

You can't outwork or out run a bad eating program

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If you are a reader of this blog, you or someone you know is probably obese or at the very least, overweight. No doubt you have read the numerous articles that are being published now about the risks of excess weight as it relates to cancer, diabetes, heart disease and a host of other medical issues and you are considering life style changes to improve your quality of life.

I know people who think that its just a numbers game and if they simply cut calories, they will lose weight. I know others who make no diet changes at all but start an exercise program and expect that to be the answer. And while they may see some short term gains from those actions, they more often than not fall back into their old ways and reverse any gains they may have made.

No matter how hard you work in the gym or how many miles you walk or jog, if you don't eat right you won't lose weight or get rid of that soft, puffy look. A sensible diet and exercise go hand in hand. They fuel each other. That's not to say that if you don't eat right you are wasting your time exercising. Exercise has many benefits to your health. What I am saying is that if you are hoping to loose weight and improve your health, exercise alone or diet alone is not the long term answer.

What works best for me is a structured, disciplined exercise program combined with a proper diet that provides enough calories for me to maintain my energy. It is important that the eating program you choose allows enough protein so that your body burns fat and not muscle and that you consume enough of the right type of carbohydrates to maintain energy but not trigger cravings. The amount and quality of fats you consume is also very important. You should consult your doctor or a nutritionist before you start your program because we are all different and the program you should use will be based on age, health and/or physical restrictions.

If you are committed to changing your life, find out more about the diet and exercise that's right for you. Be sure to get plenty of rest so that you have the energy and stamina to stick with the program. It will make a big difference in the outcome.

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