



Mythbusters: Fitness and Training Edition
Presented by Jennifer Klau, M.A.
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Sunday, June 1, 2008 12:00 PM–1:30 PM

This lecture gives you a chance to find out whether that nugget of information you heard or read should be applied to your next workout or should be thrown out.

This outline has been prepared so you can fill in the myth/information being discussed during the session as we dissect it.

1. Statement:

Sliver of truth?

Information to support or refute:

2. Statement:

Sliver of truth?

Information to support or refute:

3. Statement:

Sliver of truth?

Information to support or refute:

4. Statement:

Sliver of truth?

Information to support or refute:

Your questions:

**Please remember to submit a session evaluation.
Your feedback is important to us!**