

## ***Don't Fall Into The Fat Burning Zone***

***If I slow down the treadmill and exercise at a lower intensity will I burn more body fat?***

There are many different intensities and zones we can exercise at. Yes it is true that our bodies will burn a higher percentage of fat in the lower intensity zone (55%-65% of max capacity) because fat is the preferred fuel but the total amount of fat that can be burned at a higher intensity will end up being more than the less intense workout. The reason is because at higher intensities say, (70-80% of max capacity) our bodies will work at higher heart rates and burn more total calories and overall burn more fat. Bottom Line is that it is ok for people to workout in the lower zone of intensity for beginner workouts and recovery workouts but to bring down your intensity to burn more total fat and get leaner is a misconception. Mix up your intensities and challenge yourself once in a while but also remember to take it easy on days to recover. You will burn plenty of calories, get leaner, become fitter and have more energy daily. Speak with your trainer or coach to determine your exercise zones and to set up a plan of progression with your exercise routine. Have fun and stay fit!

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