

Chapter 12: Exercise

1. **Exercise:** Exercising is not required to lose weight. Diet plays a far greater role in weight loss. This is not to say that exercise has no benefits. Exercise is good for developing and maintaining muscle mass. It is good for cardiopulmonary deconditioning. It reduces the risk of progression of hypertension, diabetes and dementia. It reduces the risk of many cancers such as breast, colorectal and prostate cancer. It is good for decreasing stress, anxiety and depression. However, it is a rather inefficient method to lose weight. For example, a Krispy Kreme glazed doughnut may have 300 cal. It would take exercising about an hour to burn off an equivalent number of calories. A far better way of achieving weight loss is with the quality of the food we eat and the frequency with which we eat them. In other words, a low carb diet with intermittent fasting is a much better approach to weight loss.
2. **Resistance exercise:** This form of exercise is said to be the best at building and maintaining muscle mass. Especially if using high intensity interval training (HIIT). Using this method, instead of performing several circuits of exercise with lighter weights and a larger number of repetitions, you perform each exercise with a heavier weight and fewer number of repetitions. Body weight exercises work well too. In either case, you perform each exercise to the point of exhaustion.
3. **Aerobic exercise:** Aerobic exercises are good for our heart and lungs. High intensity interval training (HIIT) can also be used with this form of exercise. To accomplish this you will sprint for short periods of time, say 30 seconds to a minute, as you run, bike or

stairstep. Try to get close to the maximum effort you're capable of. Then, after sprinting, you drop back down to a more comfortable pace in order to recover. Then, you repeat the process. Instead of jogging for 5 or 10 miles, you run 2 miles interspersed with these short bursts or sprints. You will get just as much benefit running in this manner, but in a fraction of the time.

4. **Walking:** If you are unable to perform the exercises as described above because of your age or medical condition, take heart, movement of any kind has beneficial health effects. Even a walk will do. Walking with your children, grandchildren or the family pooch is still great exercise.
5. **Exercise is additive.** Don't have time to exercise for 30 minutes at a single go? Research shows that breaking up the exercise into shorter periods of time is beneficial as well. For example, you might exercise for 10 minutes 3 times a day. It is just as beneficial. Try to fit in exercise when you can.

Chapter Summary

- Although exercise has many benefits, it is not the most efficient way to lose weight.
- Resistance training is perhaps the best form of exercise but most experts recommend a bit of both resistance training and aerobic conditioning..
- High intensity interval training is used for both forms of exercise.
- If unable to perform vigorous exercise because of your age or medical condition, even a walk will do.

- Exercising for shorter periods of time with greater frequency works just as well as one prolonged workout.

Resources

- The Lean Look