



April 28, 2015 – Grand Rapids, MI

The Exercise Myth

I often begin the week's messages by responding to a health headline gone crazy. The headline generally sensationalizes what's in the article, usually supported with press releases with similar headlines. Not in this case; every headline I read was spot on.

Here's the actual title of the editorial published in the British Journal of Sports Medicine.

It Is Time to Bust the Myth of Physical Inactivity and Obesity: You Cannot Outrun a Bad Diet

Before I go further, ask yourself a question: do you believe that if you exercised more than you do, you would be able to reach a reasonably healthy body weight without changing your eating habits? Yes or no?

The authors of the editorial think you're being misled to believe that all you have to do is get off the couch and get moving, and your weight will melt off. I don't know who has told you that, but I know you didn't hear it from me. It also hasn't come from other healthcare professionals I know. But that's the bill of goods you're evidently being sold. The question is by whom?

On Thursday, I'll tell you what the authors got wrong about their comments on exercise and physical inactivity. If you want the real facts on [Weight Loss Supplements](#), you still have time to join me tomorrow night for my webinars at 8 and 11 p.m. Eastern Time.

What are you prepared to do today?



Dr. Chet

Reference: Br J Sports Med doi:10.1136/bjsports-2015-094911.

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