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Brampton: 220 Wexford Road Unit 2 Brampton, ON L6Z-4N7  
Ph: (905) 840-WELL Fax: (905) 840 -LIFE  
www.drjustineblainey.com  
www.blaineywellness.com

## 10 Things You Did NOT Know About Exercise

By Craig Ballantyne, CTT

Did you know that the most common question I get on Facebook is...  
“How much cardio should I do for weight loss?”

It makes me sad.

You see, I’ve dedicated my life to exposing The Great Cardio Myth.  
Here are some of the biggest mistakes people make with exercise:

- Cardio machines are the best exercise for weight loss. **FALSE.**
- Magazines tell you that you need to do at least 30 minutes of exercise to burn fat. **FALSE.**
- Bodyweight exercises don’t work for weight loss. **FALSE.**
- Weight training makes you big and bulky. **FALSE.**
- You can burn 1,000 calories an hour with cardio. **FALSE.** (Unless you’re an Olympic athlete.)

In the last decade I’ve read hundreds of research studies, and here’s what I’ve found:

1. If you do 300 hours of cardio in a year, you’ll lose about 5 pounds. Five pounds! That’s 60 hours of cardio just to lose one pound. No thank you!
2. Cardio exercise causes some people to get really hungry and overeat, and that’s why you GAIN weight on a cardio workout program.
3. According to an article in the New York Times, if you do cardio when you’re angry, you are at risk of having a heart attack!
4. Every year, 80 percent of joggers get HURT because of too much exercise, bad shoes, and weak core strength. Yikes! That’s another reason to skip jogging and focus on bodyweight core training exercises like you get in my videos.
5. According to Runner’s World magazine, “60 percent of all runners report experiencing bathroom issues when running.” To be blunt, they poop or pee their pants. Double Yikes!

I don't understand why people love to spend hours doing this... for such small results... or to actually GAIN weight because of all the exercise.  
Cardio is just a bad, bad idea for most people. Now for some good news...

1. One set of a strength training exercise boosts your post-exercise calorie burn for over 24 hours.
2. Research from Australia shows that interval training is more effective for burning belly fat than long, slow cardio workouts.
3. Research from Canada shows that 4-minutes of bodyweight exercises (like what you get in my NEW videos) give you the same BOOST in cardiovascular fitness as doing 30-minutes of slow, cardio. :)
4. Most people prefer burst interval training over slow cardio because the interval training sessions are shorter and seem to go by faster... plus, you feel better at the end of these short sessions, rather than beat up - and poopy - after cardio.
5. You can do bodyweight exercises in the comfort of your own home (or at the park or in your backyard... or in your hotel room, as I often do) without the need for fancy equipment or expensive gym memberships.

This is NO contest.

Bodyweight exercise circuits are 10 times better than cardio.

You'll save time, money, and headache when you give up cardio and do my new bodyweight exercise videos instead.

PS - My big why is saving you time and getting you faster results.

What's yours?

My big WHY is what keeps me going during tough times.

If you stumble, get right back up and back on track. The past is past, what's done is done. You can't change what's behind you. You only control where you are going and what you'll do next. Be focused on what matters and be clear on what counts so you make the right decisions for your right life, right now.  
"If you understand your big "why" in life, and you create disciplined habits that serve that why, then everything has a way of working out. Sure, there will still be adversity, but you'll always have your fighting spirit, and you'll always be able to keep moving just because of the sheer momentum." - Bedros Keuilian

**So? Come to Surge Max T3 Workout on Monday December  
5<sup>th</sup> at 7:15pm!!**

**Location: Justine Blainey Wellness Centre 220 Wexford**

## Rd Unit 2