

YOUR GUIDE TO

CARDIO

and why you should stop using it to
lose fat if you hate it

ALL MY POSTS ON CARDIO
IN ONE PLACE:

This resource guide will help you understand why cardio is not ideal for long term fat loss if you hate it, but also how cardio can be implemented in a healthy way to help you achieve your fitness goals

THE VIDEOS

FROM MY YOUTUBE CHANNEL:
MISSFITANDNERDY



In this video, I break down exactly why cardio is not ideal for long term fat loss and the method of exercise that will help you actually lose fat and keep it off for good.



This video goes into more depth into the science behind how cardio causes your metabolism to slow down, looking specifically at a study done on a hunter gatherer tribe that doesn't burn more calories than sedentary office workers!

THE VIDEOS

FROM MY YOUTUBE CHANNEL:
MISSFITANDNERDY



This video details my approach with cardio to get my abs back while doing Project Comeback. I tell you exactly how much cardio I did during my six week program and why.

[Click here to learn
more about
Project Comeback](#)

THE POSTS

FROM MY INSTAGRAM PAGE:
@MISSFITANDNERDY



This instagram post describes the four main reasons why I am not currently doing any cardio beyond trying to hit a daily step count of 10-14k while on my reverse diet.

This post is a super quick FAQ on cardio and why I don't recommend it for fat loss. It addresses when cardio is good vs when it is not optimal, why I feel so strongly about this topic, why cardio is not necessary for cardiovascular health, & more



THE POSTS

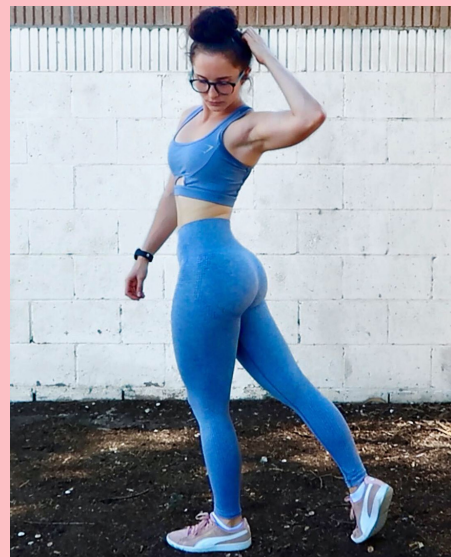
FROM MY INSTAGRAM PAGE:
@MISSFITANDNERDY



This post goes into detail on why I recommend aiming for a daily step count but not for cardio. Many people get confused as to why I recommend getting at least 10k steps because walking is technically a cardiovascular activity. This post clears that all up and explains how the difference in goals affects the necessity of the action.

You didn't think this entire list of resources were ALL going to be about bashing cardio, did you?

Because if you've looked at everything before this post, you'll know that I don't think cardio is evil and I certainly do think it has its place in health and fitness. This post is a #ScienceSunday post about the incredible benefits of HIIT training!



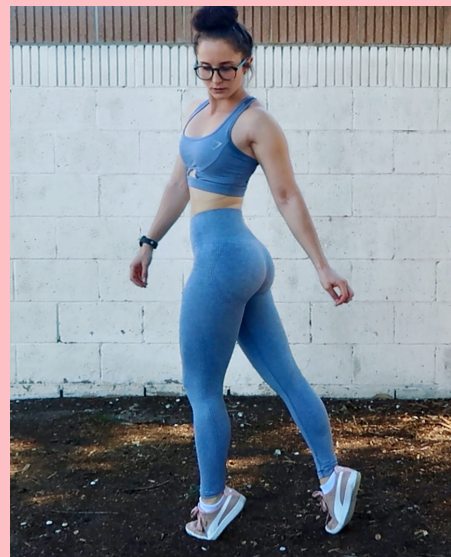
THE POSTS

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If you're interested in understanding why I am so passionate about sharing this information about cardio, this post explains my exercise history and how learning this information changed my relationship with exercise forever!

Oh look! More pro-cardio information from Marisa! This post is all about the importance of staying active and hitting your step goal. It also has some suggestions for how to increase your step count if you're struggling to get your steps!



LEARN MORE

QUESTIONS?

Sign up for a one hour video consultation with me to ask me any questions you have about cardio OR literally any other fitness question you might have!

**Click here
for more info!**