

Dietary Fat, Health & Exercise

FAT FOR ENERGY



The body uses fat as a source of energy. This process of burning fat is referred to as *fat oxidation*. The rate of fat oxidation depends on how much or how little fat is in the diet.

EFFECT OF OBESITY ON FAT OXIDATION

Obesity can make it difficult for a person's body to control fat oxidation since it is based on the amount of fat in the diet and in the body.



EXERCISE AND FAT OXIDATION

Exercise can increase fat oxidation. Aerobic exercise training can help the body to burn more fat.

FAT OXIDATION DURING & AFTER EXERCISE

Exercising longer and/or at a higher intensity can help the body burn more fat both during the workout and after the workout is over.



MEAL TIMES AND FAT



What time you eat your meals can have an effect on the way your body uses fat for energy. For example, if you eat a late dinner, it may reduce the amount of fat used for energy throughout the night.