

The Ketogenic diet



The Keto Diet or Ketogenic diet started out as a diet to treat a very specific medical condition, however as time has passed the Keto diet now has become very popular as a tool for weight loss. There are modified versions of the diet where carbohydrate is not as limited but we will not discuss these in the article.

In simple terms, the Keto diet is very low carbohydrate diet that is designed to put your body in a state of ketosis. In this state, the goal is to use Ketones as a fuel source. One question that is asked a lot with this diet is, Can I exercise?

The short answer is yes, but there are factors to consider when starting the Keto diet or adding a new exercise plan to the diet. When starting the diet the body can take up to 4 weeks to adapt and during this time exercise may be difficult to perform, the level of intensity will definitely be affected and most exercise will need to be performed at lower intensities.

With a low carbohydrate intake high intensity aerobic exercise becomes difficult and activities such as the popular HIIT (high intensity interval training) are to be avoided. People following the keto diet should focus on lower intensity cardio workouts such as cycling, lite jogging/walking and swimming. Again, with these activities you still have to focus on not “going hard” during the activity. Other good ideas for activity are Yoga or other flexibility/core type exercises. If you try

to do high intensity training your performance will be lowered as these activities use carbohydrates as the main fuel source.

As you do increase your low intensity exercise you may need to also eat more fat calories to help fuel the increase in exercise. As you add exercise to the Keto diet look out for continuing feelings of exhaustion or fatigue which are not normal. This could be a sign that you are not responding well including exercise along with a low-carb diet or possibly exercising at too high of an intensity.

The Keto diet is not for everyone, is hard to follow, and initially puts a lot of stress on the body. Once established and following the diet there is no reason that exercise at a low intensity can be included into one's lifestyle.

Reference

<https://physoc.onlinelibrary.wiley.com/doi/full/10.1113/JP273230>

