

Megan Stuteville, MS, ACSM-CPT



Our Speaker



Megan Stuteville

Health Coach &
Certified Personal Trainer

ABOUT ME

Megan is a graduate of Otterbein University with a Bachelor of Science in Exercise Science and Health Promotion and received a Master of Science in Exercise Science from the George Washington University Milken Institute School of Public Health.

Megan is certified in personal training and group fitness instruction through the American College of Sports Medicine. She has a strong background in exercise physiology, biometric testing, and higher education.

Megan has worked across the industry as a university health sciences lecturer, a corporate wellness consultant, a personal trainer, and a clinical exercise physiologist. Whether it be with clients, students, or clinical patients Megan values her role in helping others implement evidence based, lifelong healthy habits.

Learning Objectives

1

Discover which common fitness claims are Fit (TRUE) or Fiction (FALSE)

2

Understand the science behind common claims

Engage in our presentation! Vote in each poll



FIT



FICTION

Disclaimer: Before beginning or altering your individual fitness routine be sure to receive clearance from a physician and work with a certified personal trainer.



FIT

“Zone 2 Cardio Burns More Fat”

Zone 2 Cardio Burns More Fat

Zone 2 cardio refers to a specific intensity level during exercise, typically around 60-70% of your maximum heart rate. It's considered a moderate intensity, where you can comfortably hold a conversation while exercising, sometimes referred to as a conversational pace. This heart rate range allows your body to use fat as its main substrate to burn.

- Zone 2 is **CARDIO not** strength training
 - Walking, biking, elliptical, rowing
 - Low intensity, long duration
- Body burns fat as primary source of fuel $\neq$ more calories burned

Zone 2 Cardio Burns More Fat

How to find 60-70% of you maximum heart rate

- Calculate your maximum heart rate by taking $220 - \text{age}$
- Take that answer and multiply it by (0.6) and (0.7) to find the fat burning range

Example: 27 year old female

- $220 - 27 = 193$ (max HR)
- $193 \times 0.6 = 115.8$
- $193 \times 0.7 = 135.1$

ZONE 2 CARDIO HR RANGE = 115-135 beats per minute

Zone 2 Cardio

Type	Zone 2	HIIT
Intensity (HR range%)	60-70%	90%
Benefits	Metabolic health, low intensity, less impact and injury	Calorie burn, shorter duration
Time	Average duration = 30-45 minutes	Average duration = 30 minutes or less

“Strength Training is Dangerous”

X

FICTION

Strength Training is Dangerous

Strength training is a type of exercise designed to increase the strength, endurance, and size of muscles by making them work against a resistance. Strength training is actually one of the most beneficial things you can do for you muscles and joints. When utilizing proper form, volume, and intensity you actually decrease your risk for injury.

Here's the science:

- Individuals with low muscle mass/strength have a 2–3× higher risk of joint injuries and bone fractures.
- 10-20% reduction in all cause mortality
- Even bodyweight counts as resistance! Dumbbells, machines, and resistance bands are all ways to strength train

Need some guidance on strength training technique and form? Check out the PeopleOne Health SparkUniversity course "Strength Training 101"

“Sweat = Calories Burned”

X

FICTION

Sweat = Calories Burned

Sweat = body's cooling system

- This is separate from energy burn

Workouts in the heat can predispose you to

- Dehydration
- Heat exhaustion

For example: A 30-minute run at a moderate pace burns ~300 calories whether it's 50°F (10°C) or 90°F (32°C). You'll sweat far more in the hot run, but the calorie burn is nearly identical.



FIT

“You Should Exercise Every Day”



FICTION

You Should Exercise Every Day

What constitutes exercise for you? Some form of movement daily is extremely beneficial. Here is how to make sure you are not overtraining or undertraining.

Fit:

- 150–300 minutes/week of *moderate-intensity* cardio OR 75–150 minutes/week of *vigorous-intensity* cardio.
- Strength training at least 2 days/week for all major muscle groups.
- Rest at least 48 hours between session of the same muscle group
- Gradual increase
- Walking, mobility, sports, etc count as activity

You Should Exercise Every Day

Fiction:

- Avoid training the same muscle group 2 days in a row (or all days of the week)
- Vary your intensity and type of exercise
- Look out for signs of overtraining
 - Continued muscle soreness
 - Fatigue and poor sleep
 - Injuries

In Conclusion...

Not Everything You Hear About Exercise Is True!

So long as it is performed safely, tailored to your level, and done at an appropriate volume, exercise is one of the most beneficial things you can do for your health.

What's next



Use the Exercise toolkit.



Talk to your trusted medical provider before starting an exercise plan.



Join the next live PeopleOne Health quarterly webinar event in November.

SparkAmerica

SparkAmerica is focused on building Fit & Healthy leaders all across the country. Business and civic leaders have joined with us to create community and promote healthy living.

HAPPENING NOW!

Fit City Challenge: 4-week active minutes challenge. Remember to keep tracking your minutes!

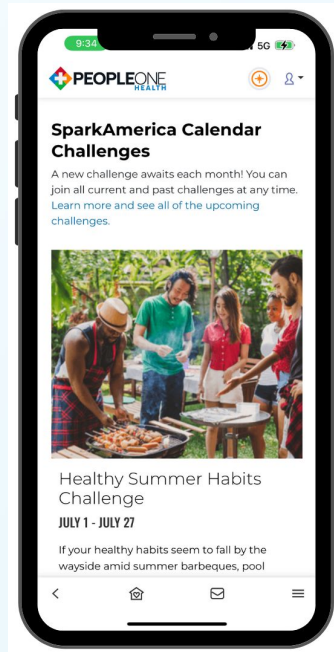
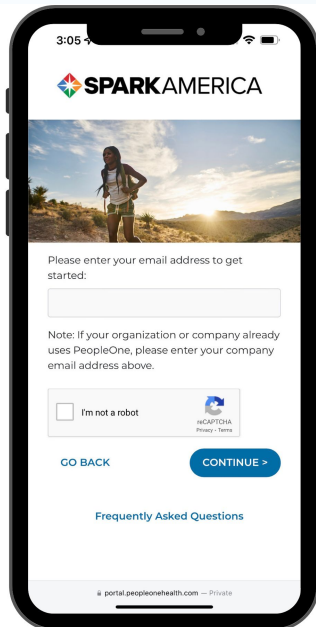
SparkAmerica Fit City Recognition
Event: October 8 at Noon

REGISTER NOW



SPARKAMERICA

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Questions?

Thank You!

Presented by
PeopleOne Health
Team



Resources

Meixner B, Filipas L, Holmberg HC, Sperlich B. Zone 2 intensity: a critical comparison of individual variability in different submaximal exercise intensity boundaries. *Transl Sports Med.* 2025;2025:2008291. doi:10.1155/tsm2/2008291. PMID: 40225831; PMCID: PMC11986187.

Writer, S. (2024, November 22). Evidence mounts on the benefits of strength training | Harvard T.H. Chan School of Public Health. *Harvard T.H. Chan School of Public Health*. <https://hsph.harvard.edu/news/strength-training-time-benefits/>