

The Badass Rules

Activity



Activity

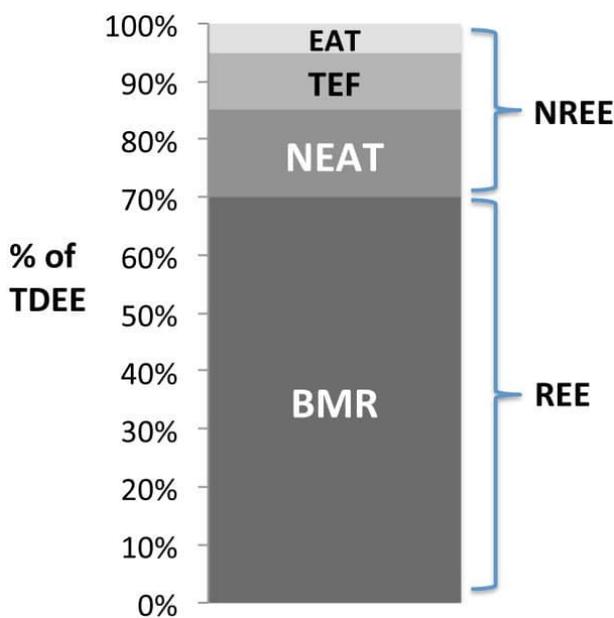
Workouts are for strength, fitness, flexibility, endurance, longevity, health, mobility, avoiding injury - not burning calories! - True story!

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!



TDEE - total daily energy expenditure. This is how many calories you burn in a day

BMR - basal metabolic rate. This is how many calories you would burn if you did nothing but lay in bed all day.

NEAT - non exercise activity thermogenesis. Walking, working, shopping, cleaning, basically all movement other than workouts

TEF - thermic effect of food. How much energy it takes to breakdown and digest your food.

EAT - exercise activity thermogenesis, i.e. Workouts

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 Glow Getter 30
minute classes each
week

Different workouts benefit us in different ways.

We need cardio based workouts like Buzz and BadBox for cardiovascular fitness and health health.

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

We need body weight workouts like Pilates and Burn 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!

Put on your FitBit and LET'S GLOW