

## *Black Women's Health Imperative*

# *Misconceptions & Myths about Physical Activity*

**Myth:** A little bit of exercise is not enough.

**Reality:** As little as 30 minutes a day on most days a week is good for your health. Any exercise is better than none. For example regular walking has been shown to reduce the risk of heart disease.

**Myth:** I must join and live at the gym to establish a regular routine.

**Reality:** You can incorporate physical activity into your day by getting off the bus one or two stops earlier and walking the rest of the way to work, use the stairs instead of the elevator, dancing, playing with your children, or walking your dog.

**Myth:** I need to buy expensive clothing and shoes.

**Reality:** All you really need is pair of comfortable walking shoes, socks and comfortable clothes.

**Myth:** I need to set a time to exercise.

**Reality:** Anytime is a good time to exercise. There are ways to fit it in your day. You can dance while you clean your house. In the evening you can go for a walk around your neighborhood, churchyard, school or park.

