# INTRO BLOG

For those of you that don't want to read the in depth analysis in the Research Articles section, I'm going to give you the Cliff Notes version here:

1. In "**Aerobic Exercise Vs HIIT** " I reveal how deceptive the health media articles and even the studies done on this are. Most often comparing HIIT to moderate intensity aerobics instead of vigorous intensity. Even worse is the fact that there are no long term studies on HIIT and mortality rate. Since HIIT works your anaerobic system as opposed to aerobic, you can't assume that the results will be the same. In addition, when compared to vigorous intensity aerobics, HIIT does not cause more weight loss nor save time, especially when you take recovery time into account.
2. In "How much cardio exercise do you need for maximum health benefits?" I reveal that the amount you need for the lowest mortality benefits is shockingly low. Even more surprising is that women that do high end *moderate* intensity cardio live longer than women that do vigorous intensity cardio. For men it was just the opposite. Women only need 8 Met hours a week, or about 15 minutes of very brisk walking a day. Men need 8.5 Met hours a week or about 5.5 miles of running.

3. In "**What long term studies say about weight training and muscle gains.**" I reveal that the most muscle a man of average genetics can gain is about 15 pounds. That's for someone in their 20's, that number goes down significantly once you hit 40.

4. **Is losing weight as simple as calories in calories out?** You would think from reading all the health mags that all you need to do is burn 3500 more calories than you take in to lose a pound. Your body has different ideas. This article shows that long term carefully controlled studies say something entirely different. You will also learn about the concept of NEAT (nonexercise activity thermogenesis). In addition you'll see evidence in this article that there may be no further weight loss benefits after burning 1,000 calories a week.

5. If you read most fitness articles you would think that weight training is great for losing fat and may even be better than cardio. In "**Which is**

**better at reducing fat, Weight training or Aerobics?"** you'll see that weight training exercises do little to nothing to help you lose fat. You'll also learn that aerobics, while certainly better than weight training, only produces modest fat loss. However, a much higher percentage of the fat you do lose with aerobic exercise (compared to diet fat loss) comes from the bad visceral fat.

6. Most people know that cardio extends your life, but what about weight training? In **"Weight Training vs Aerobics vs Both: Effect on Men's & Women's Mortality Rate"** I show that weight training not only improves mortality rate, but has a near cumulative effect over and above the mortality rate reduction of aerobics. I also show the strength requirements for men to achieve the lowest mortality rate and it is fairly easily achievable for most men. For women I reveal the unbelievably small time requirement per week to achieve their lowest mortality rate. *It's only between 1 and 19 minutes a week!*

7. In **"The Ultimate Exercise Machine"** I compare indoor gym cardio machines and show you why the Octane Fitness 3700/4700 elliptical is probably the single best cardio exercise you can do.

8. In a related article to the above, **Which Indoor cardio machines are the best calorie burners"** a recent study compared the calorie burn rate at different Ratings of Perceived Exertion (RPE). The chart below shows the results:

**Table 5.** Energy expenditure in 30 minutes of exercise on each machine and how long it to expend a total of 300 kcal.

| | Energy Expenditure 30 minutes | Time to Expend 300 kcal (min:sec) |
|---|---|---|
| Treadmill | 378 | 23:47 |
| Stepper | 354 | 25:25 |
| Elliptical | 303 | 29:42 |
| Upright Bike | 300 | 30:00 |
| Cybex Arc Trainer | 294 | 30:04 |
| AirDyne | 279 | 32:16 |
| Rower | 273 | 32:58 |
| Recumbent Bike | 228 | 39:29 |
| Recumbent Stepper | 210 | 42:52 |
| Arm Ergometer | 162 | 55:34 |

9. In **Responders and Nonresponders**, an amazing study showed that nearly half of the participants (46%) did not lose weight from exercise. While the responders lost a significant amount (9.5% of their initial body weight). This study shows why it is important to look beyond "averages" when it comes to exercise and weight loss. For instance aerobic exercise has, on average only produced modest weight loss. However if you are in the "responder" category you should experience significant weight loss through exercise alone. However, if you are a nonresponder you will not experience ANY weight loss. While the researchers found the reason men were nonresponders was because they ate more and did less non exercise activity. They could find no reason the women nonresponders did not lose weight.