



## Why am I having trouble losing weight if I'm exercising intensely 6 days a week?

**M**y first suggestion would be not to push that hard all the time. Harder and longer exercise is not always better. When you exercise at the high end of your target heart rate zone, you're not dipping into your fat storages enough to see a deficit. You're burning many calories, however mostly carbohydrate calories, so I say slow it down once in a while! At the low end of the zone, the overall amount isn't high enough to see a fat deficit either unless sustained for an extended period of time. So, mix it up – sometimes exercise at the top of the zone, the bottom, and do a little bit of both with intervals. Also, are you eating enough? When exercising regularly, many people don't eat enough to fuel their body during exercise. You will start to metabolize muscle instead of fat. If you're not sure, see a dietician to get your metabolism measured! – *Kimberly Onnen, MS, ACSM Health & Fitness Specialist, Fitness Manager at The Heartland Spa*

**The Heartland Spa**

1237 E. 1600 North Rd., Gilman

800 545-4853 • [www.heartlandspa.com](http://www.heartlandspa.com)