

## **Intense Training Is Still The Best For Overall Health and Fitness**

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Three studies have recently been published in support of what Jim and I have been preaching for over a dozen years. “Intense training is the best, for over all health and fitness.”

A recent study from Britain found that exercising at 63 percent of your maximum heart rate is the best for fat burning. But that doesn't mean that's where you should live or train!

Two things happen when you live in the “fat burning zone” you burn the grease while you are exercising but not much of an increased fat burn occurs after you stop exercising. And when you train in only the low intensity zone you may actually teach your body to store fat!

A Wisconsin study found intense training increased bone mass, and still another study found that intense training significantly reduced cholesterol.

The goal? Pick it up a bit! It's ok to breathe hard, ok and blow chow!