Eat With Me Train With Me

Why Nutrition Matters

Julie Markoska Accredited Practising Dietitian & Nutritionist





Are you training hard but not seeing any results?





It's probably your diet...

TV shows like the Biggest Loser will have you believe that exercise is the key to weight loss

WRONG!

- Losing fat is more than 80% diet
- Exercise helps a bit but it's almost impossible to burn off a bad diet!!





Diet + Exercise go hand in hand

- Exercise = fitness, toning & strength
- Diet = fat loss
- It's almost impossible to 'out train' your bad eating habits & lose weight. Let me show you why....





How to lose 1kg of fat in 1 week

- ▶ 1 kg fat = 9000 calories
- To lose 1kg you need to create a 9000 calorie deficit in your metabolic balance in 1 week
- This = approx 1300 calories per day that you need to either:
 - Cut out of your diet by eating less OR
 - Burn off by exercising more OR
 - a bit of both...



Losing 1kg with Exercise

- ▶ 1 hour training = approx 500 calories
- ▶ Do the maths: $9000 \div 500 = 18$ hrs of training
- So, to lose 1 kg per week you need to train for 18 hours/week. That's more than 2.5 hrs every single day or 18 Evo training sessions per week





18 Evo training sessions to lose just 1 kg...

- You need to do 18 Evo training sessions per week to lose 1kg if you relied on exercise alone.
- ▶ How many training sessions do you do? 18 sessions & that 1 kg loss could take you 1-2 months to achieve... (of course you'll get fit in that time!)
- If weight/fat loss is your goal, then it's so much faster & easier to achieve it with diet.





Losing 1kg with Diet

- Recap: 1 kg fat = 9000 calories
- To lose 1kg per week you need to cut out approx 1300 calories per day
- ▶ 1 slice pizza = 250 calories
- The calories from food quickly add up...





1300 calories =

Glass of orange juice



115

1 muffin or banana bread



220

2.5 slices takeaway pizza



625

1 soft drink



180

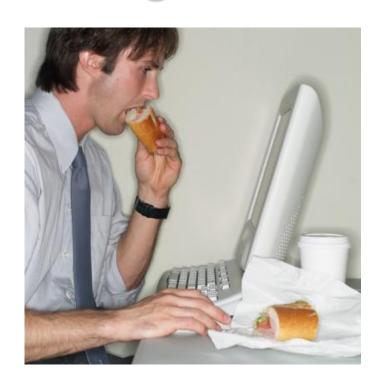
Hot chocolate



250

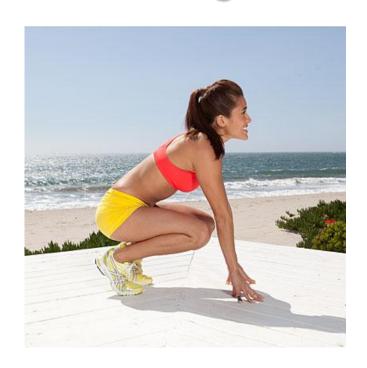
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Are you eating food that is sabotaging your workout & training results?





Want to know how you can clean up your diet & achieve better results from your training?



Join our nutrition program Eat With Me Train With Me



