

Calorie Counting vs Exercise

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Diet and exercise are the two main components to dropping weight and getting chiseled, but which one is better? Eating a proper diet provides the proper fuel to promote weight loss and muscle growth but exercise melts fat like butter on a freshly toasted English muffin. Can it really be this simple? We've compared calorie counting and exercise to figure out which one has a better effect on your weight loss goals and here is what we have come up with:

Countless people go to the gym daily and do intense workouts that Richard Simmons has been pushing for years, but does it really make you lose weight? Sure, a calorie-burning workout makes you feel great and you're dripping with sweat afterwards, but does working out control your weight loss as much as calorie counting? No way! Exercise helps you burn calories, but it does not control your caloric intake. Exercise is a necessity for building muscle, but the body burns calories without exercise depending on the amount of muscle you have. More muscle means that you are burning more calories while resting. In essence, exercise is more important for muscle growth and tightening your skin while you are dropping weight, but the actual weight loss really depends on the amount of calories you take in.

Through calorie counting, weight loss can actually be controlled regardless of the amount of exercise you do. For example, if you are supposed to take in 1,000 calories every day in order to maintain your current weight, you know that if you take in under 1,000 calories weight loss is imminent and if you take in more, you will gain weight. This is simple math that proves once and for all that diet is more important than exercise alone in relation to dropping weight. When counting calories, it is possible for this person to be in control of his or her body. Exercise does not provide this benefit because of the fact that there is only so much exercise that can be done before the body becomes physically exhausted. Also, there are only so many hours in a day. With this in mind, it is obvious that calorie counting is the way to go if you are looking to trim down or bulk up a bit. Counting calories allows people to control what is going into their bodies, as well as how much weight they will lose or gain. With this type of control, we figure that just about any weight loss goal is possible!