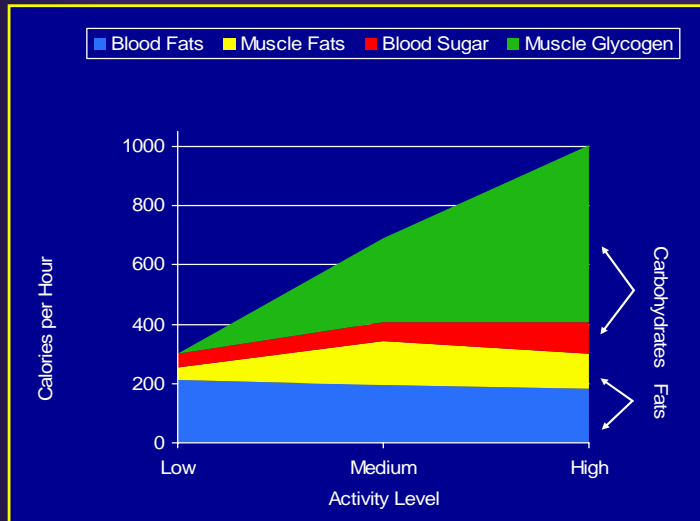


# Energy Sources & Intensity



Nutrition

ABC Slide Show

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ABC Heart Rate and Nutrition Slide Shows.

The contribution of fats and carbohydrates to energy production during exercise.

Note that the bottom two areas represent blood and intramuscular fats. Their level of use remains relatively constant over all exercise intensities.

Carbohydrates derived from the blood also are used at about the same rate for all exercise intensities.

Stored muscle carbohydrate (glycogen) use varies with exercise intensity and is increased as exercise intensity increases.

Adapted from Romijn et al. J Appl Physiol. 1993.