

# Certified fitness trainer (question5)



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Das Lipika Das XYZ English 123 10 January Exercise Myth- Crunches help in getting flat abs! In order to get a flat stomach most people do countless crunches only to be left disappointed with poor results. Crunches only tighten the ab muscles but don't loosen your fats. In order to get a flat stomach, one must get rid of the layer of fat that lies on top of the ab muscles by doing cardiovascular exercise or vigorous aerobic exercise like jogging, cycling etc which help increase the metabolic rate, causing the body to use up all stored fats. Secondly, you must also work out the core and abdominal muscles to strengthen them up. The media and magazines are pushing these myths because over a period of time people have become accustomed to taking it for absolute truth. They continue exercising in the same way and get the same result. Also so that people don't fall prey to these myths and their efforts are not wasted or worse still detrimental to their health. Let us analyze the first fallacy - a result is no guarantee that it is beneficial to a person in the long run. For instance, if we perform countless sit-ups every day we will see a difference at the end of the period. So we assume that the exercise works since we can see a result, but do we really benefit from having stronger, tightened abdominal muscles? Or have we just got tightened muscles that will put Das 2 undue stress on our frame? Will it make any difference to our performance? Are we feeling stronger or are we just feeling tightness in an over-active muscle? This is the second fallacy. Therefore, articles and advertisements on the internet and in magazines should depict different health and exercise myths and provide factually accurate fitness and health advice based on scientific reasoning to spread the awareness and to enhance performance. It should tell us the right way of

exercising and its effect. Das 3 Works Cited Busy Woman's Guide To Health & Fitness. < [http://exercise. about. com/od/abs/a/flatabs. htm](http://exercise.about.com/od/abs/a/flatabs.htm)>