

Aerobic training and fat burning

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Aerobic exercises utilize oxygen from the blood to burn glucose and fat within the body. The glucose stores of the muscle are broken down initially which is followed by the breakdown of fat and this occurs only when the exercise is prolonged. Glucose stored in the muscles is used for the initial 45 to 60 minutes of exercise after which the fat stores begin to get depleted. As fat is also burnt in this form of exercise, aerobic training is widely considered to be an ideal way to lose excess weight. In addition, aerobic exercises also increase the size and number of mitochondria within the cells. The enzymes present within the mitochondria help in burning fat and reserve the glucose stores within the body. This results in a longer presence of glucose within the body that in turn provides energy for a long time. Studies have shown that athletes who engage in aerobic training have about 200 % more mitochondria compared to those who perform other forms of exercises (Heiden). A recent study conducted by the Duke University Medical Center has further reinstated that aerobic exercises are more efficient in burning belly or abdominal fat as compared to other exercises such as resistance training. This fatty layer which is present deep within the abdominal cavity and between internal organs has for long been associated with an increased risk of cardiac problems, diabetes and cancer. Aerobic exercise was found to burn more calories and in the study it burnt more than 67% which was more compared to that obtained through resistance training. The amount of fat burnt depended on the intensity of aerobic exercise as those with low intensity took more time to break down the unhealthy fat compared to high intensity exercises. In addition, the study also found that aerobic training helped in insulin resistance during fasting, reducing the production of enzymes by the liver and triglyceride levels in the blood (Aerobic Exercise <https://assignbuster.com/aerobic-training-and-fat-burning/>)

Bests Resistance Training). However, other forms of exercises such as weight training, sprinting and even sleeping have been shown to burn overall calories similar to aerobic training. However, burning of the excess fat within the body is majorly achieved through aerobic exercises.

Reference

1. Heiden, E. “ Aerobic exercise improves ability to burn fat.” Seattletimes.nwsourc. com. The Seattle Times, 16 Sept. 2010. Web. 25 Apr. 2012.
http://seattletimes.nwsourc.com/html/health/2012903747_webheiden17.html
2. “ Aerobic Exercise Bests Resistance Training at Burning Belly Fat”. Sciencedaily. com. Sciencedaily, 25 Aug. 2011. Web. 25 Apr. 2012.
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