

# Health Facts You Can Use

## Separating Fitness Facts From Fiction

(NAPSA)—The first step to a toned and firm body may be figuring out which fitness tips really work.

Once you separate the myths from the facts, you may discover that getting in shape is a lot easier than you might imagine.

Here are a few myths and the facts to counter them:

**Myth:** A firm, tight midsection can only be attained through 90-minute abs classes and conducting hundreds of abdominal crunches every day.

**Fact:** Sixty percent of Americans want toned abs more than any other physical trait. A combination of exercise and diet is the most effective means of attaining a toned, fit abdomen.

**Myth:** The best way to diet is to eliminate snacks and live on salads.

**Fact:** Don't deprive yourself. Replace unhealthy food with healthy alternatives. Say no to processed carbs; choose whole grains. Say no to bread; replace with rice cakes. Don't eliminate snacks; eat carrots, grapes or almonds. Say no to traditional three meals a day and practice eating five small meals daily.

**Myth:** Being fit means spending three hours in the gym every day.

**Fact:** Too much exercise too soon can cause injury and burnout. It's best to create a well-rounded plan with goals and rewards to work all body parts, not just one or two target areas.

Ideally, a workout plan should include spending 10 to 20 minutes three times each week on the treadmill for a good, solid cardio exercise.

Weight training is also recommended but don't overload your-



**Sixty percent of Americans want toned abs, but many might be surprised to find out how easy it can be to achieve them without spending three hours a day at the gym.**

self. Five-, 10- and 15-pound dumbbells used in repetition can do more good than lifting 100 pounds and are less likely to cause injury.

You can also get a good workout on an exercise ball that works arms, legs, glutes and abs. "Another great little secret used to strengthen abdominal muscles is electro-muscle stimulation (EMS) medical technology," said Melissa Hall, former Miss Bikini Universe, a certified personal trainer and co-owner of a fitness club. "EMS products such as System-Abs, System Arms and System Mini from SLENDERTONE offer an integrated workout for abs, arms and glutes." The EMS technology in SLENDERTONE products is cleared by the FDA and clinically demonstrated to work in a study conducted in 2004 by the University of Wisconsin-La Crosse.

For more information, visit [www.slendertonesystem.tv](http://www.slendertonesystem.tv).