

Diet like a dream steadily kg by kg ~ No.3 ~

Diet like a dream-steadily kg by kg ~No.3~ features “True or false of basic assumption of diet(exercise).” It is aimed to give accurate knowledge about diet and not to be misled by diet information flooding on the street.

Q It is more effective to do soft exercises rather than hard ones for diet !

A True. This is because your body take up enough oxygen for your body, And they can break down and burn fat.

When we do exercises, we use oxygen to burn fat in the blood and body fat then, generate energy. Soft exercises (i.e. walking, swimming, cycling, etc.) with low fitness level take up enough oxygen for your body, so they can break down and burn fat. However, hard exercises (i.e. dead run, weight lifting) that you bite your lips without breathing, do not use oxygen but burn glycogen in your muscle and break down into lactic acid to generate energy. Therefore, your key body fat is almost not consumed. In addition, if you are not used to get exercise, there is a risk of your getting tiredness , and injury of muscle itself or joint (knee or stoop) by all-out exercise. For diet, it is best to get soft exercises that burn fat.

Q Abdominal exercises burn belly fat !

A False. You can't take fat off a part of your body.

Abdominal exercises strengthen your abdominal muscle and your belly gets flattened. This means that your flabby muscle under the skin got firm but your belly fat isn't dropped. Exercising a part of your body does not result in taking fat off a part of your body. On the other hand, muscles from every part of your body participate in comfortable aerobics exercise (i.e. soft exercise described above). You can take off your body fat and raise basal metabolism by training the muscles. You will build a body that can easily burn fat, and gain beautiful proportions.

Q It is easier to lose weight when I put on sauna suit during exercise.

A False. It has nothing to do with burning fat.

Sauna suit does not release body heat, but promotes sweating by raising your body temperature. Losing weight temporarily by perspiration just means that body moisture is discharged by sweating. Our body structure is made to maintain the amount of water in the human body, so when supplying water by your daily meals, your weight turns back to the former weight. Losing weight and perspiration are the two different things. You can't drop your fat by perspiration. What's more, wearing sauna suit while exercising prevents the original function of perspiration, drop in your body temperature. You may risk the possibility of thermal fatigue or heat exhaustion by raising your body temperature. If it raises too high, the lipolytic enzyme action slows down and decrease fat efficiency. Be concerned with wearing breathable suit during exercise and hydration when you sweated.

***Advice from the staff**

It is more effective to get exercise every day, but it is further important to “continue” exercise at your own pace what is best for you, concerning your age, physical capacity, or your physical condition. Please refer to the previous article “How to reduce about 80Kcal of energy by exercise.”

***Next step of “diet like a dream”**

“True or false of basic assumption of diet” (exercise)