

Which is the most efficient way to lose weight: breathing exercises, diets, or vigorous exercise?

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Abstract: Exercises that involve deep breathing reduce cortisol, the body's stress hormone, which can help you lose weight. For example, when cortisol levels rise, you hold onto calories, and when they fall, your body releases them, allowing you to burn fuel to support your activity. Cortisol is a "fight or flight" response to a stressor and instructs the sympathetic nervous system to hold onto fat (for the battle or the journey). The choice of when you eat meals can have a significant impact on how hungry you feel throughout the day, even though whether or not you follow a diet that works (opens in new tab) and how much food you eat will ultimately be the markers of weight loss. Cortisol levels in the body have been linked in studies to obesity, metabolic syndrome, and weight gain. Exercises that involve breathing have been shown to reduce cortisol. Any programme for weight loss or weight maintenance must include physical activity. Your body consumes more energy when you're active (calories). And you lose weight when you expend more calories than you take in. The 2015-2020 Dietary Guidelines for Americans recommend cutting back on calories and increasing physical activity for most persons who want to lose weight. In general, this indicates that you must lower your daily caloric intake by 500 to 750 calories in order to lose 1 1/2 pounds (0.7 kilograms) every week. Calories play a role in the balancing act that is your weight. The key to losing weight is to burn more calories than you consume. You can achieve this by consuming fewer calories than you need and increasing the number of calories you burn through physical activity.

Keywords: Lose weight, Exercises, Diets, Breathing.

Introduction: The majority of weight loss, according to Australian experts at the University of New South Wales, is exhaled as carbon dioxide. Their article appears in The BMJ's holiday edition. According to nutritionist and author of The Flexitarian Diet Dawn Jackson Blatner, R.D.,

the vegan diet advances vegetarianism whereas the Flexitarian diet backs it up. This is a strong pro-plant diet, but it still allows you to enjoy a hot dog at a baseball game or some turkey at Thanksgiving, she claims. Although there are no severe calorie restrictions, Blatner's book offers a 5-week diet with about 1,500 calories each day. The first part of this review will concentrate on what is currently known about how obesity affects muscle quality and function, followed by a discussion of how weight loss affects muscle mass, quality, and function, as well as potential therapeutic approaches to enhance not only muscle mass but also muscle function in obese individuals. A thorough literature search in PubMed was conducted to find all pertinent work in the field, and articles that addressed these important concerns were chosen from that search. Note that throughout the article, we use the term "fat-free mass" to refer to both lean and fat-free mass for the sake of simplicity. To our knowledge, Mexican adults have not yet been the subject of research into the use of protein-rich meal replacements for weight loss. The purpose of this study was to ascertain the impact of increasing protein consumption on weight loss in Mexican adults with partial diet substitution with meal replacements. We predicted that persons lose more weight on a hypocaloric diet with greater protein and partial meal replacements than they would on a hypocaloric conventional diet with the same amount of protein.

Breathing Exercises and weight loss

- 1. How breathing exercises can aid with weight loss:** Nothing works better than breathing exercises if you're wanting to lower stress and improve focus. However, these are not the only advantages of mindful breathing practise. Surprisingly, breathing exercises can really speed up the fat-burning process and aid in weight loss. It could be a fantastic addition to your exercise regimen and could speed up the entire weight loss process. Here are some typical breathing techniques you should practise when trying to lose weight.
- 2. The link between weight loss and breathing exercises:** The idea that breathing exercises may support weight loss and reduce body fat is supported by a number of studies. One study found that obese persons who consistently practised breathing exercises for a month saw a

significant decrease in body fat, while another found that this activity can increase resting metabolic rate, which may speed up the process of losing additional pounds.

3. How doing breathing exercises can aid with weight loss:When engaging in breathing exercises, the body receives more oxygen, which aids in the burning of stored fat. The fat cell contracts as a result of breathing exercises, and the carbon dioxide that had been held inside the cell is exhaled outside the body. The only way to lose weight, though, is by breathing exercises. It will only be effective when combined with the proper diet and other forms of exercise.

4. Deep inhalation or Lips pursed breathing:When you breathe deeply, also referred to as diaphragmatic breathing, your stomach rises and your lungs are fully inflated. As many of us (particularly women) have been taught to have a flat tummy at all times, it may initially feel odd.

We encourage shallow breathing patterns, which in turn encourage tension and anxiety, when we don't breathe into our bellies. It might be challenging to reduce weight if the body is holding onto tension and stress chemicals.

5. Breathing Through Different Nostrils:Yoga instructors appreciate this because it helps you recognise that you frequently breathe through your mouth, and that by inhaling through your nose, you can filter and slow down your breath. Close one nostril with your fingers, take several breaths, and then swap sides. You practise breathing in and out via alternate nostrils with this exercise by using your fingers to cover one side at a time.

6. Breathing from the belly or the diaphragm:Lie down on the floor or a mat with your hands on your chest or middle of your body. Exhale as deeply as you can, feeling your hands fall, then inhale and watch your hands rise with your chest. This demands you to fully engage your stomach, abdominal muscles, and diaphragm during breathing. You can tone your stomach muscles if you want, but breathing is what matters most here, not toning.

7. Breathing in senobi:To perform this Japanese breathing technique, stand in a room with plenty of space. As you inhale, lean back and raise your arms overhead; as you exhale, hold your breath and bring your arms back down. This is energising and helps the lungs feel fully

extended, allowing the breath to travel deep into the air passages. When you need to concentrate, use it.

Diets and weight loss:

There is no denying that America has a weight issue. Nearly 75 percent of us are overweight or obese, according to the CDC. Nevertheless, more than 160 million Americans are dieting at any given time, and we spend more than \$70 billion annually on dietary supplements, commercial weight-loss plans, and other methods of losing weight. That implies that while losing weight is difficult, it is completely feasible when done properly. When it comes to weight loss, there are two essential factors. Finding a strategy that suits you, one that makes you feel good and keeps you motivated, is the first step. The second is to take your time because sustained weight loss occurs gradually.

Ideal diet to lose weight: Natural, unprocessed foods are preferred to pre-packaged meals and snacks in a healthy diet. It is balanced because it gives your body all the vitamins and minerals it requires for optimal operation. It prioritises plant-based foods above animal-based meals, particularly fruits and vegetables. There is a lot of protein in it. Salt and sugar content are low. It contains "good fats," such as salmon, olive oil, and other oils produced from plants.

Here are a few illustrations of nutritious meals for losing weight. I had a bowl of bran flakes with nonfat milk, strawberries, and walnuts for breakfast. A turkey sandwich on wheat with vegetables and an olive oil and vinegar dressing is what I'm having for lunch. A salmon steak with spinach for supper.

Fasting: Fasting is an age-old habit that is secure when not overdone. It involves stopping eating for a period of time. Fasting has always been associated with both spiritual and physical advantages. People who fast for religious reasons frequently claim that they are more spiritually focused while they are fasting. A simple fast has been associated to a lower risk of cancer, lessened arthritis pain, improved brain function, and physical effects such as lowering blood sugar, reducing inflammation, improving metabolism, and clearing toxins from damaged cells.

Diet from Mayo Clinic: The highly regarded medical institution of the same name developed the

Mayo Clinic Diet, which is specifically meant to be a lifestyle change rather than a quick fix. The diet is based on an understandable food pyramid that emphasises the value of eating enough of fruits, vegetables, and whole grains while limiting sugar and some fats.

There are two phases to the diet. The first phase lasts for two weeks and is meant to help you kick-start your weight reduction by teaching you how to break five bad habits and adopt five healthy ones. The second phase teaches you more about making appropriate food selections, portion control, and physical activity, and is meant to be followed for the rest of your life.

Diet of Raw foods: Maximilian Bircher-Benner, a physician, realised he could treat his own jaundice by eating raw apples in the late 1800s, which is when the raw food diet first gained popularity. The diet has since evolved as a result of numerous trials examining the impact of raw food on human health. The raw food diet today comes in many forms, but in general, it consists of food that hasn't been cooked, processed, microwaved, irradiated, genetically modified, or exposed to pesticides or herbicides. Raw foodists consume between 75 and 80 percent of their daily calories as plant-based meals that are never heated above 115 degrees Fahrenheit. Very few people consume only raw foods.

Vigorous Exercise and weight loss:

Weight training and cardio: Aerobic exercise, usually referred to as cardio, is one of the most well-liked forms of exercise for weight loss. Examples include: bicycle, walking, Swimming. Your muscle mass isn't much affected by aerobic activity, at least not in comparison to weightlifting. However, it burns calories quite effectively. In a 10-month trial, the effects of cardio without dieting on 141 individuals with obesity or overweight were investigated. Participants were divided into three groups; they were not instructed to cut back on calories. 4.3% of the participants who burnt 400 calories in each cardio session (5 times per week) and 5.7% of the participants who burned 600 calories in each session (5 times per week) reduced body weight, respectively. The U.S. Department of Health and Human Services suggests the following exercise recommendations for the majority of healthy adults:

Aerobic Exercise: Get 75 minutes of severe aerobic exercise, 150 minutes of moderate aerobic

exercise, or a combination of the two per week. The instructions advise spreading out this activity over the course of a week. Even more activity will have a positive impact on your health. But even a little bit of exercise is beneficial. The cumulative effects of being active throughout the day can be beneficial to your health.

Exercising your muscles: At least twice a week, perform strength-training activities for all the major muscle groups. Each exercise should be performed once with a weight or resistance level that causes your muscles to become fatigued after 12 to 15 repetitions.

Efficient way to lose weight:

Move more and eat less: Exercise can boost the quantity of carbon that is lost. The metabolic rate increases sevenfold when moderate exercise, such as jogging, is substituted for 1 hour of rest. This results in the removal of an additional 40 g of carbon from the body, bringing the daily total up to 240 g.

But bad eating can readily counteract this. For instance, a single 100 g muffin supplies about 20% of the daily energy needs of the average person. Therefore, the authors conclude, "Physical exercise as a weight loss approach is quickly defeated by relatively tiny quantities of excess food." The conventional advice is to "eat less and move more."

Limit processed carbohydrates: Reducing your intake of carbs, such as sweets and starches, can help you lose weight quickly. This could be accomplished by following a low-carb diet or by consuming less processed carbohydrates and more whole grains. Note that more study is currently being done on the long-term implications of a low carb diet. A low-carb diet might be challenging to follow, which could result in yo-yo dieting and less success in maintaining a healthy weight.

Consume vegetables, fat, and protein: At every meal, try to include a variety of foods. Your meals should contain the following to assist you lose weight and balance your plate:

A source of protein, fat, and vegetables a little complex carbohydrate food, such as whole grains

Protein: When trying to lose weight, it's crucial to consume the recommended quantity of protein to maintain your health and muscle mass. There is proof that eating enough protein may reduce hunger, body weight, and cardiometabolic risk factors.

Although numerous factors affect protein requirements, the average male needs 56–91 grammes per day, and the average female needs 46–75 grammes. Here are some recommendations to help you determine the right amount of protein to consume.

Vegetables: Don't be reluctant to pile lush green vegetables on your plate. They are nutrient-dense, and you can consume a lot of them without significantly raising your calorie and carb intake. All vegetables are nutrient-dense and beneficial additions to your diet, but some, such as corn, potatoes, and sweet potatoes, have greater carbohydrate contents. Due to their fibre content, these veggies are regarded as complex carbohydrates; yet, when adding them to your plate, you may want to be careful about serving quantity i.e broccoli, Cauliflower, spinach, tomatoes, kale, Brussels sprouts, cabbage, Swiss chard, lettuce, cucumber, peppers etc.

Get more rest: One easy way to achieve and maintain a healthy weight is to go to bed a little earlier or sleep in a little later. In fact, numerous studies link losing weight to getting enough sleep. One 10-year study found that young women who slept for fewer than 6 hours a night had an increased risk of obesity. Another small study found that participants on low-calorie diets who slept one hour less per night than a control group lost less weight overall. According to other study, sleep deprivation may be linked to changes in hunger hormones, increased appetite, and a higher risk of obesity. The majority of studies link at least 7 hours of sleep every night to the most advantages for weight control and general health, even if everyone needs varying amounts of sleep.

Train with high-intensity intervals: High intensity interval training (HIIT) is a type of exercise that keeps your heart rate up by alternating short bursts of action with long rest periods.

According to studies, HIIT is highly effective at increasing fat burning and fostering long-term weight loss. According to one study, performing HIIT three times per week for an average of 10 weeks dramatically decreased body fat mass and waist circumference. HIIT also required a 40% smaller time commitment for training than moderate-intensity continuous training, which includes exercises like running, rowing, and utilising an elliptical machine. Another study found that in the same amount of time, HIIT helped people burn up to 30% more calories than other forms of exercise like cycling or jogging.

Timing of Diet: The early time-restricted eating plan required the study participants to consume

500 calories less per day between the hours of 7 a.m. and 3 p.m. than their resting energy expenditure. They were told to fast in the late afternoon and evening. For 14 weeks, they were required to adhere to this routine at least six days per week.

- To control calorie intake and hunger, eat meals and snacks alternately at set times throughout the day. The ideal strategy is to eat three meals and two snacks each day.
- Take meals and snacks over the course of a 12-hour day. A 12-hour period from 6 am to 6 pm is considered best.
- Eat more calories at your daytime meals, which should include breakfast, morning snacks, and lunch. Dinner and evening snacks ought to contain fewer calories.
- Depending on your goal, you may want to think about alternative strategies, such as gaining, maintaining, or reducing weight. For obese, diabetic, and cardiac patients, intermittent fasting is a method that has been clinically demonstrated to be effective.

Conclusion:

Antidepressants frequently induce weight gain as a side effect, however certain drugs may actually make you lose weight. These drugs include duloxetine, fluoxetine, and bupropion. Certain antidepressants may alter appetite, which could result in weight fluctuations. A mental health problem like anxiety or depression may also cause a person to alter their exercise levels and eating routines. During the first few months of treatment, weight fluctuations are common; as the body adjusts, a person's weight stabilises. The neuroendocrine and appetite regulatory systems must continue to operate at their peak performance, thus good sleep hygiene is essential. The causal link between sleep, circadian misalignment, and cardiometabolic risk is currently well established. You can establish a better habit by eating your meals at regular intervals. You'll experience less stress, develop better self-control, get enough rest and wake up on time for work.

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