

Why is it so Difficult to Lose Weight by Exercise Alone?

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We have all seen someone who is out walking every day and yet never seems to lose weight. This article uses an example to address this issue.

Consider a 30 year-old woman who is 5' 4" and 190 lbs, and decides to try to lose 30 lbs by walking one hour every day, without changing her diet - that is her calorie intake remains unchanged.

Facts and Data

The following are from the NoPaperPress eBook: *Weight Control - U.S. Edition* by Vincent Antonetti, PhD.

- 1) Understand that what drives weight loss is the difference between your food intake calories and the calories you expend in daily living. This difference is called a calorie deficit.
- 2) A 30 year-old 5'4", 190 lb woman who was relatively inactive before she started walking would have been consuming about 2640 Calories per day to neither gain nor lose weight.
- 3) A man or woman who weighs 190 lbs and walks for one hour at about 3.5 mph burns approximately an extra 375 Calories per day.

Weight Loss by Exercise Alone

The fictional woman in the example has an initial calorie deficit of 375 Calories per day, the equivalent of a $2640 - 375 = 2265$ Calorie per day diet, and her initial weight loss would be only 0.8 lbs per week! And, in fact it would take about 280 days for

her to lose 30 lbs! So it is possible to lose weight by exercise alone but realize it will take a very long time.

Weight Loss by Dieting Alone

Now let's assume she goes on a 1200 Calorie per day diet, but does not engage in any additional exercise. In this case it would take approximately 80 days for her to lose 30 lbs.

If we assume she goes on a 1500 Calorie per day diet. It would take approximately 100 days for her to lose 30 lbs.

Combining Diet & Exercise

This is the best case. The dieter in the example would get the health benefits of regular exercise and her time to lose weight would be reduced even further.