



Exercising while on the hCG Diet

The hCG Diet is a weight loss program which has helped many people lose a large amount of weight. Exercising in combination with the hCG diet can be beneficial only under certain circumstances.

Human chorionic gonadotropin (hCG) is a hormone that used to help increase weight loss during the hCG diet. The hCG hormone is naturally produced by the cells that make up the placenta and later by the placenta during pregnancy. hCG helps support the pregnancy by producing progesterone. This helps the development of the placenta during the early stages of pregnancy.

Few expecting mothers realize that pregnancy; offers a huge window of opportunity to lose unwanted fat while bringing their new child into the world. Simply by reducing their calorie intake while having an extremely high level of hCG in their system, a newly expecting mother can actually burn unwanted fat during the pregnancy process.

The hCG Diet Protocol

The hCG diet is designed to aid in the rapid fat loss... It increases the body's metabolism so that it can burn fat at a very fast pace. The hCG hormone can be administered through injection or droplets that are placed under the tongue. Once the diet begins, a strict diet of 500 calories must be followed. A person can lose up to a pound or two a day. The hormone causes the body to release and burn approximately 3,500 calories a day.

The hCG diet has a very strict protocol that must be followed. Some of the rules include the absence of make up, lotions, oils, and what types of foods that can be eaten. In this article you will learn about exercise during the hCG diet.

Exercising while on the hCG Diet...

Strenuous exercise during the hCG diet is not recommended for several reasons. The first reason being, the patient is only consuming 500 calories a day which may not be substantial enough to be able to accommodate any type of strenuous workout while consuming such a small amount of food.



Although strenuous exercise needs to be avoided, light cardiovascular exercise is permitted. Taking casual walks or a light jogs on a treadmill is allowed but not for a long periods of time 45 minutes should be your maximum time limit. Burning too many calories will lead to excess hunger; exhaustion and low blood sugar; all of which can drain your energy.

Another reason a person should not perform overly strenuous exercises is because of the science of the diet. The hCG can only burn fat. When any type of strength building exercises are done, the body may form new lean muscle and the hCG will not be able to burn it off. The hCG does not work on lean muscle, but only body fat which means, scale may not be able to accurately reflect your weight loss

Exercise after the hCG Diet phase three...

Once a person finishes the hCG diet, they can resume a normal exercise routine in phase three. Daily exercise is important when trying to maintain your weight. And build lean muscle. It is better to start with easier exercises at first until the body regains strength and is used to exercising again. Gradually increase the intensity levels of your workouts will produce leaner muscles, and help your body stabilize your new weight set point.

Building lean muscle mass and returning to cardio for vascular health should be your focus in Phase 4 and beyond. Living an active lifestyle will be easier and a lot more fun now that you have shed those pounds and finally reached your weight loss goal.



If you have any questions...
we are here to answer them

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