

**Eat With Me  
Train With Me**

# Why Nutrition Matters

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# 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 1 kg 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

# 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  
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