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**Summer Fitness Myths Dispelled**

--By Jules Newmark

Have you been buying Shape, Self, Women's Health and Fitness RX in hopes of magically taking those amazing cover bodies and making them your own? Well sorry ladies, that isn't going to happen any time soon, but there are definitely a lot of tips and potential myths filling those pages that you are getting for your money.

Stacy Berman, Founder of **Stacy's Boot Camp** in NYC, says "life begins where your boundaries end," and that there aren't necessarily shortcuts to getting the perfect physique. If one of these plans to lose 20 pounds in 5 weeks is sounding somehow miraculous and almost alien, that's because it most likely is, as Berman would advise. She has compiled a list of fitness myths to help her boot campers, and potentially those gullible readers of the newsstand fit rags.

One myth, "A 20 Minute Walk will Change Your Body Shape," sounds really easy until she explains that this exercise is barely enough to get by if you're looking to shed a few. Try dietary changes, weight lifting and intense cardio, then you can talk about changing the body's shape – now that sounds like actual work!

Berman advises her boot campers to be aware of fad diets and exercise methods as escapes to the hard work really needed. She also debunks the myth of weightlifting raising resting metabolism, lifting heavy weights adds bulk and that specific exercises are good for spot reduction. Sounds like that meander through the mall in your Choos isn't going to count for the calorie burning session of the day after all – suit up ladies and start sweating!