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## **Eddie Izzard Proves Running Won't Help Fat Loss!**

I imagine you've all heard the news; comedian Eddie Izzard yesterday completed 43 marathons over seven weeks, *raising £200,000 for charity.*

Wow - 1,100 miles in 51 days! And just to clarify, I'm not about to slate this amazing achievement, but he has illustrated a key point:

- Over the 51 days, Eddie ran for around **250 hours**
- He would have burnt approximately **112,500 calories** during this time
- It's suggested that *1 lb of fat loss* is equal to reducing **3,500 calories**
- This means that Eddie should have lost in the region of 32lbs in the 51 days - that's **over 2 stone, or 14.5kg!**

These figures assume he didn't increase his calorie intake at all during the challenge, which I'm sure you'll agree is highly unlikely.

He's been quoted in the press as saying that he "**hasn't actually lost any weight**", and that the "fat would have been turned into muscle".

Err... if this was how the body worked, wouldn't we see people with *42 inch, muscular stomachs?!*

What he has got though is damaged joints and blistered feet - and internally he probably has a few stress fractures to his shins and high levels of cortisol (a product of the stress on his body) - which will actually **PROMOTE** fat gain!

This all suggests that **to burn fat** one needs to do something different:

- On a number of occasions now, I have helped clients **shed over 16lbs** in as little as 4 weeks (as part of my [28 Day Challenge](#))
- They do this by following my programme, and doing about **2 hours of exercise per week** (totalling 8 hours).
- And that, all *without* any long runs!

Remember that comparably, all of Eddie's running didn't even achieve 32lbs weight loss - from 250 hours of exercise!

Now, if you wish to complete such a challenge I admire your commitment and dedication. But anyone doing lots of running with an aim to lose body fat needs to look at these figures again and realise something that I say, time and time again:

**Don't focus on long-duration, aerobic exercise, if your goal is fat loss!!!**

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Wishing you all the best, whatever your goals,

Heather

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