

A Simple Low Carb Life

Exercise

MODULE 11

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What is the role of exercise
in the
Low Carb Way of Eating?

Exercise is a very helpful element of a healthy lifestyle.

It helps our cells to be more receptive to insulin signals (less chance of developing diabetes), is a great stress reliever, helps us to burn **a few** excessive calories, improves blood pressure, improves cardiac output, and improves muscle tone/mobility.

Important point about exercise:

In the absence of proper nutrition surrounding it, exercise does not cause anyone to lose weight or increase our metabolism.

Think about that for a moment...

If exercise alone caused us to lose weight, the gyms would be full of thin people. The amount of exercise required to burn a significant amount of calories to lose weight would require HOURS of exercise a day. That endeavor would make us so hungry that we would eat excessively and undo all that work.

Indeed, that IS what most people do.

*We cannot run
faster than our mouth!*

Calories burned **per hour** for 125 lb person:

(Less weight, less burned; more weight, more burned)

- Pedaling on Stationary Bike= 398 cal
 - Walking uphill carrying 10 pounds= 415 cal
 - Rollerblading= 426 cal
 - Aerobic(sweating) Dance= 443 cal
 - Jumping rope= 670 cal
 - Swimming(breaststroke)= 585 cal
-
- Cinnabon = 880 cal/125 gm net carbs
 - 16 oz Starbucks Mocha(grande) 2%= 360 cal/40 gm net carbs
 - Noah's plain bagel= 270 cal/55 gm net carbs
 - Egg McMuffin= 300 cal/27 gm net carbs
 - Southwest grilled chicken salad (McDonalds)= 320 cal/22 gm net carbs

Ok then, should I exercise
at all or am I just wasting my time?

Although exercise alone may not cause significant weight loss, there are still good reasons to incorporate weight loss into your daily life.

What is the best type of exercise to do during weight loss?

Resistance exercise is the best type of exercise during weight loss.

Resistance exercise is muscle-building exercise which will assist in burning more calories at rest.

Having more muscle mass, will help you to lose weight easier by causing a bigger deficit between calories burned at rest and caloric intake.

Suggested Resistance Routine:

- It is best to start out with 10 minutes per day.
- Aim for the weights or resistance to be heavy enough (or difficult enough) to only do 8-12 repetitions.
- Repeat for a set of 3.

Suggested Initial Resistance Exercises:

- Stretch bands (theraband)
- Over the door pulleys
- Stretch bands with handles
- Free weights
- Kettle ball
- Gym machines
- Bowflex
- Total Gym or Total Bodyworks
- Yoga
- Pilates


Youtube has a wealth of free exercise instruction videos. Search their website for any individual exercises that interest you (In the search box on [youtube.com](https://www.youtube.com) you can type in: “abdominal exercises” for example).

You can find numerous free exercise videos on *You Tube* with this search method.

Save the ones that you like and exercise along with the video.

YouTube

www.BoxFitness.co.uk



Regular crunch

0:09 / 3:14

Abdominal Exercises - Crunch Variations

Toms Grinvalds


Subscribe 1,545

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41 1

YouTube



0:26 / 37:20

Dance Walk [Disco Mix] (fat burning, walking workout)

jessicasmithtv

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Youtube Videos

If you want to incorporate some cardio (or aerobic) exercise as well, here are some suggestions.

Suggested Initial Cardio/Aerobic Exercise:

- Walk at a brisk pace (level at first then incorporate hills)
- Treadmill
- Elliptical machine
- Bicycle (stationary or conventional)
- Zumba
- Dancing

1. Have a goal of 15-20 minutes 3 times a week initially, gradually advancing as tolerated, to either daily or increase the amount of time spent 3 times a week.

2. [Youtube.com](https://www.youtube.com) has numerous dance exercise and other group aerobic exercise videos that are FREE... Search their website for ones that interest you.

No need to leave your home or pay a trainer for these video "classes".

Cardiovascular or aerobic exercise will improve blood pressure, cellular response to insulin, and improves mobility among many other benefits.

Again, it is not directly helpful in losing weight but can be indirectly helpful, especially in maintaining one's weight.

In the first 3-4 weeks of a ketotic diet (fat-burning for fuel), you will not have the stamina that you did before. The body needs some time to adjust to making sufficient ketones (fat) for significant demands placed on the body, especially during significant exercise.

After about a month, you will not notice any difference in your exercise ability from prior to the diet.

A word of caution:

Over-exercising will create hunger. Let your weight loss specialist know if this is occurring so we can adjust your exercise to avoid over-eating. You will need to time your exercise between meals and you should **NEVER EXERCISE ON AN EMPTY STOMACH.**

If you do exercise on an empty stomach, a portion of your fuel for that exercise will come from *gluconeogenesis* (muscle wasting to create glucose). This will serve to LOWER your resting metabolic rate, requiring you to eat even less to lose weight. Your blood sugar will also become elevated creating hunger and cravings. *Again, avoid exercise on an empty stomach!*

REMEDY: Have a protein bar, protein shake, or light protein-based food (cheese stick, jerky, or similar) within an hour of exercise.

If you are considerably hungry after exercise, you may eat your next meal or snack sooner.

You may also need to increase your daily protein amount (*or otherwise, reduce your intensity of exercise*). Adding an extra 15-20 grams of protein per day with exercise is a good strategy for muscle recovery and avoiding hunger.

If you develop chest pain or pressure, nausea, shortness of breath during exercise, STOP the activity right away. If these symptoms persist more than a couple of minutes go to the emergency department for an evaluation. If they return when you resume exercise, STOP the activity and call your doctor or healthcare provider BEFORE returning to exercise.

Congratulations!

You have just completed

MODULE 11

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Let's look ahead to **MODULE 12.**