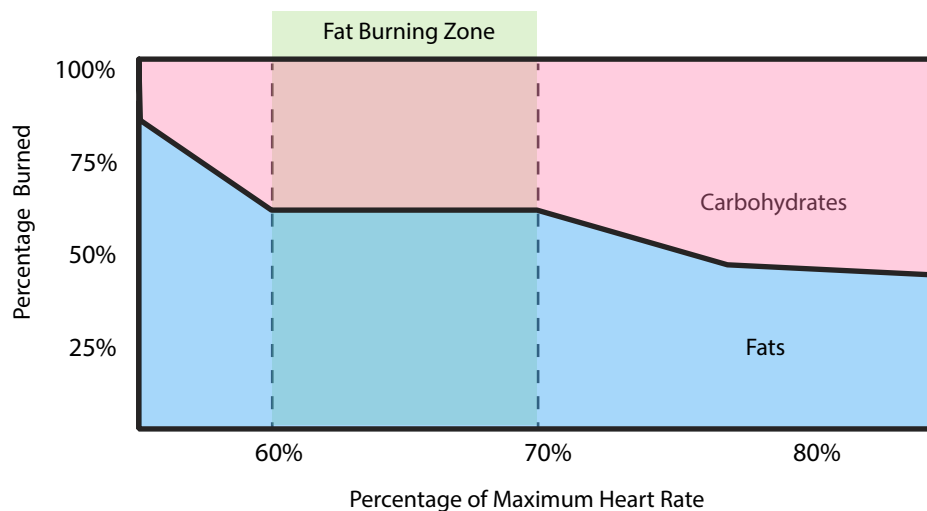


Intermediate Exercise: The Fat Burning Zone

Exercising at a lower intensity will mean that a higher percentage of calories come from fat. However, percentages aren't everything. Combine more intense exercise with low intensity exercise throughout the day for best results.

What is the "Fat Burning Zone"?

Exercises in the Fat Burning Zone are lower-intensity exercise that burn a higher percentage of fat. At rest, your body gets its energy from about 85% fat and 15% carbohydrates. As you increase the intensity of your activity, the percentage of carbs burned increases, and the percentage of fat burned decreases. When your heart rate is 60-70% of your maximum heart rate, this is called the Fat Burning Zone. In this range, about 70% of your calories come from fat. Your maximum heart rate is 220 minus your age - multiply by 0.65 to find your fat burning zone.



Percentages vs. Total Fat Calories

Working out in the Fat Burning Zone might seem like a good idea, but burning a higher *percentage* of fat calories doesn't always mean burning more fat overall. In fact, a higher intensity exercise that burns more calories will still burn more fat in one hour.

If you're not time-limited, then the fat-burning zone really can burn more fat - but most people are not going to have two hours to spend walking.

<p>LIGHT WALKING 1 HR</p> <hr/> <p>200 total calories burned</p> <hr/> <p>140 calories from fat</p>	<p>MODERATE CYCLING 1 HR</p> <hr/> <p>500 total calories burned</p> <hr/> <p>250 calories from fat</p>	<p>LIGHT WALKING 2 HRS</p> <hr/> <p>400 total calories burned</p> <hr/> <p>280 calories from fat</p>
--	---	---

However, the Fat Burning Zone reveals something very important about losing fat, and that's that low-intensity exercise throughout the day can be even more beneficial for fat loss than short bursts of intense activity at the gym. To lose weight quickly, make sure to keep moving around throughout the day.