

# Exercise and Nutrition Myths Explained

## #1 – Exercise is more important for weight loss than nutrition

**False!**

Weight loss is about 70% nutrition and 30% exercise. Monitoring **intake** – calories, and number of servings from food groups – is more reliable and easily tracked compared to relying solely on calorie **output** (exercise) for weight loss.

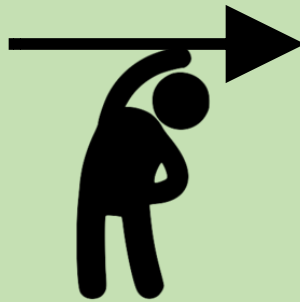


**Action:** reducing daily calories by 500 per day results in one pound weight loss per week

## #2 – Low-carbohydrate diet with regular exercise is the ultimate lifestyle

**False!**

Carbohydrates are the main and preferred source of energy used by the body. Consuming **complex carbohydrates** – whole grains, fruits, and vegetables – daily is the best way to prepare the body for, fuel it during, and recover it after exercise.

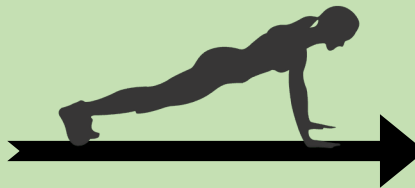


**Action:** eat a carbohydrate – containing snack, like a piece of fruit, ½ - 1 hour before exercise, and again 20-60 minutes after exercise to refuel the body.

## #3 – Exercise on an empty stomach is better

**False!**

The body responds better to exercise after receiving fuel, versus being in a **fasting state** (exercising before breakfast in the morning). Lightheadedness, dizziness, and quick fatigue can occur while exercising on an empty stomach.



**Action:** try a smoothie or protein shake before morning exercise if solid food does not sit well; liquid fuel beats no fuel!

## References

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