Do You Exercise Correctly?

Try this short true-or-false test. Rafy Oquendo, personal trainer to Yankee shortstop Derek Jeter, will help you with the answers.

December 1, 2007 By Paola Singer

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1. I need to do lots of ab exercises to
get rid of my belly.
__TRUE
__FALSE

2. It's important to eat protein.
__TRUE
__FALSE

3. If I stop lifting weights, my muscle will become fat.
__TRUE
__FALSE

1. **FALSE.** It isn't possible to whittle down your abdominal zone without first losing weight in general. Fat is distributed throughout the body based on heredity, gender and age, says Oquendo, who suggests doing three sets of 12 to 25 crunches at least three times a week as part of a complete exercise program.

2. **TRUE,** but in moderation. Consuming too much protein can be counterproductive—the body converts any excess into fat. Unless you're a professional athlete, .18 to .27 grams of protein for every pound you weigh (about 34 grams for a 150-pound person) is enough per meal. To replenish after exercising, "a simple solution is drinking low-fat chocolate milk," says Oquendo. "It has just the right amounts of protein, sugar and carbohydrates."

3. **FALSE,** says the trainer. When you stop exercising you'll gain weight if you take in more calories than you expend. When the level of activity decreases, simply watch what you eat. It's never good to stop exercise completely, however. "It's the fountain of youth," Oquendo affirms.

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