



# Exercise

**How important is it for weight loss and weight management?**

## “Do I have to exercise to lose weight?”

One of the biggest issues related to overall health and well being, is deciding the proportions of importance. Is it more important to exercise or is it more important to eat well? Many people including me, formally believed that exercise was the key to health and therefore required it to be highest priority. Working out 4, 5 or 6 days a week, combining strength training with long hard cardio sessions were with the intent to obtain that free pass on the dietary choices and portioning. “I will be able to eat whatever I want as long as I exercise enough to offset the calories”. Many aspects of our health are being ignored with an exercise first model. That model is not an indicator of organ health, lipid levels (good vs bad cholesterols), or insulin sensitivity (how effective your body is at utilizing carbohydrates for energy). I strongly recommend that we stop associating exercise with weight loss. It didn't work for me and if anything, it impacted my overall health in a negative way. Even though I looked fit and strong on the outside, the inside told another story.

The general public, if asked to identify the proportions that exercise and diet are associated to weight loss and weight management, the answer will likely be 80% exercise and 20% diet. Again, as with my former self, that's the mindset that feels; if you work-out hard and long enough, weight loss will happen. Calories in vs Calories out. When in fact it is more likely the opposite. 80% of our weight loss and weight management goals are associated with diet and 20% exercise. Let's try not to link weight loss with fitness.

## If exercise is ineffective for weight management; what is exercise effective for?

A Facebook post from an April 29, 2016 article titled, Why You Shouldn't Exercise to Lose Weight, explained with 60+ studies.( [ref.](#)). There were some good tidbits of information as shown in the illustrations below.

**What we know:**

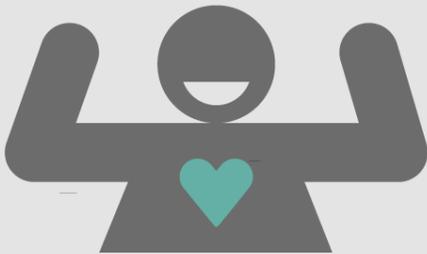
Despite the prevailing advice, exercise is pretty unhelpful for weight loss. While 100 percent of the energy we gain comes from food, we can only burn about 10 to 30 percent of it with physical activity each day.

**What we don't know:**

Physical activity seems to set off a cascade of changes that can affect how much you eat, how many calories you use, and, in turn, your bodyweight. How these effects vary among people isn't clear.

**What it means for you:**

Don't expect to lose a lot of weight by ramping up physical activity alone. While exercise is hugely important for overall health, how much and what you eat has a much bigger impact on your waistline.

**What this means for policy:**

We have an obesity problem. But we shouldn't treat low physical activity and eating too many calories as equally responsible for it. Public health policies should prioritize fighting overconsumption of low-quality food and improving the food environment.



The article points out that exercise does your body and mind good. Exercise commonly leads to only modest weight loss, participants who moved more saw a range of health benefits, including improvements in blood pressure, lowering of triglycerides, plus reduced risk of type 2 diabetes, stroke, and heart disease. There was also reference to a number of studies showing reduced risk of Alzheimer, dementia and cognitive ability due to more daily movement, showing that physical activity helps considerably in preventing age-related diseases...All good stuff!

Although using exercise as a weight loss tool has been shown to be mostly ineffective, when you lose weight through dietary changes, movement helps with weight maintenance



## Why you should not count calories

Outcomes from a study at Stanford University that looked at the accuracy of activity trackers was that none of the seven devices measured energy expenditure accurately at all. Even the most accurate device was off by an average of 27 percent, and the least accurate was off by 93 percent. By any markers, that would be considered unreliable data. So even if we are measuring the calories accurately going into our bodies, it would appear, measuring how many calories we are burning is virtually impossible.



Canadian health & fitness legend, Brock Armstrong wrote an excellent blog about this topic: <http://www.quickanddirtytips.com/tech/gadgets/how-smart-is-your-smartwatch>

Keep moving 😊

Exercise is very important to have in our lives coupled with good dietary practices. Cardio and strength training, when performed in a healthy way, can contribute to enviable health and longevity outcomes. Just remember to use exercise as its intended and not rely on it to give you that so called “free pass” to consume all types of food without reservation. That would likely lead to unfortunate health concerns that could be avoided with aligned fitness, health and dietary practices.

## Living Aligned Health Coach Service

Thank you for taking the time read this post. If you find any of the information valuable and would like to find out more information regarding the benefits a health coach can provide, or if you are interested in setting up a consultation. Contact Vern Gorman at [livingalignedhc@gmail.com](mailto:livingalignedhc@gmail.com) or through the website [www.livingalignedhealthcoach.com](http://www.livingalignedhealthcoach.com)

