

A break in the training session helps to lose weight

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A longer break between training sessions can melt more fat than a traditional training all at once. Take a rest and still burn fat. "Perseverance" has so far been the slogan of those who want to lose weight because they only really start burning fat after 30 minutes of exercise, once the more accessible energy has been exhausted (like blood sugar). So far so good. But Japanese researchers studying the fat metabolisms of healthy, athletic men, have developed a training concept that increases fat burning. The trick consists in taking longer breaks in between longer training sessions. A 30-minute training session was followed by a 20-minute break, and another 30 minutes of training. Measurements of blood and oxygen consumption showed that the subjects burned significantly more fat this way than in the course of a 60-minute session. This was especially true in the last 15 minutes of interval training. The researchers measured higher levels of fat acids and glycerol in the blood, two substances produced when our body burns fat.