


**Jules Duncan**  
**Coaching**   
**Activity**



# Activity

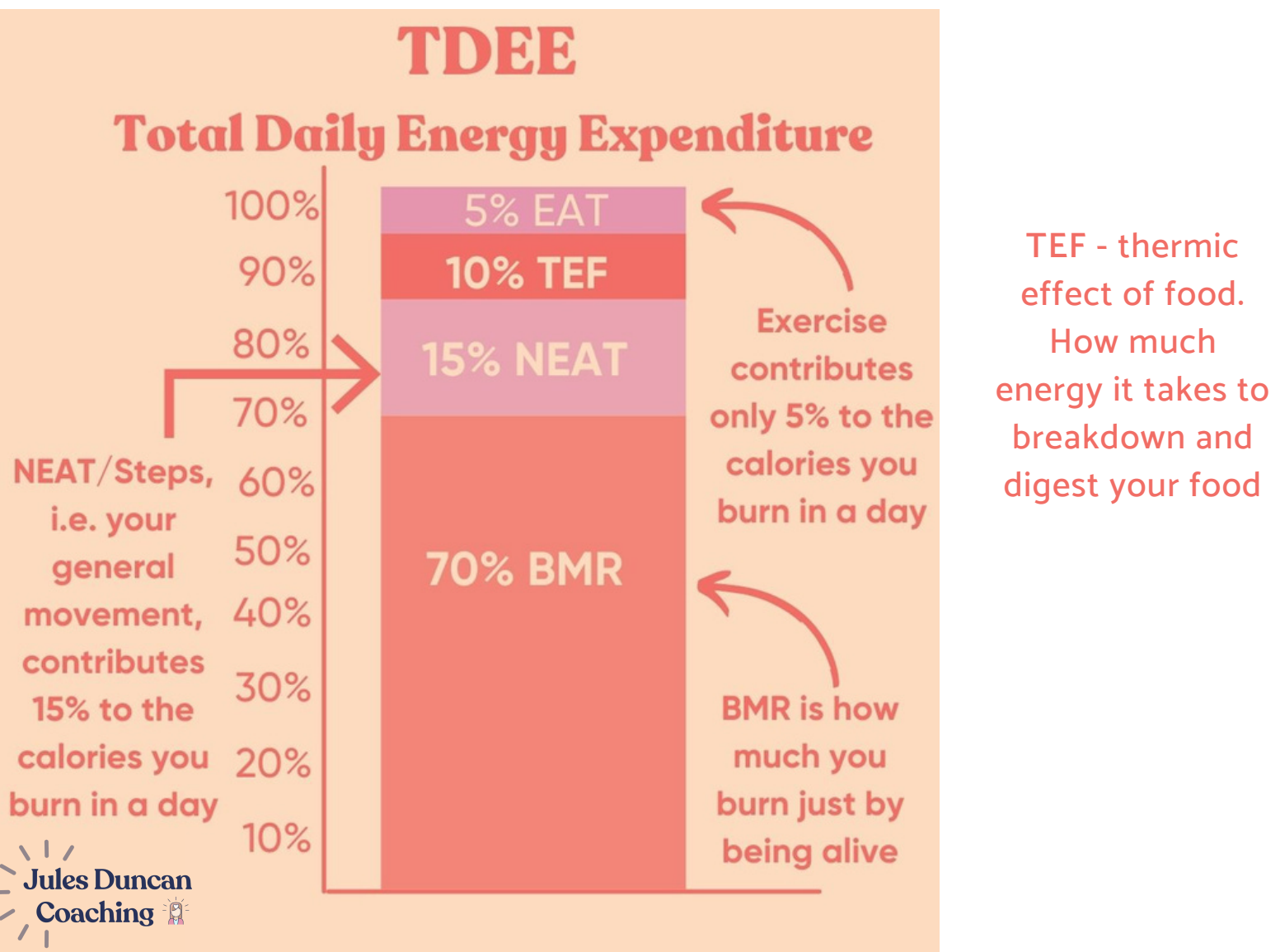
**Workouts are for strength, fitness, flexibility, endurance, longevity, health, mobility, avoiding injury - not burning calories! - True story!**

**Workouts make you fitter.**

**Workouts make you stronger.**

**Workouts make you look toned.**

However workouts only account for around 5% of total daily energy expenditure i.e. calories you burn. If you want to look "toned", feel fit and look after the health of your body, workouts will support that!



# Workouts!

If workouts aren't for burning calories,  
what are they for?



They are for.....

- Strength
- Flexibility
- Heart health
- Bone density
- Injury prevention
- Co-ordination
- Confidene
- Stress relief
- Mindset
- Improved sleep
- Balance
- Core strength
- Posture

The NHS recommends  
"150 minutes of  
moderate intensity  
activity a week or 75  
minutes of vigorous  
intensity activity a week"

This would be around 4  
or 5 Badass 30 minute  
classes each week

## Different workouts benefit us in different ways.

We need cardio based workouts like walking, running, spin for cardiovascular fitness and heart health.

We need resistance training workouts like Strength and Bellates for muscular strength and endurance.

We need workouts like Pilates and Yoga for joint stability, posture and core strength.

Build your weekly workout plan to include a mix of all classes for optimal health and fitness

# NEAT

So if workouts aren't for burning calories, how do I increase my calorie burn? - MOVE MORE! NEAT contributes more to your overall calorie burn than workouts will. Getting in 10K steps a day will be a boost to your NEAT activity and overall calorie expenditure.



A major factor in fat loss and fitness is your generally level of activity. This isn't your workout. This is called NEAT (Non-Exercise Activity Thermogenesis).

Workouts are an integral part of getting to your goal of fat loss and fitness, but your overall level of activity will have just as big a part to play. This is how active you are outside of your workout time, the other 23hrs of the day.

It's amazing to get a killer workout in and give your training 100% but if you sit on your butt the rest of the day, you'll find fat loss & fitness way harder to achieve!