Fat Loss vs Fat Burning

Questions to Ponder:

1. During which activity will a person burn the highest percentage of fat?
   a. resting b. 5 mile walk c. 5 mile run

   Answer A. There is a prevalent blurring of the distinction between fat loss and fat burning. At rest your body can utilize fat as its primary fuel source because it doesn't have a need for quick energy. As you increase in exercise intensity, the amount of energy your body uses from carbohydrates increases as does your total amount of energy used, measured in calories. Along this thinking some say that lower intensity is better for fat loss. WRONG! Lower intensity is better for fat burning (and rest is better than any activity) while fat loss only occurs when calories out are greater than calories in. Higher intensity exercise burns more calories during and after the activity than lower intensity exercise.

2. Fat loss is a simple equation: Calories in < Calories out
   true false

   Answer: Fact. Unfortunately, many take this to mean that fat loss is just this easy and we know it isn't so. Why? It is because we have no good way to determine the number of calories on either side. Calories in? Sure, you can look at what you ingest, but how many of those calories does your body absorb? Do you know that it varies? Calories out? Sure we can estimate exercise expenditure and metabolism, but many people don't fit the textbook and on top of this things like chronic stress can actually decrease the amount of calories your body will burn. Some newer research indicates that your body's response to what you eat and when can determine how much fat your body will carry and where that fat is stored.

Definitions

Weight: relative heaviness; mass; the force with which a body is attracted toward the earth or a celestial body by gravitation and which is equal to the product of the mass and the local gravitational acceleration

Fat: stored energy

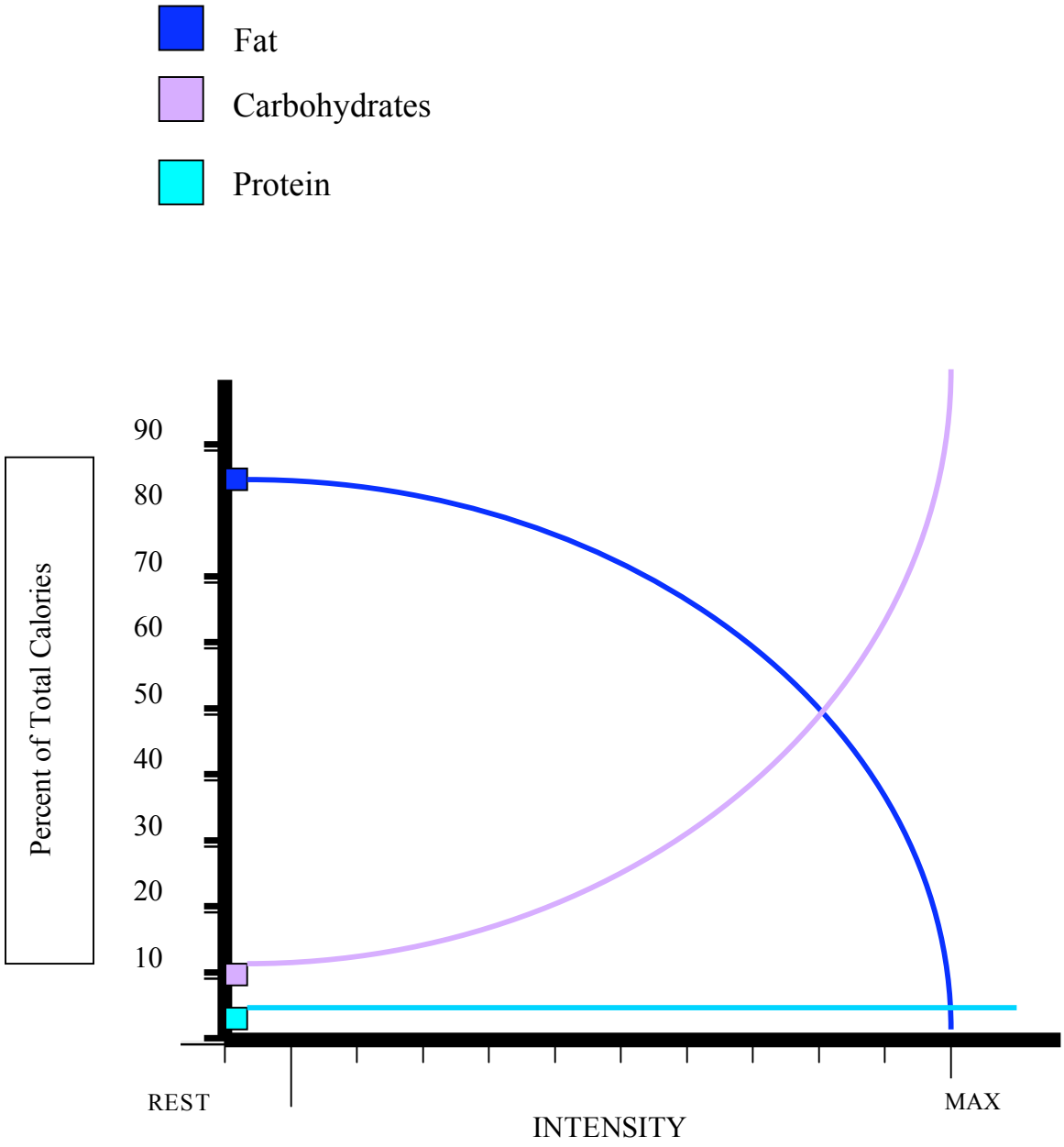
Contrast

Fat Loss	Fat Burning

The Fat Loss Equation: Calories In < Calories Out

Increase Calories Out	Decrease Calories In
• level of activity • hydration • intensisty of activity	• when you eat • what you eat • how much you eat

How Your Body Uses Fat, Protein and Carbohydrates at Varying Levels of Activity



Estimates for 130 pound female	Low Intensity 60-65% MHR	High Intensity 80-85% MHR
Total Calories expended per minute	4.86	6.86
Fat Calories expended per minute	2.43	2.7
Total Calories expended in 30 min.	146	206
Total Fat Calories expended in 30 min.	73	82
Percentage of Fat Calories burned	50%	39.85%

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