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Five Common Exercise Myths

By Dr. Ben Lerner

The Number One Exercise Myth: Exercising hurts.

The Truth About Movement: Healthy movement is comfortable and can help to prevent, not cause, pain.

The Number Two Exercise Myth: Exercise takes hours, and you have to work out every day to get or stay in shape.

The Truth About Movement: When done properly and at the right intensity, aerobic movement can be effective in as little as 10-15 minutes, and resistance movement can be effective in an even shorter time (2-3 minutes). Exercising the right way three to four days a week will notably improve your health and fitness levels.

The Number Three Exercise Myth: Exercise can be performed only in a gym or with extensive home exercise equipment.

The Truth About Movement: Your home, neighborhood, backyard and some simple tools -- dumbbells or hand or leg weights -- are all you need to develop an effective, full-body movement routine to reduce body fat, improve the cardiovascular system, develop tone and strengthen muscles.

The Number Four Exercise Myth: Exercise is for young people, healthy people and muscleheads named "Arnold" or "Rambette."

The Truth About Movement: A movement program is essential for every kind or type of person. Not only can regular movements be performed at any age, a steady program can even slow down or reverse the aging process.

The Number Five Exercise Myth: Exercise is for people who want big muscles or want to look good in a Speedo or bikini.

The Final Truth About Movement: Movement is for survival.

Dr. Ben Lerner, along with Dr. Greg Loman, owns Teach The World About Chiropractic, a Chiropractic training company. They have helped build the largest spinal correction clinics in the history of Chiropractic.

Dr. Mercola's Comment:

I met Dr. Lerner last year and am convinced he is an authentic leader in the health field. He is incredibly fit and nearly made it into the Olympics as a wrestler. His passion is to improve other people's health. Through his work with thousands of patients he discovered a proven pathway to build health

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instead of merely treating disease, which is [a major part of my Web site](#).

His book, [Body By God: The Owner's Manual for Maximized Living](#), is an excellent resource for anyone looking to improve his or her health through the following principles:

- **Maximizing Your Life**
- **Nutrition**
- **Exercise**
- **Stress Management**
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