure to check them out for all your music track needs.”