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Thread: [Do you have any Unpopular Opinions about Fitness or Health?](#)

Jinu - October 26, 2024, 2:28 am

Do you have any Unpopular Opinions about Fitness or Health?

There's a lot of advice and opinions out there about fitness and health, but not everything resonates with everyone. Some popular tips even feel a bit overrated or unhelpful depending on individual preferences and goals. Do you have any thoughts about fitness or health that others might not agree with?

For example, some people say that meal prepping takes too much joy out of eating or that lifting heavy is overrated for building strength. Maybe you think certain diets don't live up to the hype, or that you don't need to be super strict with routines to see progress.

Share your take – let's see who else has a different perspective on the journey to better health!

Ramsey - October 26, 2024, 3:30 am

The goal is to actually be fit/healthy and not just look fit/healthy.

thrutl - November 8, 2024, 9:29 am

(Oct 26, 2024 03:30 AM)Ramsey Wrote: [\[CITE\]](#) The goal is to actually be fit/healthy and not just look fit/healthy.

the audacity :O JK JK

But you do bring up a valid point...

Ravensshadow - November 12, 2024, 11:53 am

Someone probably said this already but I highly dislike most of the fitness influencer culture and how most people take their advice over doing their own research. Call be a "Science Based" guy but the amount of people I have seen do detrimental things or waist their money on supplements they don't need is crazy

Giga - November 12, 2024, 3:20 pm

Running is terrible for longevity. Especially for your joints and cartilage in your knees.

Cardio is important but not worth isolating on its own imo. Functional training, supersets, and recreational sports are the way to go.

I know some people enjoy running but it really isn't that great for you on cost-benefit analysis imo. It is also boring as fuck for me personally, so I am definitely biased

Omniscient - November 13, 2024, 11:16 am

Eat as much animal protein and fat as you can and stop with the sugary carbs. Carbs are the devil, it is not fat or cholesterol. What kills people is carbs.

Ranger773 - November 20, 2024, 5:03 pm

That you don't actually need the protein amounts that gym rats claim. .5g/lb is more than enough IMO

RangoWorld - November 21, 2024, 1:01 am

I believe supplements, fish oils and vitamin pills are shite. They do nothing or very little that the significance is not there. Not there any way for the amount of money you spend.

It's better to focus on your diet and eat healthy food. Like fruits and vegetables. But people don't eat fruits and vegetables that often these days. Also drink natural fruit juices. Make it at home.

DashPHP - November 21, 2024, 1:25 am

What are your goals?

If you want to put on muscle you need to activate muscle hypertrophy which is the sum of lifting heavy weight with low reps.

On the other hand you have muscular endurance and this is simply low weight and high reps.

As Omni said above, be careful of what you eat. Some foods have wayyy too many calories which we easily overlook.

Perfect - November 21, 2024, 7:58 pm

More weight doesn't mean more gains. :)

n1k7 - November 23, 2024, 10:55 pm

Health influencers' usually overrate or exaggerate the workout and or mark it out as highly beneficial for one.

Turns out, it isn't the same for everyone. It really depends on how ones' psych is wired or function. There are no perfect meal to intake. It depends on trying out, learning more about how you function and what benefits you.

Why it benefits and if its possible to optimize the output.

Based on the situation, one should always start by using lower reps and gradually increase them daily or weekly. Discipline is the key, once you stop mid way, you will begin to lose the fruits.

Good luck