

## **TRUE OR FALSE: FITNESS BELIEFS EXPLAINED**

TRUE. But machines are still a better option.

TRUE. Body fat is just one measure of health — and not a very accurate one.

FALSE. Bad running form is bad for your knees.

FALSE. Eat a balanced meal before a race.

TRUE. Working out has many positive effects on the brain.

FALSE. Exercising after a small meal may burn more fat than a fasted workout.

TRUE. But you'll build it faster if you hop, skip, and jump.

FALSE. Lifting weights makes you healthy and strong.

Source:

<https://experiencelife.com/article/true-or-false-11-common-fitness-beliefs-explained/>