



Did You Know 1kg of Body-Fat = 7,700 Calories !and the average moderate Workout would burn about 6cal per minute x 60 minutes =360calories !  
7,700 calories divided by 360 =21.38 hours divide by 6days = 3.56 hours of working out per day to burn up only 1 kg of body-fat ! That means that you can never ! yes never ! exercise your body fat away without controlling the nutritional total (Food intake) .  
want to know more ? Why you can Exercise and get fitter, stronger but not necessarily leaner!

[WWW.HEALYSHEALTH.COM](http://WWW.HEALYSHEALTH.COM)



Did You Know 1kg of Body-Fat = 7,700 Calories !and the average moderate Workout would burn about 6cal per minute x 60 minutes =360calories !  
7,700 calories divided by 360 =21.38 hours divide by 6days = 3.56 hours of working out per day to burn up only 1 kg of body-fat ! That means that you can never ! yes never ! exercise your body fat away without controlling the nutritional total (Food intake) .  
want to know more ? Why you can Exercise and get fitter, stronger but not necessarily leaner!

[WWW.HEALYSHEALTH.COM](http://WWW.HEALYSHEALTH.COM)



Did You Know 1kg of Body-Fat = 7,700 Calories !and the average moderate Workout would burn about 6cal per minute x 60 minutes =360calories !  
7,700 calories divided by 360 =21.38 hours divide by 6days = 3.56 hours of working out per day to burn up only 1 kg of body-fat ! That means that you can never ! yes never ! exercise your body fat away without controlling the nutritional total (Food intake) .  
want to know more ? Why you can Exercise and get fitter, stronger but not necessarily leaner!

[WWW.HEALYSHEALTH.COM](http://WWW.HEALYSHEALTH.COM)