

# WHY YOU SHOULDN'T UNDER EAT & OVER EXERCISE

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## A LARGE DEFICIT AND TOO MUCH EXERCISE CAN ACTUALLY HINDER WEIGHT LOSS, NOT IMPROVE IT.

**Is your diet the key to burning body fat or is exercise the answer? Well, by dieting as if you aren't going to exercise you will go a long way to creating a lean physique!**

I recently came across an interesting article in the *Times* magazine about diet and exercise. It was entitled: "Why Exercise Won't Make You Thin". To sum up the article without going into too much detail, it's easier to create a large calorie deficit through your diet than by exercising. And that, at the end of the day, is what losing weight is all about.

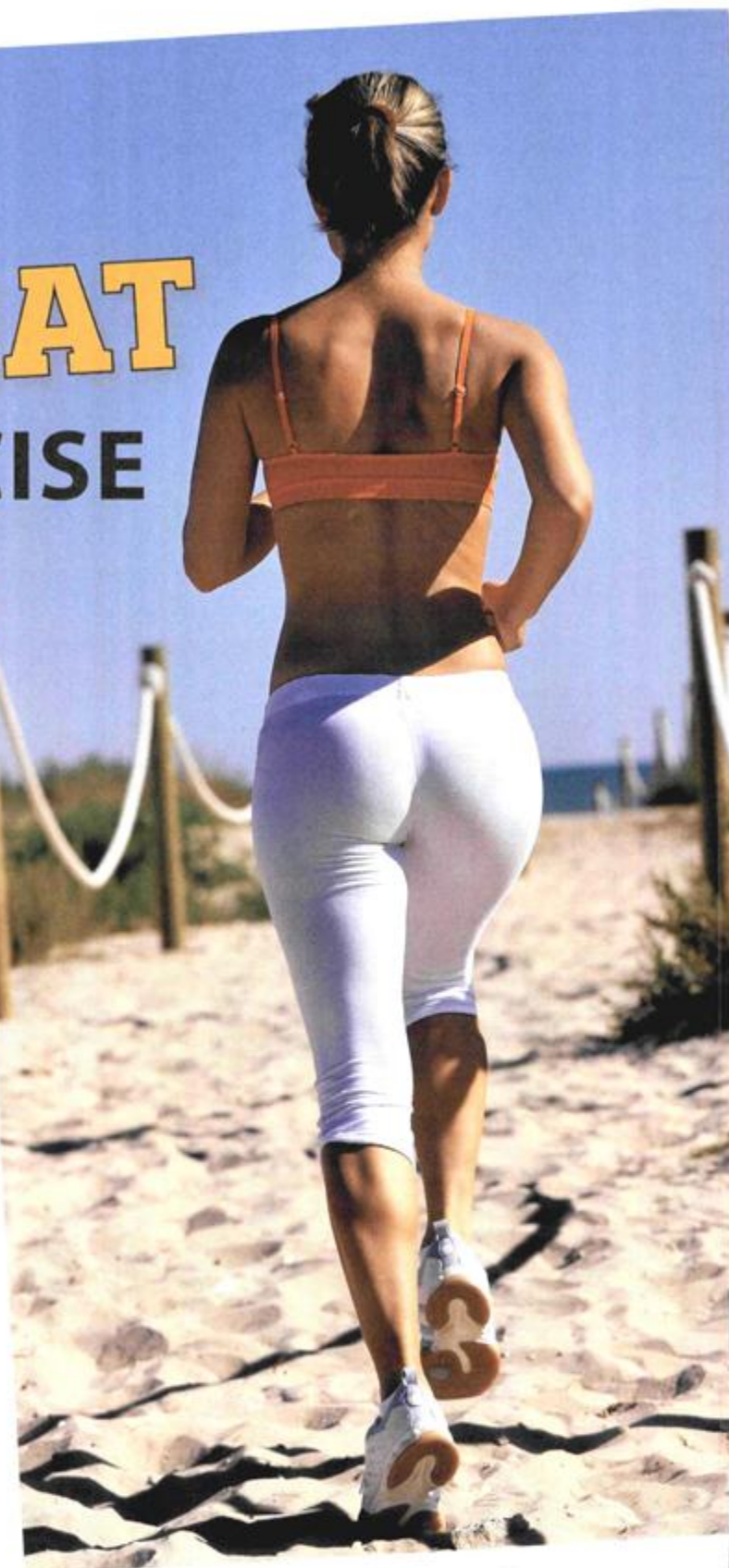
A calorie deficit is created when your body burns more calories than you consume each day. To lose 1kg of fat per week, for instance, you need to create a daily calorie deficit of 1,000 calories (2lb or 0.9kg of fat contains 7,000 calories). So the question is, would you rather exercise for two hours or just not eat those calories in the first place? To create a 1,000 calorie deficit through exercise alone is difficult, as you would have to do moderate to high intensity cardio for close to two hours, which can be brutal if you try and do this everyday! A better suggestion would be to eliminate 500-700 calories from your diet and burn the remainder through exercise.

Take this as an example; A big muffin contains 400 calories. Do you realise how much exercising it takes to burn those calories? Well, about an hour on the step machine at a moderate pace would do the trick! So, by relying on exercise alone you would only be back to square one after an hour of cardio. You probably won't lose weight at all by doing this, especially if you added a full cream milk latte to the mix or a fat free frappe, which is considered by most to be a skinny meal!

### DIET IS MORE IMPORTANT THAN MANY PEOPLE REALISE

**If you are eating excessive amounts of calories then a large part of your time spent in the gym is a waste if your goal is to lose weight.** Your diet is key to getting into great shape as it lays the platform for optimal weight loss. The ladies who don't realise this are the ones you see at the gym, week in and week out, doing intense exercise with little or no result.

Another mistake people often make at gym is that they copy the workout routine of a person who is in great shape. The real reason that person is in great shape is because of their strict diet. True weight loss happens outside the gym when you eat well!



To get a true indication of what your daily calorie consumption should be you can use this general formula as a starting point. Take your body weight (in pounds) and multiply it by 12. For example, a woman who weighs 150lb (68kg) would need around 1,800 calories per day. Then, based on the results,

you can make adjustments as required. The average person should aim to lose 1-2 pounds (0.5 to 1kg) a week.

### Where the wheels can come off

**Having worked out this equation, many people often**