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### Ready, Set, Eat!

According to the American Obesity Association, currently, 64.5 percent of U.S. adults, age 20 years and older, are overweight and 30.5 percent are obese (“AOA Facts Sheets”). With obesity a greater problem than ever in the world, we all ponder whether dieting and changing eating habits is more effective for weight loss than exercise. Obviously, the need for weight loss and healthier lifestyles are crucial. But, the question is, should people diet or exercise to get better results? While dieting helps cut down the calories and exercising burns off the fat and calories, deciding between the two can lead us to look into their cost, downsides, and most importantly, their end results.

Dieting and exercise are both used for the same ideal goal of aiding weight loss and achieving healthier lives, ultimately producing the same end results. When a person wants to shed some excess body fat and lead a fit and healthy life, he or she has to diet and exercise. Watching what you intake into your body and burning off the extra pounds by staying active is all that is required to be well, strong, and avoid the dangers of obesity. According to “wikiHOW,” “your stomach is about the size of your fist. Don't expect to stuff 10 times that amount of food into it without negative consequences.” So, the smart thing to do, as stated by “wikiHOW,” is to eat smaller portions by, “only taking a little tiny bit of food onto your plate, and when you're done with that, sit back.” There is no need to sign up for extremely expensive diet plans or even settle for weight loss pills.

Portions are all that matter. Eating with smaller portions and going out on a daily half hour walk might alter someone's life dramatically. According to Conrad Theodore of Vibrant Life, both strategies of weight loss require patience "to work off the pounds and inches at a realistic, healthy pace," because, "you didn't pack it on overnight, so you might not take it all off right away, either." Even though we all dream of a genie to come out of a bottle and grant our wishes, we cannot drop pounds in the matter of an eye blink. Everything takes time. We all want to snack away and miss one day at the gym. What is one day going to do? How is one lollipop going to ruin my diet? Considering the amount of sugar and calories that a small candy contains will make you reassess your "secret" night time desserts. So, keeping up the positive energy and the reminding ourselves of our end goal will be tremendously helpful. For instance, according to Michelle May M.D. of Am I Hungry? "instead of saying, exercise is boring, say, being active gives me the opportunity to relieve stress and feel better." High spirits and moral support may come in handy at a time when one needs it the most. To the everyday, self-proclaimed, amateur nutritionists, dieting and exercise both come down to two imperative points: losing weight and staying healthy.

Although the two have the same end result, they have one main difference that matters to some and is not an issue for others: the cost. While celebrities and millionaires have no trouble buying the high-end exercise equipment, everyday people cannot share the same attitude towards this subject. Most of us cannot afford the pricy home-gyms or the personal trainers. In "Diet Versus Exercise," Michael Stefano states that a disadvantage of exercise can be the high price of today's gym equipment and health club membership. In "Find the Right Gym for you," Karen Bannan explains that, "typically,

monthly dues range from \$20 to \$125, depending on the location and club offerings.” That is even more than a family usually pays for the monthly gas bill. On top of that, there is a new exercise machine advertised each day. Picking and choosing can become a hassle for those who do not know much about work out equipment to begin with. In comparison, cutting back on the sweets for dieting does not necessarily have to be expensive. In fact, some might even save a little money by reducing the amount of pricey and unhealthy foods they buy. In the end, when it comes down to the cost of dieting and exercising, dieting is favored by most.

Unfortunately, dieting and exercise can both be harmful if a person overdoes either one of them. Inevitably, too much dieting can lead to self starvation among those determined to lose weight, no matter what it takes. In “Diet Versus Exercise,” Michael Stefano clarifies that “out and out starvation just won’t work, and can lead to serious eating disorders, such as anorexia and bulimia.” As a result of too much struggle towards the end result, some people, especially teenagers, get carried away with the idea of looking slim and trim, like their celebrity “role models,” and they end up hurting themselves by resorting to starvation. The same applies to exercising, but not in the sense of disorders. Exercise can cause illness or injury. Stefano explains how “over training can also make you sick, or set you up for an overuse injury.” To build the “irresistible” muscles, many hormone crazed young teens try to work out. Some take it too far by carrying weights that might damage their muscles, instead of enhancing them. It has also been proven that too much exercise can shorten breathing and harm lungs. According to Kate Melville of “Intensive Exercise Is Bad For Your Lungs,” the US Olympic Committee, “reached to similar conclusions after the 1996 summer games in Atlanta.

Responding to a questionnaire, 117 out of 700 athletes (or more than 16%) reported suffering from asthma.” Maybe the saying that goes, “there is nothing like sport to improve your breathing,” is not so true. Ultimately, exercise and diet, aside from being beneficial for health and wellness, can be the cause of some of the few harmful sicknesses and conditions.

Possibly, the most important difference in the two ways of shedding off unwanted pounds is the end result, depending on whether your weight goal is short-or-long term. If your weight loss goals are long-term, then exercise is the way to go. In comparison, dieting is more proper for short-term weight loss plans. According to Bonnie Freedman, a nutritionist from “Diet Vs. Exercise” by Conrad Theodore, “the ones who manage to keep off lost weight for at least a year are involved in a regular exercise program. By comparison, a substantial number of people who lose weight through diet alone gain it back after a year.” Thinking ahead to the main reason for weightloss may help a person decide which method is preferable. If one’s weight loss plans are temporarily, then he or she might want to turn to dieting. For instance, if your wedding or high school reunion is coming up, you would most probably want to look good and impress others. In this case, dieting for a few months will help you reach your goal weight. Otherwise, if keeping off the pounds is a person’s objective, then exercising would ultimately produce favored results. But, it is also probably useful to keep in mind statistics from organizations such as AAO-HNS (American Academy of Otolaryngology—Head and Neck Surgery) that remind us that, “Lack of exercise can increase the risk of diabetes, heart disease, and stroke. About 300,000 people in the U.S. die each year from diseases related to

inactivity.” Therefore, for results that tend to last for a longer period of time, head over to the nearest gym.

Exercising and dieting have the same function: helping with weight loss and supporting people to achieve wellness and health. Both plans of weight loss show to have disadvantages if done in excess: one causes disorders, while the other leads to injury. Although dieting turned out to be preferable to everyday people because of its low price, the results were not so promising, as those who tried it without exercise gained the weight back within a year. While exercising proved to be more expensive, it also confirmed to be a better choice for a long-term weight loss goal. For the best outcomes possible, do not pick and choose between the two. Increasing exercise and decreasing calorie consumption, jointly, seems to be the best weight loss choice for everyone.

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