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Reviewing Research

By Adam Milligan, EQUIVITA

Sifting Through the Evidence with a Critical Eye

Recently there was a Reuters article published over the Internet that made claims about how exercise doesn't increase caloric expenditure post-activity. I know it was published lots of places, because I had it forwarded to me by many people through different web sites. As is my way, I promptly went to the original Journal article that was cited to find out what was actually studied and the conclusions that were made. I will not use this space to discuss this specific article – you can check out equivita.com for that – rather, I would like to take this opportunity to provide some insight and hopefully enable you to be more discerning about the fitness “tips” you are inundated with every day.

The Beginning

In 1993, when I first began working in the fitness industry, one of my mentors told me that it was great that I was fascinated by exercise and how the body worked, but I needed to remember that the people I worked with did not have the same fascination and, in fact, more times than not, couldn't care less. Of course, I had lots of trouble believing this and spent many years working with clients who would get a glazed look on their face when I would continue describing some specific detail about what their body was doing or what they needed to do to attain their goals. Thankfully, it did not deter me from trying to help others to understand their bodies and the science behind exercise.

The Research

When you begin looking for research on fitness and exercise you quickly realize a number of key problems:

1. The topics are complex and the funding is limited.
2. The subjects participating are often not typical of those who would apply the results and knowledge.
3. The variables are too many and often cannot be discounted or isolated.

While many researchers are making great strides into learning about the human body through valuable studies, the answers produced are not simple.

Media

The parsing up and distribution of the information produced from research is the challenge of the media. In addition to the challenge of producing useful information, it must also be enticing enough to sell the publication. Unfortunately, this often leads to confusing and misleading statements about diet, exercise and fitness - see equivita.com for the Fat Loss vs. Fat Burning article as an example.

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Regrettably this whole process has left our society with so many mixed up concepts about fitness, diet and exercise that many are too confused to find out what would work best for their body.

Our goal at EQUIVITA is to educate. We know that creating more discerning health care consumers is good for everyone and we will continue to develop ways to connect you with the facts...or at least with the information. To learn more about our Process of Fitness Seminars, Free Fit U Classes or Transitional Fitness Training contact us at 614.298.8781 or info@equivita.com.

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