

PYT WEEKLY

EXERCISE VS ACTIVITY FOR WEIGHT LOSS



Program Yourself Thin

Overview

- Thinking for the long term
- Improving the quality of your life
- It can be fun and easy
- Think about the bigger picture (holistically)
- Consistency over Intensity
- Your weight is dictated by your food intake
- Your eating controls your weight, your exercising controls your shape

Exercise

Cons

- Amount of energy
- Inconvenience
- Increased hunger
- Increased risk of injury
- Discomfort

Pros

- Burn more calories
- Build more muscle
- Increased self esteem
- Increased metabolism
- More energy (eventually)
- Reach peak fitness

Activity

Con

- Burn less calories
- Slower effect on metabolism
- Less muscle building
- Lose weight slower (?)

Pro

- Easier to maintain
- Easier to be consistent
- Increased self esteem
- Increased metabolism
- More energy
- More fun (more about the activity than the calories)

What To Do Next

- What is best for where you're at now?
- What supports a healthier lifestyle?
- What is going to be sustainable as you get older?
- Which helps you eat better?
- What fits into your life?
- Which increases the connection to your body?
- Question: What kind of lifestyle gives me best quality of life?