

Weight Loss-R_x

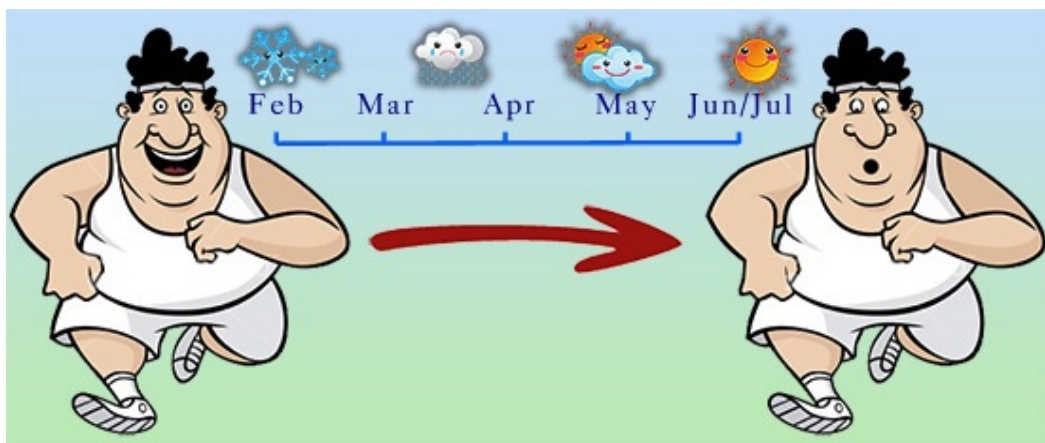
Happy June!



Summer is here which is welcome news for most of us. I personally love summer. But when it comes to your waistline, there is a hidden danger to watch out for this time of year. Lots of people actually wind up putting weight on in the summer. And backyard barbecues and

drinks by the pool are not the only reason. The bigger reason is..... exercise. That sounds strange but it is true. You see, many people figure that because they are getting a little exercise they can slack off on their diet. The truth is that moderate exercise is no more effective for fat loss than buying a new shirt is. Both of them may make you feel good, but neither of them will cause you to lose any fat. Let's look at some reasons why. And some reasons to not despair.

1. Cardio Doesn't Burn Fat



Humans are genetically programmed to store fat, not to burn it. Historically, due to natural disasters, migration, ice ages, etc. there were times when the closest woolly mammoth may have been miles away and the berries that used to be plentiful were now under half a mile of ice. If we hadn't had large reserves of fat we would have died. Those that couldn't store fat did die off. So an ability to store fat literally saved our species. Therefore, it

is extremely difficult to get a human body to let go of fat just by walking around a little (or even running for that matter). Btw, it is woolly, not wooly. I googled it.

How about a modern day example? Let's say you're going to go running at a 10 minute mile pace (this is faster than I personally could run for very long and enough to make most experienced runners sweat pretty quickly). And let's also say that you grab a plain bagel on the way out the door and eat it on the way to the park or wherever you are going to run. Guess how long you would need to run just to work off that bagel, before burning even a drop of body fat. Brace yourself now----- 2 hours and 20 minutes! For a bagel!

Below is a link to a good article on exactly this topic. It was sent to me by a current patient that has had phenomenal success. Thanks Jim!

[Is Running A Good Way To Get Fit?](#)

2. Say What?!?!?!?



Even if you could burn fat with cardio (which you can't), there is both good news and bad news about that fitness tracker you are wearing. The good news is that they look pretty cool and everyone will know you are serious about fitness. The bad news is..... ummm..... and I really hate to say this but they don't work. A Stanford University study of seven popular fitness trackers just came out and it's pretty discouraging. While all of them did a nice job of counting your pulse, they are terrible at figuring out how many calories you have burned. The best of the seven **overestimated** the calories burned by 27% and the least accurate overestimated by 93%! That means you only burn about half of what your fitness tracker says you do!

Below is a link to the original research if you are interested.

[Stanford University Fitness Tracker Study](#)

Another recently published study conducted by JAMA (the Journal of the American Medical Association) is even more to the point. They enrolled 500 overweight people and split them into two groups. Both groups agreed to do cardio for 30 minutes four or more times a week. One group was given fitness trackers and told to use them to track their calorie expenditure. The other group was not. After several years of following these two groups, the people with the fitness trackers lost only half the weight of those without them. The researchers theorized that the fitness trackers gave people a sense that because they had exercised they had "earned" the right to eat some extra calories which, being humans, they went overboard on.

3. Weight Training Can Burn Some Fat



Many women get frustrated because they can go on exactly the same diet as their husband and their husband will easily shed weight while they themselves struggle for every pound. The reason? Muscle. Muscles require lots of energy just to maintain themselves so they become fat burning machines to a certain extent. This is not the entire answer but it can really help a lot. If you are stuck at a certain point that you can't get below, try adding weight training to break through that plateau.

4. It's Still Really Good For You



I am in no way trying to say you should not exercise. You absolutely should exercise. Running or brisk walking is great for your heart and lungs, weight training burns fat and can lower the risk of osteoporosis and other chronic diseases, yoga is awesome for flexibility and preventing back pain. Even bowling and archery are good for you. Whatever gets you out of the house, reconnecting with neighbors, making new friends and giving you new goals to strive toward is a good thing. Just do not rely on exercise for weight loss or you will be disappointed. Keep your focus on making sure that the vast majority of your calories come from clean food (items from the perimeter of the grocery store- whole fruits, whole

vegetables and lots of lean protein) and you will succeed, every single time.

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