

## Exercise On An Empty Stomach Is Best

Contributed by Skinny Myths Team

SKINNY MYTH: "Exercising on an empty stomach is best"

Myth.

It makes no difference when it comes to weight loss.

For weight control, you need to look at the whole day's calorie balance - not just at what you burn during exercise.

Eating some fiber like a banana 30 minutes before you exercise is fine.

But exercising on an empty stomach burns no more or no less calories than on half-full,  $\frac{3}{4}$  full, even  $\frac{1}{3}$  full.

If, over a 24 hour period you burn off more calories than you eat, you'll lose weight no matter when you ate the calories.

Burn more than you consume in 24 hours and you'll lose weight.