

# *Making Peace with Food*

*For a life free of food and weight worries, join us...*

*Because it's not about willpower*

## **The Hidden Impact of Exercise On Weight Loss**

### Summary

*Exercise is a key component of weight loss not just because of the calorie burning or metabolism increase. Something even more important.*

Just about every person on the planet knows that exercise burns calories, which is a good reason to do it.

Some people have heard that we can raise our metabolism level through exercise, which is a great reason to do it. We burn more fat not only during workouts, but afterwards as well.

And people who have made exercising a part of their regular life, say how much better they feel, which gives them motivation to keep at it.

One of the main impacts of exercise on weight loss is rarely talked about: it increases our sense of personal mastery. And that goes way beyond staying motivated to workout because we physically feel better.

People who have food issues eat because it makes them better, at least temporarily. The food is pleasurable, and/or it soothes their anxieties. Of course, soon food becomes the main or only pleasure, and the thought of not having it creates anxiety; we have a full blown addiction.

Climbing out of that pit involves learning other anxiety coping skills, and having the ability to enjoy life in other ways. Not being afraid whether we can handle it, whatever "it" is.

Curiosity, energy, self-confidence. Personal mastery.

But how do you achieve personal mastery? First you need the willingness to go for it, which requires some kind of belief that it's possible to get there. And that's not easy to do if you feel disconnected from it. For some people, it's almost like making themselves believe in their ability to fly.

Especially if they have a long history of difficulty with food or other habit. There is nothing as destructive to your self-esteem as your inability to stop stuffing yourself despite knowing what it costs you.

And that's where exercise can work magic. Because not only does it help you feel better, it shows you what self mastery feels like. Doing more reps than yesterday. Having more endurance in class. And once you can get a sense of it, you want more, and start to believe you can get more.

That sense of mastery doesn't get left behind in the locker room, because it's wormed its way into your essence. So you are left with an increasing ability to choose how you live. Nice addiction, that one.

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**About the author:**

Helene Desruisseaux is a success trainer and the co-founder of [MakingPeaceWithFood](#), a weight loss program designed to eliminate food cravings. Get from their [website](#) a free report on "The top 5 mistakes people make when they try to lose weight."