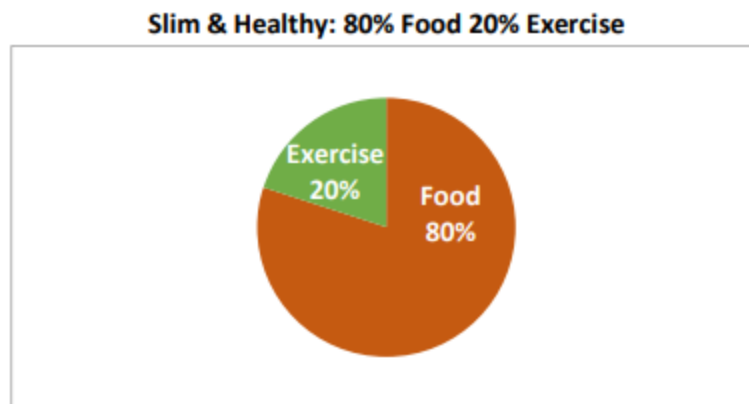


Why burning more calories by intense exercise program does not help in curing obesity

Exercise is a great way to build strong muscles, increase physical endurance, improve heart and overall health. It will save an individual from gaining additional weight. However, intense exercise will not help anyone in losing much weight. The simple math being, if one runs fast for 30 mins, he/she will burn about 200 calories. If now this individual eats one gulab jamun or a small muffin or a small piece of cake, he/she would gain back 250– 300 calories. So when it comes to losing weight, the contribution of food is 80% and that of exercise only 20%.



The concept that exercise is the best way to lose weight was promoted by the United States public health service in the 1960's. Since then millions of dollars have been poured into exercise gyms, trainers, and machines. The epidemic of obesity, however, has raged on even though the exercise levels of population, in general, have increased. There are two reasons why burning more calories by exercise does not help with weight loss.

- * If one exercises more, he/she compensates by eating more. That occurs because exercise increases excitatory hormones and also lowers blood sugar, both of these increase appetites.

- * More intensely one exercise during at a certain hour of the day, less active he/she will be the remaining hours of the day. In this respect staying active for most of the day by doing 7 – 10,000 steps a day (approximately 3 miles), is more beneficial than running and jogging for one hour, 3 – 4 times a week. There is no surprise, therefore, that the recommendation of 10,000 steps a day has rapidly caught on around the world. All the cell phones are now fitted with apps counting the number of steps a day. The 10,000 steps a day is a great way to exercise, as it costs nothing. Additionally, being active and mobile most Food 80% Exercise 20% of the day, resets body's metabolism in high gear, burning more food calories while at rest.

Conclusion: Low-calorie diet plans are neither sustainable nor help in losing weight long term. Failure of low-calorie dieting programs over the past 40-50 years, and millions of dollars and monies wasted in the process support this conclusion. The simple fact is that the body learns quickly to preserve itself when faced with long-term starvation of low-calorie diet programs. Similarly, intense aerobic exercise plans do not help with losing weight, as these are not sustainable. However, consistent mobility (10,000 steps/ day) and moderate exercise – climbing stairs, brisk walking, do help significantly with maintaining overall health and weight control. Staying active the entire day in this respect is more beneficial than the intense aerobic exercise, just a few times a week.