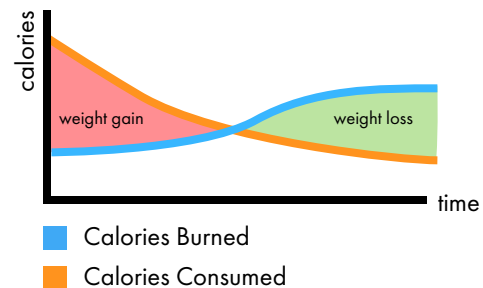# Why Exercise?

Increase Your Calorie Deficit

As you know by now, weight loss happens through a calorie deficit. Deficits are achieved by burning more calories than you consume. Diet reduces your calorie intake. Exercise burns more calories, which can help you lose weight.

calories

weight gain   weight loss

time

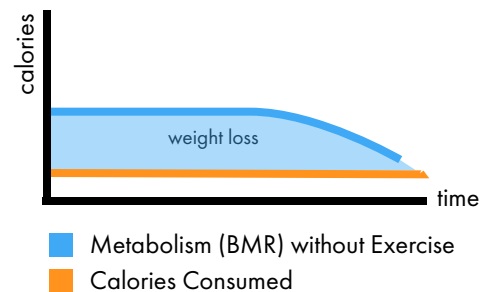■ Calories Burned
■ Calories Consumed

Boost Your Metabolism (Prevent Plateaus)

Our bodies are very good at adapting. One thing you may not know is that over time, if you lose weight without also increasing exercise, eventually your metabolism will slow down as your body adjusts to your new calorie intake.

This is often called "hitting a plateau." When this happens, your BMR actually decreases. If you continue with your existing diet, your weight loss will slow down.

If you want to continue to lose weight at the same pace, you'll have to eat less calories in order to keep losing weight, which is not always manageable.

Exercise not only burns additional calories, it also increases your metabolism for hours afterwards. By adding exercise, you increase your metabolism and avoid plateaus.

calories

weight loss

time

■ Metabolism (BMR) without Exercise
■ Calories Consumed

calories

weight loss

time

■ Metabolism (BMR) with Exercise
■ Calories Consumed

It Doesn't Take Much

It doesn't take much exercise to have an impact, and you don't need a gym membership, fancy equipment, or even a lot of time. Something as simple as going for a 15-minute walk every day can greatly improve your weight loss efforts and overall health.

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