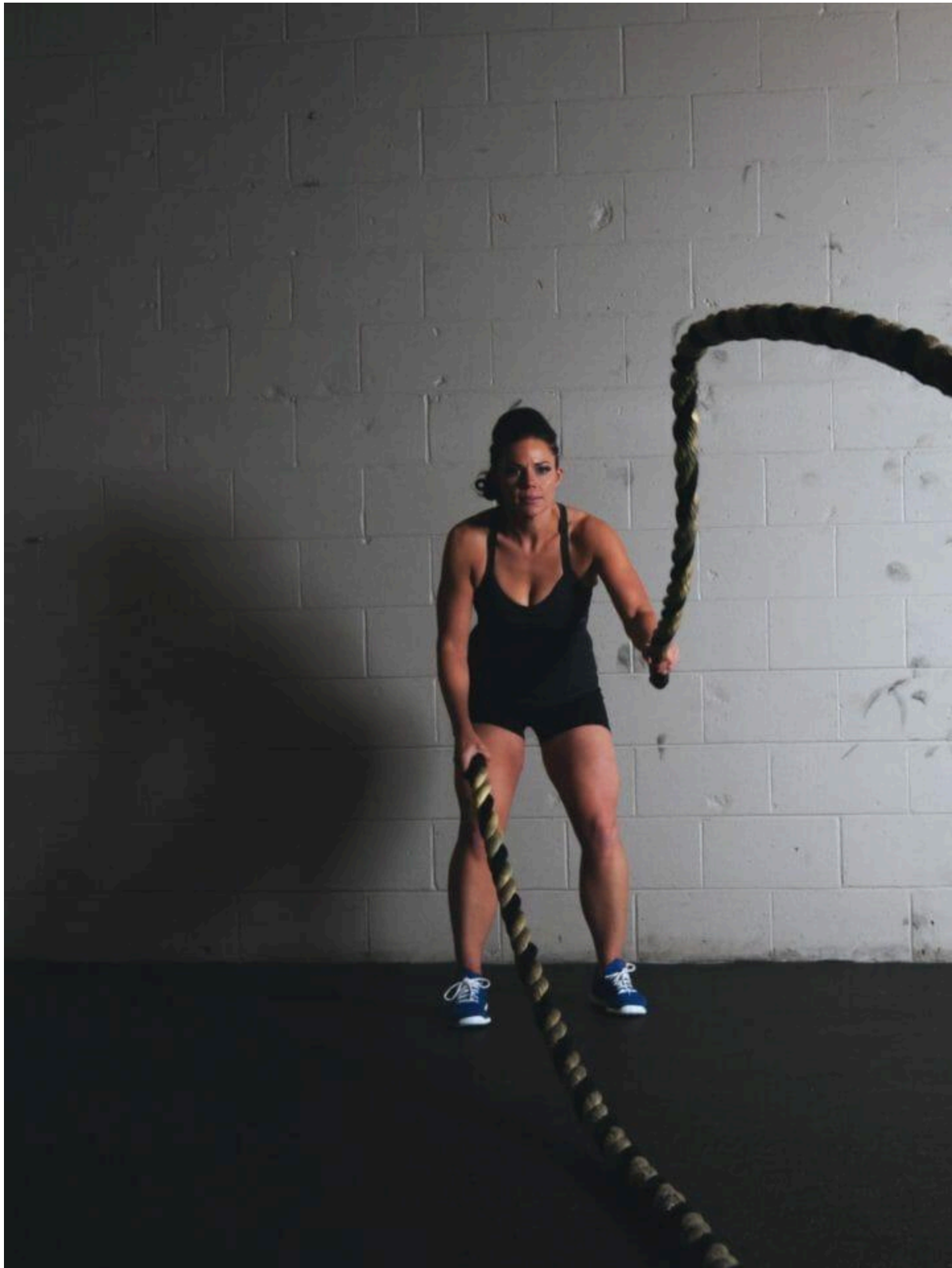


Is An Exercise Routine Necessary to Lose Fat?

<https://www.iifym.com/fitness/is-an-exercise-routine-necessary-to-lose-fat/>

There's been a lot of discussions recently in the community about this, and the plain answer is; No. You don't need an exercise routine.

Although voluntary activity such as cardio and/or a resistance training has health benefits and raises your energy expenditure, it's not needed to lose fat.



Diet First, Exercise Routine Second

When you gain fat (unwanted weight), the main reason is your diet. The same goes for when you're looking to lose fat, your diet should be the main driver to do so.

“Whatever your activity level looks like, our coaches can tailor a [diet plan](#) for you.”

You can create a calorie deficit counting macros with your current energy output sans exercise.

With that said, we are proponents of an active lifestyle and an exercise routine due to its multitude of health benefits.

Originally posted 2019-02-14 19:54:27.

via IIFYM <https://www.iifym.com>

May 29, 2019 at 06:39PM