

Weight Loss-R_x

Happy April!



Just like April showers bring May flowers, hard work now brings results later. Luckily, it's a lot easier to get motivated knowing that beach season is coming up. Just make sure you don't waste all your effort by sabotaging yourself. How could hard work wind up sabotaging you? Well, I see it happen every year and here is how it happens.

As the weather gets warmer we start exercising and getting more active, which is great. But sometimes this

exercise comes with a hidden danger. Let's review the trap of what I call "**The Bagel Paradox**".



Picture this. On the day you have chosen to start getting back into exercise, you wake up early, full of hope, and throw on your athletic clothes. You head outside to take the dog for a really brisk walk or drive to the gym and hit it hard on the treadmill. But on the way out, you grab a bagel. Hey, you're going to work it off, right? Well... let's do some fun math.

Running burns 750 calories/hour.

Walking burns 225 calories/hour.

But wait. Those are the **total** calories burned and that's actually not the number of calories you burned because of the exercise. You see, we burn some calories just by lying on the couch. That's because our heart still pumps, we still breathe, etc. The number of calories burned from that stuff is called our Basal Metabolic Rate and is about 75 calories/hour for the average person. So if we subtract that,

Running burns $750 - 75 = 675$ calories/hour.

Walking burns $225 - 75 = 150$ calories/hour.

Now here is the horrifying part. Remember that bagel you grabbed on the way to the gym? A medium sized plain bagel has 250 calories. Without all the gunk we put on it. Just a dry bagel. Put a little cream cheese or butter on it and it jumps to 350. So to burn off that 350 calorie bagel, you would have to run for about half an hour straight. More of a walker? You'll need to walk for 7 miles, or 2 hours and 20 minutes to burn off a bagel!

No one is going to walk for 2 hours and 20 minutes. So even if you hit the gym every single day, but grab a bagel on the way, at the end of the month you could actually put weight on!

Still want that bagel? Ok. But you're going to need some new running shoes.

New way to get your next visit free!

See the social media buttons at the very top of this page? Click on them to share this with your friends. For each person that starts with us you will get 50% off your next visit. Refer someone and your next visit is only half price. Refer two people and your next visit is free. Four referrals and the next 2 visits are free, etc.

Sincerely,
David J. Barnes, DO
Medical Director, Weight Loss Rx

DrBarnes@WeightLoss-Rx.com
630-870-1842 (call or text)

Weight Loss-R_x

Feel Great, Look Incredible

Weight Loss Rx, 55 South Main St., Suite 345, Naperville, IL 60540

[SafeUnsubscribe™ {recipient's email}](#)

[Forward this email](#) | [Update Profile](#) | [About our service provider](#)

Sent by drbarnes@weightloss-rx.com