

3 Exercise Claims You Can Ignore

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Regular exercise is 1 of the best things you can do for your health. So don't let these common exercise myths sabotage your workout goals.

Myth No. 1: There's no point in exercising if you don't have time for a full workout.

Fact: You need about 150 minutes of moderate-intensity physical activity a week. Pushed for time? The NIH says simply working in brief, 10-minute exercise spurts (e.g., fast walking) 3 times a day, 5 days a week, meets the recommended exercise goal.

Myth No. 2:

