

# Health Myths: Busted

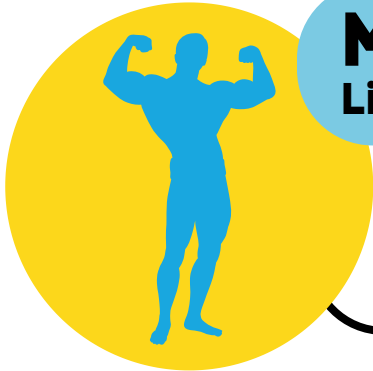
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## Myth 1 You need to drink 8 glasses of water daily

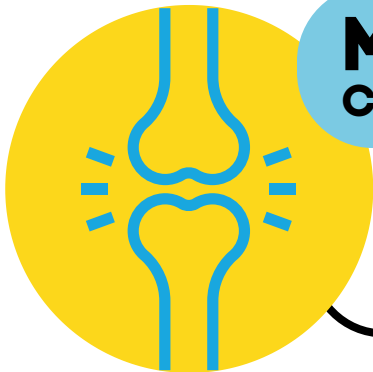
Not exactly! An individual's water needs depend on many things, including: how much water people lose (sweat, urine, etc.), environmental temperature, a person's physical activity level, a person's bodyweight, and more!

**General Recommendations: Men- 13 cups, Women-9 cups**



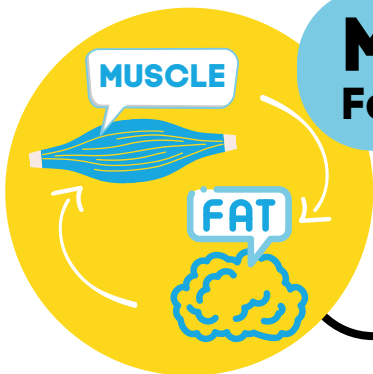
## Myth 2 Lifting weights will make you bulky

Lifting weights can increase your strength and even your muscle size. However, in order to get "bulky" you need to specifically train for that and eat a LOT! General weight lifting will increase your overall health, minimize your risk for injury, boost your calorie burn, NOT make you bulky.



## Myth 3 Cracking your joints will give you arthritis

Nope! The "pop" of a cracked knuckle is caused by bubbles bursting in the synovial fluid — the fluid that helps lubricate joints. The bubbles pop when you pull the bones apart, either by stretching the fingers or bending them backward, creating negative pressure.



## Myth 4 Fat turns into muscle when you exercise

While regular exercise may change your body composition to be higher in muscle content and lower in fat content, muscle and fat are different tissues! Muscles can increase/decrease in size due to increased or decreased stimulus (exercise) and the body can increase or decrease in fat content, depending on how much energy is consumed or expended.

