Lifestyles

Myth Buster Exercise and Strength Training

By: KAREN MCNEW  |  WSLS
Published: February 06, 2012
» Comments  |  Post a Comment

We check in with Allison Bowersock who is the Director of Exercise Science for Jefferson College of Health Sciences we are talking about people who have been on those exercise routines.

Some people might feel like if they haven't seen results in weeks, it's not doing any good.

That is false.

Bowersock says, "A lot of times what's happening is when people are incorporating strength training into their routines the are building lean muscle mass which is more dense than fat so that number on the scale may not change or may even go up which is a good thing. So it's really important that folks check their body composition instead of the number on the scale, which accurately reflects that development of lean muscle mass.

Also pay attention to the way your clothes fit. Your body becomes more dense with muscle building and while the number on the scales may not go down you may still become more compact and toned from the strength training.

Recommend this on Google

Share This:

Recommend this on Google

View More: No tags are associated with this article

Not what you're looking for? Try our quick search:

More from this channel:

Latest Tennessee News, Sports, Business And Entertainment Bill to Change Name of Mental Health Dept. Health Department Overhaul Bill Passes House Panel Rescued US Aid Worker Says She's Thankful Advocates Prepare to Push Neb. Prenatal Care Bill RI Gov. Calls For 12 More Food Inspectors 43 Illnesses Now Tied to Pa. Farm's Raw Milk Company to Move to Waukesha, Create 105 Jobs Construction Lift Topples in Philly; Worker Hurt 2 Fla. Cvs Stores Stopped From Selling Drugs

Reader Comments

*Facebook Account Required to Comment. If you are not already logged into Facebook, please click the comment button to do so.