

Exercise alone does not work!

From Precision Nutrition Personal Training...

Let me put this bluntly: exercise ALONE doesn't really work all that well. Especially when looking at body composition related outcomes, like fat loss, for example – far and away the most important outcome your clients are asking for help with.

Now, this isn't just something I'm throwing out there.

Several recent studies, including one done at the University of Texas and another done at the University of Oklahoma, have shown pretty conclusively that in the absence of a sound nutrition intervention, exercise produces pretty disappointing results.

Let's take a look at the data.

In this first investigation, done at the University of Texas, two sedentary groups of people were studied. The first group of 50 was considered the control group. And they simply remained sedentary for the entire 12 week study.

The second group of 50 was considered the exercise group. And this group worked with a trainer to perform 3 strength and 2 interval training sessions per week – about 5 total hours of exercise.

Both groups were instructed to keep their diets the same. And data analysis showed that at the beginning and at the end of the study, their diets hadn't changed at all.

What did the researchers find?

Well, although the exercise group did lose statistically more fat than the control group, the total amount of fat lost in the exercise group was a mere 1.5lbs!

So, in this study, if these 50 people would have hired personal trainers, they would have spent about 60 hours and 3-4 thousand dollars to lose a mere 1.5lbs of fat. That's not good.

Now let's look at the Oklahoma study.

In this investigation, two additional groups were studied. The first group of 10 was considered the control group. And they simply remained sedentary for the 10 week study.

The second group of 14 was considered the exercise group. And this group worked with a trainer to perform 2 strength and 3 steady state cardio training sessions per week – about 5 total hours of exercise.

Both groups were instructed to keep their diets the same. And data analysis showed that at the beginning and at the end of the study, their diets hadn't changed at all.

What did the researchers find here?

Well, although the exercise group did lose statistically more fat than the control group, the total amount of fat lost in the exercise group was just 1.5lbs – same as the Texas study.

So, in this study, just like the last, these 14 people would have hired personal trainers, they would have spent about 50 hours and 3-4 thousand dollars to lose just 1.5lbs of fat.

I could go on all day citing research showing that exercise alone – without a nutrition intervention – isn't all that effective at helping your client achieve the #1 goal they're after.

Losing weight!