

## The Exercise Myth



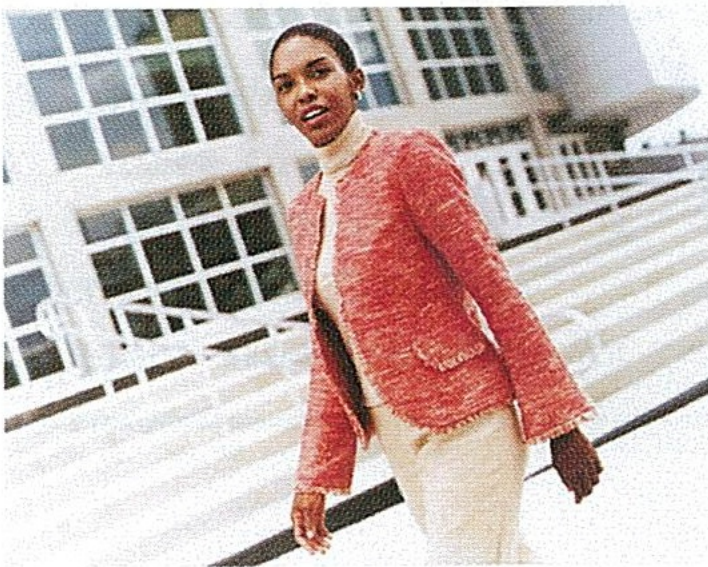
*When it comes to exercise, most people trying to lose weight make a big mistake. Your body can only sustain strenuous aerobic exercise by converting blood sugar to energy. This forces your body to stop burning fat so it can burn blood sugar – it cannot burn both at the same time.*

*Sellers of exercise equipment tell you 20 to 30 minutes a day is all you need. Aerobic exercise can burn fat – but only after you've depleted your available blood sugar – which takes 30 minutes or more. The average overweight person cannot sustain an hour of aerobic activity. Injuries are common and can limit your ability to exercise for 6 to 8 weeks.*

*Exercise equipment sales are "Sky Rocketing" and so is obesity – now you can see why.*



*When it comes to exercise for weight loss, slow and steady wins the race. The truth? Walking and light weightlifting are the best types of exercise for healthy weight loss. They burn fat and condition your body to burn more fat.*



*Start with 10 minutes of walking per day and gradually work your way up to an hour. Drink plenty of water, replace junk foods with whole foods and watch the inches effortlessly melt away!*