

## Debunking Myths about Aerobic Exercise

### Myth One: Aerobic exercise can replace muscle strengthening exercise to burn fat.

Fact One: Many people believe that doing muscle strengthening exercise will turn them into 'muscular men'. Therefore, they do not do muscle strengthening exercise at all. In fact, aerobic exercise and muscle strengthening exercise have different roles and advantages in fat burning. Aerobic exercise such as jogging and cycling help to improve heart health, speed up the metabolic rate and burn calories and fat. On the other hand, muscle strengthening exercise help to increase muscle mass, burn fat more efficiently and improve body shape. Combining the two training methods are the best approach to improve fitness and enhance fat loss.



### Myth Two: Light aerobic exercise can burn more fat.

Fact Two: Light aerobic exercise can only lead to a slight increase in the heart rate. As the intensity of exercise increases, the heart rate will rise faster while the body will speed up the breakdown of fat for energy supply. Therefore, the more intense the exercise is, the more energy it can burn. If you would like to improve cardiorespiratory fitness through increasing the intensity of exercise, you should no doubt do it gradually so that your body can adapt to it.

### Myth Three: I ate too much today so I do more aerobic exercise to burn fat.

Fact Three: It is true that doing more aerobic exercise can burn more fat. However, a bad habit will easily be developed if we often do more aerobic exercise for overeating. In addition, increasing the amount of exercise reluctantly in order to burn more fat will make you vulnerable to injury and prevent the body from recovering from fatigue in a timely manner. We should develop good eating habits to maintain healthy weight and a healthy lifestyle.



### Myth Four: Sweating a lot when doing aerobic exercise means more fat is burnt.

Fact Four: Sweating is a physiological response of the body to regulate body temperature. When we are exercising or in a hot environment, the body will regulate temperature through sweating. Sweating is not a direct indication that more fat is burnt, but rather the body needs to cool down due to exercise. Fat burning is related to energy consumption but not just sweating. To promote fat burning in the body, it is important to maintain proper exercise intensity as well as keep a dietary control to create a calorie deficit.