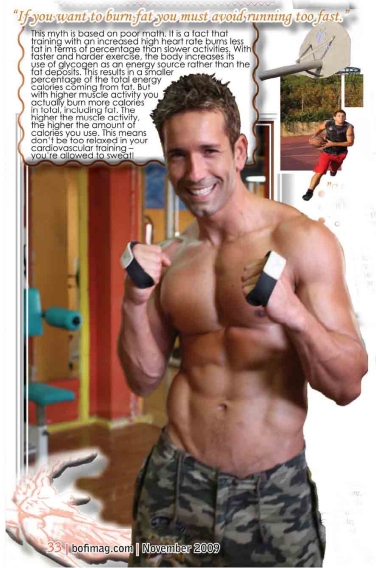


## "If you want to burn fat you must avoid running too fast"

Written by

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"If you want to burn fat you must avoid running too fast"

This myth is based on poor maths. It is a fact that training with an increased high heart rate burns less fat in terms of percentage than slower activities. With faster and harder exercise, the body increases its use of glycogen as an energy source rather than the fat deposits. This results in a smaller percentage of the total energy calories coming from fat. But with higher muscle activity you actually burn more calories in total, including fat. The higher the muscle activity, the higher the amount of calories you use. This means don't be too relaxed in your cardiovascular training – you're allowed to sweat!

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