

# To Exercise, or Not to Exercise?



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To exercise or not to exercise? Exercise is necessary for our overall health. Ask anyone, we all know this already. It helps us build muscle, burn calories and even decrease stress. But a common misconception is that we have to exercise to lose weight. Losing weight is actually as simple as calories in versus calories out in most cases. What we eat, in what quantity and the quality of food is all important to weight loss and management.

We all know people who exercise daily and they look exactly the same as they have for years. They are not following this principle. So work out smarter, not harder and consult with a health or nutrition coach to achieve your goals as quickly as possible. You will be glad you did.

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