

Published based on [Why Cardio for Fat Loss Does Not Work](#)

Why Cardio for Fat Loss Does Not Work

One of the main goals for people who are looking to get health and fit is to lose fat. One of the common ways that people attempt to lose fat themselves and when they are advised by personal trainers, is to use **cardio for fat loss**. The typical way that people look to lose fat using this method, is to workout on a treadmill or on a stationary bicycle. I am sure that you have seen many people down the gym just plodding along on a treadmill each week. The question is, do you see them get any thinner.



So if we are all led to believe that running on a treadmill for a long period of time is going to help us lose fat, why in so many cases does it not appear to work?

A recent study has come up with a number of ideas. These ideas include the fact that we might be over compensating the *cardio for fat loss* workouts by eating too much and this of course means we are eating too many calories.

Craig Ballantyne, one of the fitness experts at the Health and Fitness Academy, provides us with more details on this important research.

Find Out Why Cardio Does Not Work For Fat Loss

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Cardio exercise is such a strange thing. In theory, it should work so perfectly well for all men and women, but as anyone who has tried it knows, the practicality of it just doesn't add up.

After all, some men and women do cardio 6 hours, 9 hours, or more per week, and still have belly fat to burn. On the other hand, it works just fine for others.

British researchers wanted to get more insight into this paradox, and studied 35 overweight men and women, who weren't previously exercising.

(Reference: International Journal of Obesity 32: 177-184, 2008).

Subjects exercised 5 times per week for 12 weeks. That's a lot of exercise, but it helped the subjects lose an average of 8.2 pounds, which is great - I was positively surprised by the results.

So cardio will work for some people, however, in my experience, it works best in young men, who need the help the least!

Back to the study, the variance in fat loss between individuals was huge. Check this out...

The best subject lost a staggering 32.3 pounds in 12 weeks, while the worst subject actually GAINED 3.74 pounds.

The scientists think they know where things went sour. They classified the subjects into 2 groups, called the "Compensators" and the "Non-compensators".

The Compensators were hungrier, and as a result consumed an extra 268 calories per day, all but wiping out their cardio efforts.

Therefore, the Compensators lost the least amount of weight, and scientists believe that was due to the huge "compensatory" increase in appetite experienced by this group.

Does your appetite increase when you do slow cardio? If it does, research shows it will ruin your cardio efforts.

So if your cardio program is not working for you, check your appetite and calorie intake to see if you are "compensating" for your efforts. If you are, you might be better off using a program of high-intensity resistance and interval training (i.e. Turbulence Training) for your weight loss efforts.

As Australian Professor Steve Boucher has shown in research, interval training increases hormones called catecholamines. And increased catecholamines can reduce appetite, among other fat-burning benefits.

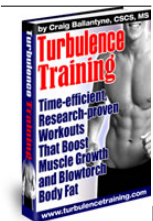
In the real world, few people lose 33 pounds after 12 weeks of cardio. Heck, few even achieve an average weight loss of 8 pounds with aerobic exercise.

So again, check your appetite, and consider giving high-intensity exercise a go for your next workout program.

Beat the curse of cardio with high-intensity Turbulence Training.

Craig Ballantyne, CSCS, MS
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About the Author



Learn about the "Dark Side of Cardio" in the free report from Craig Ballantyne at www.TurbulenceTraining.com. Craig is a Certified Strength & Conditioning Specialist and writes for Men's Health, Men's Fitness, Maximum Fitness, Muscle and Fitness Hers, and Oxygen magazines. His trademarked Turbulence Training fat loss workouts have helped thousands of men and women around the world lose fat, gain muscle, and get lean in less than 45 minutes three

times per week. For more information on the Turbulence Training workouts that will help you burn fat without long, slow cardio sessions or fancy equipment, visit www.TurbulenceTraining.com

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On a regular basis I see people who are looking to get fit and lose fat using cardio for fat loss, but yes, they never seem to be getting any thinner.

I see the reasoning that there are other factors at play here. Such factors being that even though we think we are achieving fat loss doing cardio workouts, we also need to be aware about our diet and what we eat. With part of that being the number of calories that we consume.

So to gain the most from any fitness program, you can include cardio for fat loss, but make sure that you don't eat too much, otherwise you could be wasting your time.

Craig has made available a 21 day trial offer on his world reknown Turbulence Training For Fat Loss. You can gain access to it by [Clicking Here](#).



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