

BE STRONG

Eat. Move. Live

THE KNOWLEDGE

HOW TO COMPLIMENT WEIGHT LOSS WITH EXERCISE

This week's focus: How we shouldn't get hung up on using exercise for weight loss

Why it's important: Exercise is often seen as a means to lose weight and continue eating as we were when putting weight on. Unfortunately, it's a fallacy that exercise will help you lose weight. It's really important to make sure you separate exercise and treat as a means to get you fit and concentrate on eating the right amount of food (and drink) to lose weight.

What we will tell you: The science and numbers around exercise, and why it shouldn't be your method for weight loss.

- 1 1lb of fat = 3500 calories. If we are currently gaining a pound a week, as an example, we are eating 500 calories a day, more than we should do.
- 2 To continue to eat in that manner and still get a deficit to affect 1lb a week weight loss, we need to burn 1000 calories a day with exercise. This is hard!!!
- 3 How to burn 1000 calories: 10 mile run every day, 2 hours HIIT every day, 2.5 hours swimming every day, 4 hours strength training every day, 5.5 hours yoga every day!
Still want to try and get your calorie deficit through exercise and eat what you want?
- 4 Even if you are eating and maintaining weight you would need to do one of the above activities for half the time specified, every single day of the week to affect 1lb a week weight loss.
- 5 Unfortunately, we see that it's easier to exercise for an hour a day, in the hope that it will affect weight loss than it is to control what we put in our mouths for the 16+ hours a day that we are awake. We need to break this thought process, and crack the nutrition side of things.
- 6 Exercise often burns a lot less calories than we think – and therefore that 2-hour walk you did doesn't justify fish and chips, followed by sticky toffee pudding. Sadly! Our calorie calculations average out your weekly calories based upon your activity levels, so we have already accounted for how much exercise you are going to do!! So don't give yourself extra food on the exercise days, it will mean that you are eradicating your deficit!
- 7 Once we start to focus our energy on the right method to lose weight, and use exercise for all the other benefits it brings – physically and mentally – the magic will start to happen! You will be losing weight and feeling amazing!

Key Messages

Check in with yourself – are you putting your eggs in the right basket?
Exercise is great for making us feel good, stronger and fitter, improving our shape and our mental health and reducing our disease risk.

Adjusting our food intake is what will make all the difference when it comes to seeing changes on the scales. If you are looking to lose weight, don't burn yourself out trying to exercise your way to it, focus on the food and get it right from the outset.