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Energy Later

On Monday, I covered what you should do when you need **Energy Now**—when you're out of juice and going to work out hard. The next logical question is what to eat to build energy for a longer workout. Longer means a workout that takes at least 30 minutes and may last up to two hours when all is said and done, such as a bicycle ride, walk, jog, run, or using an exercise machine—a cross-country machine or elliptical trainer. Think of it as a typical aerobic workout, but it doesn't have to be formal exercise; 30 straight minutes of swing or salsa dancing would also do the job.

The best fuel for a long workout? The fat you've already stored and are trying to abandon.

The only problem is that it takes time to get to the point where you'll burn mostly fat. What if you're out of juice before you even begin? Use the same approach that we did for energy now: one gram of carbohydrate per minute of exercise, but limit yourself to 15 grams. The same guidelines apply as to what you should use for the carbohydrates. That will give you enough juice to begin and once you're going, your body will start burning fat as a fuel.

Why use any carbohydrate when you really want to burn only fat? Because muscles preferentially want to use glucose as a fuel, and this will give you enough juice to get going. But as you continue to train week after week, your body will produce the enzymes that will shift you to burning fat a little sooner. It's part of the training effect, and that's why long and slow is a good idea for weight loss. The only problem is that it takes time—that's why I'll explain the benefits of interval training for fat burning in Sunday's message for **The 30 Pound Club**.

What are you prepared to do today?

Dr. Chet

WGUV Straight Talk on Health

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