

## **Right On Target**

We have all heard information about where our heart rate should be when working out. Many of us are told that we need to stay between 60% and 85% if we are going to burn fat. Anything above or below that won't burn fat. And if our heart rate went beyond that we would be burning muscle, which no one wants to do. It is time to help you understand which is the correct way to perform cardiovascular exercise.

To lose bodyfat, you need to expend more calories than you take in. If you work out at a higher intensity, you burn more calories than you do if you work out at a lower intensity. Thus you increase how many calories are expended for the same period of time. So why the confusion, when it sounds so simple?

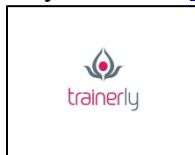
It seems as though every time we come up with a good solid answer for a fitness question, someone else comes up with something that says it isn't so. Yes you will burn more fat calories at a lower intensity, but you will burn more total calories at a higher intensity. So which one do you do? The answer is BOTH!

You can work out at a lower intensity one day, and a higher intensity the next. We can't always go at 100% all of the time can we? Take the days that you feel strong, and work out harder, and the days that you don't feel quite as strong, and work out at a lower intensity. That way you won't skip your workout just because you can't go "all out". This can also be done during the same workout. We call this "interval training". It is where you go hard for a period of time (30 seconds for example), and then decrease your intensity for a recovery period (2 minutes for example) and then alternate back and forth. This type of training is ideal to improve the cardiovascular system and burn body fat.

So depending upon how you feel on a given day, don't skip your workout. Adjust the intensity to your current level of energy (50%-95%), and go from there.

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