Fallacies About Aerobic Exercise

In the last issue, we talked about the definition of aerobic exercise. I guess you all have made it part of your daily life. In this issue, we will demystify some of the fallacies about aerobic exercise; we hope you will understand it better and plan your own exercise regime more effectively.

Fallacy One: The more, the better

Fact: True, aerobic exercise is an effective means of burning fat, and it helps you control body weight and improve physical fitness. However, an overly long session of aerobic exercise may burn muscles as well as fat, an example of which is the super lean figures of long-distance runners. In short, adjust your aerobic exercise volume in accordance with your health goals.

Fallacy Two: Aerobic exercise can replace muscle training to burn fat

Fact: Many people, especially females, think that muscle training will result in overblown muscle bulks, and so they shun muscle training completely. The fact is muscle training can step up metabolism, while muscles, to maintain agility, burn energy on their own; they do so at a rate even higher than aerobic exercise does. Therefore, the best way to burn fat and control body weight is to combine aerobic exercise and muscle training.

Fallacy Three: Easy aerobic exercise can burn more fat

Fact: Easy aerobic exercise can only result in a slight rise in pulse rate. When the intensity of exercise increases, the pulse rate rises accordingly, and the body starts to break down fat, sugar, protein, etc. more vigorously to supply energy to the body, so physical activity at a higher intensity can burn more energy. Of course, if you want to increase exercise intensity for better cardiopulmonary functions, do so at a gradual pace in order to enable the body to adjust.

Fallacy Four: Aerobic exercise can counter the effects of binge eating

Fact: True, increased exercise volume can burn extra fat, but if you make this an excuse for indulgence in food, you will soon develop a habit of binge eating. Moreover, if you force yourself to increase exercise volume to burn extra fat, you are prone to increased risk of injury, and there may not be enough time for your body to recover from fatigue. To lose weight after over-eating and maintain weight control, one should increase the intensity of training gradually, or cut down on future energy intake.