



Q: Dear Coach: I want to lose weight and I want to begin a program - is it better to try to lose weight through my diet or through exercise? - "Slimming Down" .

A: Dear Slim: The basic equation with which we refer is weight loss of 1kg per week = 7700 caloric difference per week, or 1100 calories per day.

You can do this by:

a) Eating fewer calorie-dense foods or less quantity of food overall to account for 1100 calories per day;

b) Exercising more to increase energy output, combined with eating fewer calorie-dense foods or less quantity of food, to account for 1100 calories per day. I like to recommend a mix of exercise with sound nutrition. For example, a spin class may help utilize 500 - 700 calories plus eating one less rich dessert - e.g. cheesecake - if you normally eat this, would reduce about 600 calories, equaling a net difference of at least 1100 calories for the day; OR

c) Exercising more to account for an extra 1100 calories per day without increasing your meal intake - eg engaging in a spin class plus an hour run in the same day!

I usually recommend "option b)" as the healthiest weight management option so that you are not becoming weak from lack of exercise and failing to increase muscle tone or bone density. With strength-building exercise and overall aerobic activity combined, you raise your basal and resting metabolic rates to help with long term weight management, too - an added bonus! If you over-train without adequate nutrition you could be at risk of fatigue, injury, or ketosis - burning up proteins (diminishing your muscle tissue). Often, a sound nutritional plan is required to support an increase in exercise. We recommend seeking consult with a skilled nutritionist or dietician, too.

Yours in health and fitness
The Coach

Guest response - Sara Pazell, director of L'Amour Yoga Institute Pty Ltd, is a strength and conditioning coach, occupational therapist, personal trainer and group fitness instructor. She is a fellow Paradise Training trainer with Coach Tim.