

Letter to the Editor

Mr. Henriques,

I couldn't help but take the quiz you had in the Philly fit mag. As a CSCS with plenty of real-world and academic knowledge, I thought you put together a good article. One point I would disagree on, however. Question 7 is very ambiguous. You asked whether the walk or jog would burn more "calories from fat." The answer is the walk, not the jog. In the answer section, you stated the correct answer is the jog, and it is if the question was "Which one burns more TOTAL calories."

As a percentage of total calories burned, the walk would be the correct answer since the exercise intensity is lower.

If you wanted to get into total fat calories burned in a 24 hour period, the answer would most likely be the jog due to the residual metabolic effects of a higher intensity training session. But I digress....

Well done,

Bill Abbott, CSCS

Bill,

Thanks for taking the time to take the quiz and give us your feedback, we really appreciate it when the readers take an active interest in the material. I am familiar with the CSCS designation and I know that is a solid background. The question in quiz was: Which activity would burn more total fat, a walk or a jog? The correct answer is the jog, even disregarding any increase in metabolic rate once the jog was completed. The purpose of this

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SAW THEM IN
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question was to expose the misinformation regarding the "Fat Burning Zone". While we do not know exactly what the person in this question's heart rate is I think we can make some safe assumptions. Generally a brisk walk will yield a heart rate of 50-60% Max. At this level you are burning somewhere between 50-60% fat and 40-50% carbs. We also don't know how heavy this person is but to use an example a 160 lb person burns 519 cal/hour at that speed (according to the treadmill at my gym) so that means they burned 171 calories in 20 minutes. Being generous and saying that 60% of those calories are coming from fat (it is more like 50%) yields 102 calories burned from fat in those 20 minutes. The same person exercising at 7.0 mph will burn 862 calories per hour or 284 calories per minute. It is tough to know exactly how fit this person is but since they can do the exercise for 20 minutes it is probably somewhere between 70-80% max heart rate. At that intensity carbs account for about 60% of the energy and fat around 40%. 40% of 284 is 113 calories, which is more than 102. In reality there would probably be an even greater difference than that. To make the walk the correct answer, the person would probably need to walk for 30 minutes or more while the other person only jogged for 20 minutes.

The underlying point is that while a higher percentage of calories burned is from fat by exercising at a lower intensity, the total amount of calories burned from fat is greater by exercising at higher intensities (during cardio). I hope to explain this point in even more depth in an upcoming article so be on the lookout for that.

I am attaching two websites for references, one of them basically has our exact example in it.

www.findarticles.com/p/articles/mi_m0675/is_5_20/ai_92840201

www.sportsguidemag.com/archive/Nov02/TrainFit-fatburn.asp

Thanks again for your question. The main point of this article was to get people thinking about fitness and it seemed to do that in your case. Good luck with your training.

Yours in strength,
Tim Henriques



Tim Henriques is a Master Personal Trainer and Director of NPFI, VA. He has trained hundreds of people to become personal trainers and instructed them on anatomy, physiology and nutrition. He is a health and fitness expert with an emphasis on resistance training. He is also a competitive athlete. While attending James Madison University, he was a Collegiate All-American Powerlifter. He has also competed in various strongman and arm-wrestling competitions. Recently, he set a new Virginia state record in the deadlift with a lift of 700 lbs at a bodyweight of 198. He lives in Fairfax, Virginia. Contact TimHenriques@phillyfitmagazine.com