

The Only Exercise & Nutrition Videos You Need To Watch

Curated for you by **Abhishek Giramkar (@GeekWhoWorksout)**

There is a lot of misinformation related to Exercise and Nutrition on the Internet.

Watch these videos to:

- 🎯 Bust Fitness Myths
- 🎯 Learn the Science of Fitness
- 🎯 Get Smarter about Fitness than probably 95% of people out there

Millions of videos are uploaded on YouTube every single day.

I have carefully curated these select few to help you gain more knowledge related to Exercise and Nutrition.

Happy Learning! 😊❤️

Contact

It is always a delight to make new friends on the Internet!

Drop a message for your feedback on this document or to ask your doubts related to exercise & nutrition or just to say hi and to have interesting, judgement-free conversations.

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The List Of Videos Begins On The Next Page

(I will keep updating the list of videos for you whenever I find equally good videos)

Title: The Science Is In - Exercise Isn't The Best Way To Lose Weight.

Channel: Vox

Duration: 4 minutes 56 seconds

Link: <https://youtu.be/eXTiiz99p9o>

Lessons:

- Exercise is not the best tool for weight loss. Fix your nutrition to achieve weight loss. Don't overeat and don't eat unhealthy food.
 - Our body utilises energy (i.e. burns calories) for different tasks. Intentional physical activity (exercise) contributes quite less to this daily calorie burn.
 - Avoid compensatory behaviours. Stay active throughout the day.
-

Title: Our Ancient Ancestors Weren't Jacked. They Were Energy Savers.

Channel: Big Think

Duration: 3 minutes 52 seconds

Link: <https://youtu.be/e8gIPCdUNqE>

Lessons:

- Our body's Basal Metabolic Rate (BMR) tells us the amount of energy our body uses (i.e. calories burned) everyday just to keep us alive.
(Find your BMR here: <https://www.calculator.net/bmr-calculator.html>)
 - Do not compare your exercise performance with elite athletes.
 - Doing at least some exercise is better than doing zero exercise. Stop overthinking which exercise you should do and just start. Something as simple as walking would also be good for a start.
-

Title: Is It Possible To Lose Weight Fast?

Channel: Ted-Ed

Duration: 4 minutes 56 seconds

Link: <https://youtu.be/P7yM0TKvUm4>

Lessons:

- When a diet promises to make you lose weight fast then it is most likely a fad diet and also possibly unhealthy for you in the long-term.
 - Both diet and exercise are important in the weight loss journey.
 - Losing weight in a healthy, sustainable manner is better than using extreme calorie restricting diets to lose weight fast.
-

Title: Exercise v/s Diet

Channel: AsapSCIENCE

Duration: 2 minutes 27 seconds

Link: <https://youtu.be/ztiHRiFXtoc>

Lessons:

→ It takes time to burn a significant amount of calories even with strenuous activity. Instead of doing exhausting workouts to burn excess calories, simply eliminate unhealthy foods and snacks which are high in calories and low in nutritional value. This will make your life easier.

→ For fat loss, limiting your daily calorie intake (while eating nutritious foods) is significantly more important than long and hard exercise sessions.

Note: This does not mean Exercise is not important. Exercise has many health benefits beyond weight loss.

→ A combination of healthy food habits and regular exercise will yield the best results in the long term.

Title: Can Smartwatches Accurately Track Calories?

Channel: PictureFit

Duration: 8 minutes 06 seconds

Link: <https://youtu.be/znc1g80FdVE>

Lessons:

→ Smartwatches can only give you a loose estimate of how many calories are burned.

→ How many calories you are eating is more important than how many calories you are burning.

→ Fitness watches are not useless. They are good for tracking trends and changes. Seeing progress in the form of data and numbers can certainly motivate people to maintain a healthy level of physical activity.

→ Check 7:19 for some pros and cons of fitness watches.

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