

PHYSICAL ACTIVITY FACTS AND MYTHS



PHYSICAL ACTIVITY FACTS AND MYTHS © 2026 by Álvaro
Letón Bartol is licensed under CC BY-NC-ND 4.0



VS



Devices like the sixpad that seek muscle electrostimulation can make you achieve abs effortlessly

SIXPAD, el dispositivo de Ronaldo para tener sus abdominales

Así es el aparato que usa CR7 para mantener su six pack a punto.

Rafael García Domínguez • Cesar Otero
Actualizado a 16 de abril de 2019 11:17 CEST





Muscle electrostimulation can be useful for injury recovery

A Physical Therapist Explains How to Use TENS and EMS Devices for At-Home Pain Relief

Those tingly, buzzy pads from your PT's office are now available over-the-counter, thanks to at-home TENS and EMS devices. But if you want to get the most relief, you've got to use them the right way.

Published Dec 7, 2023 · JENNIE HANSEN





Saunas help you lose weight





Abdominal exercises are the only exercises that helps you lose belly fat

ENTRENAMIENTOS

Abdominales de pie, la tendencia fitness que aplana tu tripa evitando lesiones de espalda

LAURA RODRIGÁÑEZ

29/11/2023 - 12:56



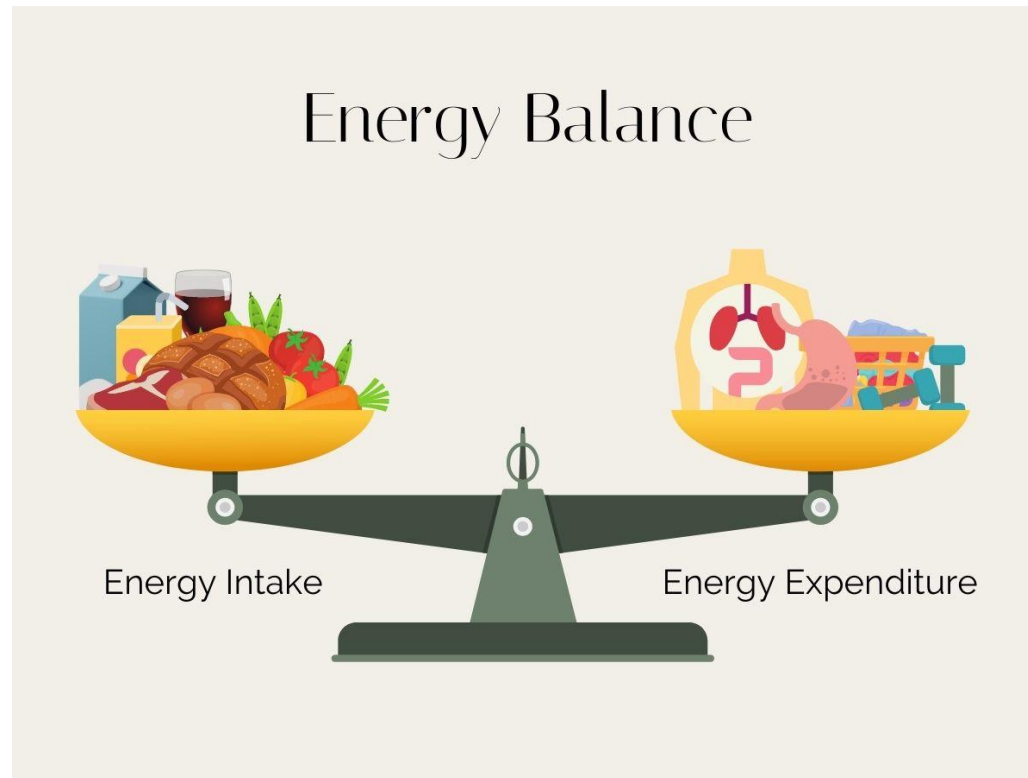
Body fat can be eliminated locally. For example, doing abdominal crunches or planks will allow you to lose fat from your belly, while you will continue to have the same fat in other areas of the body, since the previous exercises focus on the belly

How to lose abdominal fat—the best exercises to try, according to experts

If you've been sweating and doing sit-ups but your abs are nowhere to be seen, you need to narrow your approach even further



Caloric deficit is necessary to lose fat and means that you take in fewer calories than you consume

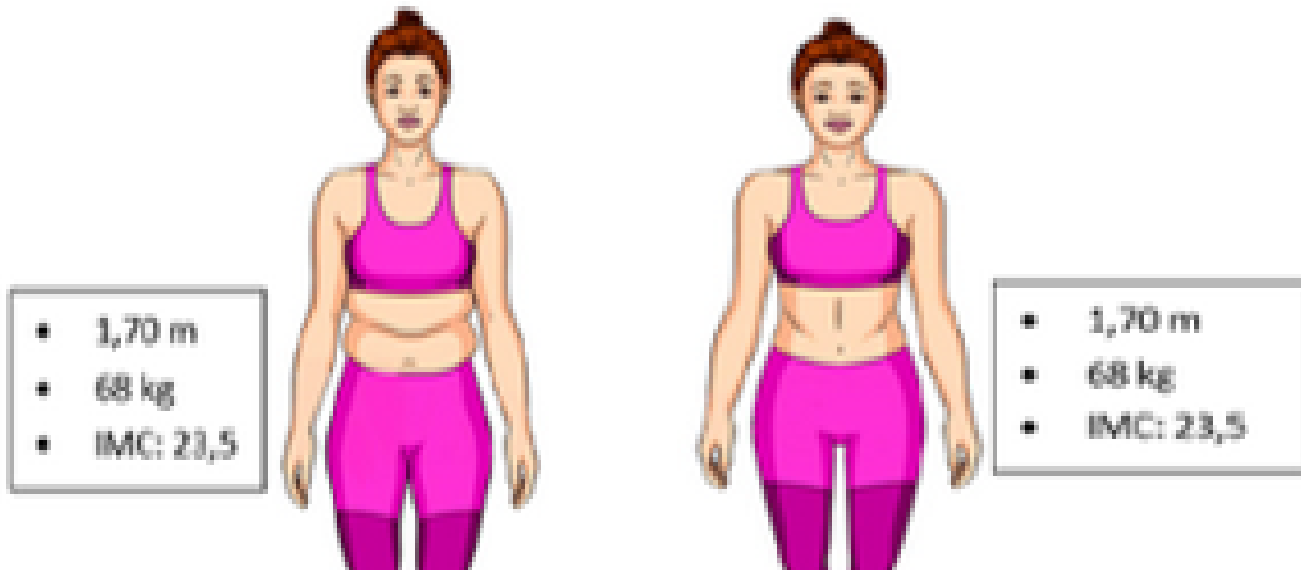


✓ **FACTS**

VS

MYTHS ✗

To be healthy, weight is not important, what counts is a good body composition, that is, having a low fat percentage.

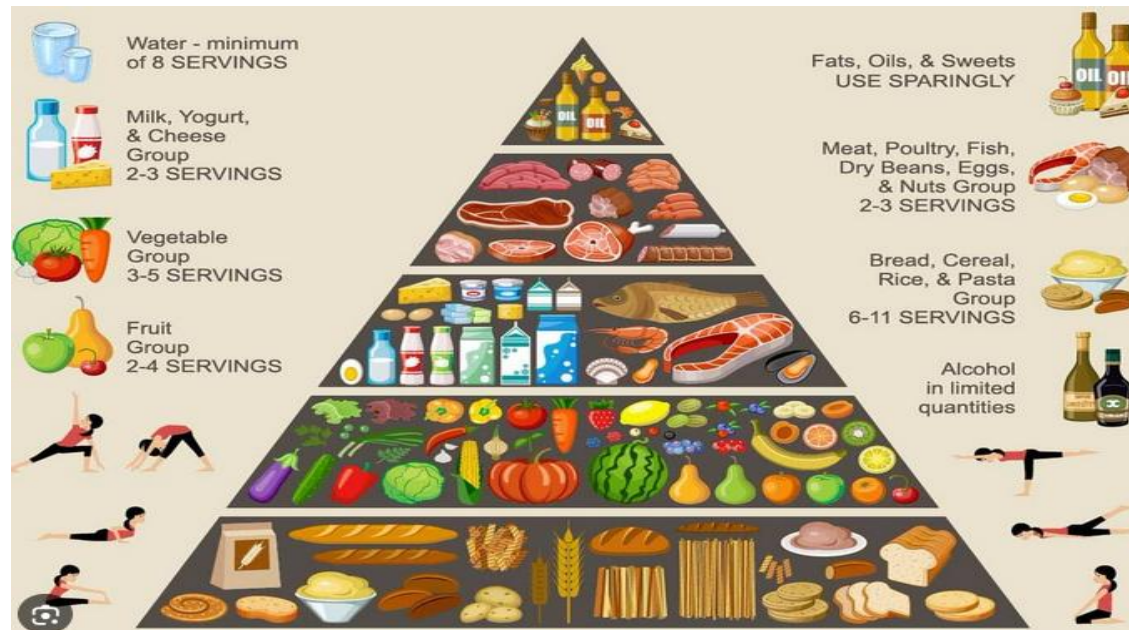




To lose fat in a healthy way, you need a caloric deficit, sufficient protein intake and strength training.

✓ **FACTS** VS **MYTHS** ✗

Nutritional pyramid



<https://www.youtube.com/watch?v=bPmt4XqIB9c>



Breakfast is the most important meal of the day

<https://www.youtube.com/shorts/4xggBOecCbl>



Light products are good for your health



✓ **FACTS** VS **MYTHS** ✗

Taking sugar just before exercise increases performance.
Example: drinking a Monster (that has sugar) before the game
to be more active





DOMS disappear by drinking sugar water.



DOMS disappear if you stretch your muscles after your training



To prevent strength training from making me too big, I have to avoid high weights.

<https://www.dailymotion.com/video/x83p40e>



Some important factors for hypertrophy are sufficient protein intake, caloric surplus, and training close to failure.



Is it possible to hypertrophy using body weight? For example, if I want to have bigger glutes for aesthetic reasons, I can achieve this goal by doing squats without weight.





It is important to sleep between 7 and 9 hours

<https://www.youtube.com/shorts/RR26R3of6jQ>

PLAY THE GAME!

https://www.educaplay.com/learning-resources/28978138-mitos_ou_factos.html