

The Role of Exercise in Weight Loss

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You Can't
“Out-Exercise”
Poor Nutrition!

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Calories In vs Calories Out



Basal Metabolic Rate

Calories required for your body's most basic functions during a state of rest (*breathing, circulation, cell maintenance, hormones, etc.*)

Thermogenesis

Energy expenditure associated with food (*eating, digesting, processing, etc.*)

Physical Activity

Any physical movement!

A + B = C

But it Probably Won't
Next Month!

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Why is Math So Hard?



Your body is constantly adapting and evolving...
whether we want it to or not.

- **Nutrition** - Hormones, Glycemic Index, Stomach
- **Physical Activity** - Increased Strength/Endurance, Efficiency of Movement
- **Recovery** - Quality of Sleep, Hydration, Stress

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The Magic Formula



Move Well
and Move Often,
THEN specialize!

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Move Well!



How well you move can save your life!

-Number 1 cause of injury during exercise

-Direct link to poor posture

-Increase quality of life

-

Increase length of life

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4 Elements to Great Movement

Foundation

Posture

Mobility

Stability

Connect
with C



ed Movement

Moving



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Move Often!



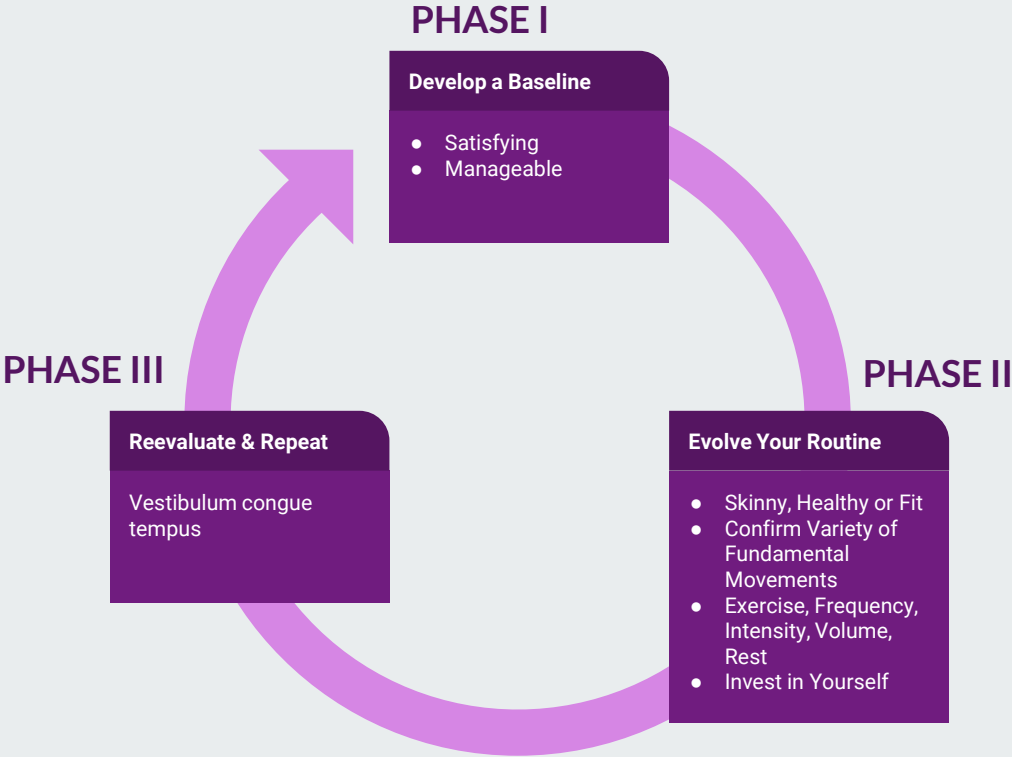
10 minutes a day x 7 days a week is better than 30 minutes twice a week. *

- Larger/infrequent bouts of exercise equals more soreness and more swings in appetite.
- More frequency statistically leads to improved retention of skills, as well as fitness.
- Easier to understand the energy needs vs energy expenditure.

*Assuming intensity and Physical Activity are the same

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Evolve with your Body



What's Your **REAL Goal?!?**

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Skinny, Fit, Healthy



General Business

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Fundamental Movements

- Squat
- Lunge
- Push
- Pull
- Rotation
- Hinge
- Gait



Exercise Variables

- **EXERCISE** - What movement or activity you're performing?
- **FREQUENCY** - How often you perform the exercise?
- **INTENSITY** - What load, speed, or resistance you're using
- **VOLUME** - How long or how many times do you complete it?
- **REST** - How much rest do you get between exercises?

Invest in Yourself



- Explore your passions and curiosity
- Illicit the help of a professional
- Reward yourself for milestones
- Get a massage

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Key Takeaways



**Prioritize *Quality*
Nutrition over
Exercise**

**Find
Consistency in
your Physical
Activity**

**Build in *Variety &
Progression* with
your Exercise
routine**

**Ensure *Quality
Recovery* before
pushing intensity**

Ask Me Anything!

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