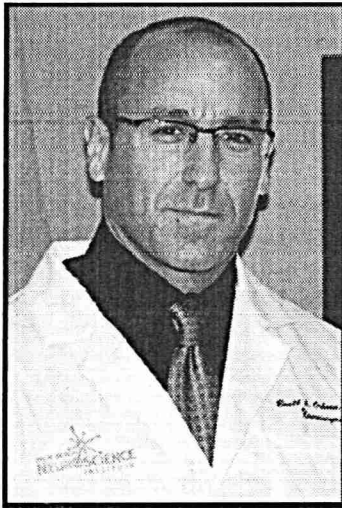


Bodybuilder & Neurosurgeon Debunks Five Training Myths



Dr. Brett Osborn

While big chunks of America's population continue to be ravaged by obesity, causing other problems such as cardiovascular disease and diabetes, there are many millions who choose to prevent those conditions by exercising regularly.

"The Centers for Disease Control recently estimated that only 20 percent of us get the recommended amount of daily exercise," says Dr. Brett Osborn, author of "Get

Serious, A Neurosurgeon's Guide to Optimal Health and Fitness," www.drbrbret-tosborn.com.

"Given our diet and lifestyles, it's no wonder that some of our first-world diseases have reached epidemic proportions.

Osborn, an avid bodybuilder, shatters some of those misconceptions:

- More exercise is always better. Everyone wants more muscle and less fat, Conventional wisdom says that hours and hours of exercise will achieve those results. That's completely wrong, Osborn says. You'll get the best results with a strength-training regimen, tailored to meet your needs, which can be accomplished in three to four hours per week.

- More cardio is better than lifting. For all you chronic dieters and cardio enthusiasts out there trying to shed fat, the right strength-training program can boost your metabolism and help burn off more fat. Excessive

cardio and dieting can eat muscle tissue away, compromising this furnace.

- Women: "But I don't want to look like a man." Females who lift weights won't look like men; they do not have the hormonal support to pile on a significant amount of muscle mass. Female lifters will, however, assume a shapelier figure.

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- You need to buy "product X." We live in a very money-based culture – so much so that we often place the almighty dollar above health. Get out of this mindset, at least regarding exercise. What counts for building muscle includes determination, intensity, consistency and safety.

- CrossFit is a good exercise program. If you want to build muscle, then CrossFit has many problems. First, it encourages ballistic movements from novice lifters, and since the program's rise in popularity, there has been a marked increase in injury rates, which can set fitness goals back by many months. Second, as mentioned above, you don't need to pound the body five times a week; you may increase endurance and lose fat, but you'll also lose muscle.

