

## Fat melts... in the mornings!!!

Written by

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The mornings are the best time for your fat-burning workouts. Your body has been without nutrition for 9 hours, and the blood sugar level is at its minimum compared to any other time of the day. This means that your body does not have a ready easily available source of energy, and is much more likely to take the needed calories for the workout from the energy stored in fat cells. You will burn fat more effectively in the morning than at any other time of the day— up to 300% more!

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