

# BE STRONG

Eat.Move.Live

# THE KNOWLEDGE

## ARE YOU GOING TO OUTFIT A BAD DIET?

### Let's get one thing straight!

Exercise gets you fit, a calorie deficit ensures you lose weight. But you can get your required daily calorie deficit through exercise, right?

**Wrong!!**

It is practically impossible to consistently get your calorie deficit through exercise alone, to allow us to continue eating recklessly. 1lb of fat contains 3500 calories. So, to lose 1lb of fat our body needs to burn 3500 calories more than we put in it, over a period of time.

## Why exercising to lose weight doesn't work

If you are currently eating to the point that you are gaining weight, you may need to perform around 1-2000 calories worth of exercise every single day! Below are some examples of what we would need to do lose weight.... Every single day!

- 1 25 minute HIIT (200 – 250 cals) – 4 sessions every day!
- 2 5 mile run (500 cals) – 10 miles every day!
- 3 1 hour swimming (400 calories) - 2.5 hours swim a day!
- 4 1 hours strength training/heavy weights (180 calories) – 4-5hours in the gym every day!
- 5 1 hours yoga (150 calories) – 5.5 hours yoga every day!

### So, should I not bother exercising then?

You must still absolutely exercise, especially if you enjoy it!! Because of the myriad of benefits it gives us:

*Healthy hearts, lungs and circulatory system - Improved mental health - Stronger muscles and bones which help keep our whole bodies strong and prevent injury and reduce risk of falls - Improvements to our immune systems - Reduction in disease risk – many cancers, type 2 diabetes, cardio vascular disease - Once we are at a healthy weight, it helps us to maintain that*

**But!!!** Don't eat because you earned it! Keep it separate – you will not have earned burger and chips or a slab of 'death by chocolate' gateau by doing a walk or a HIIT session!

**And!!!** Don't tell yourself you are converting fat to muscle – this is not possible. We lose fat and we build muscle. The two things are chemically different. So we lose fat when we burn it as an energy source, then when we take in proteins, our body breaks them down and as our muscles are used, they take the constituents of protein to build more muscle tissue.