The harder you exercise, the more calories you burn. However, with increased exercise intensity also comes a shift in fuel utilization. At a lower intensity, you are burning fewer total calories but a higher percentage of fat; as exercise intensity increases, you burn more calories, but a higher cost of carbohydrate.

For those seeking weight management or an optimal fitness routine, FUEL testing will teach you:
- Exactly how many calories you are burning at different exercise intensities.
- What zone is optimal for maximum fat-burning, aerobic training, and health benefits.

FUEL testing provides an extra benefit for individuals looking to dial in their training and optimize athletic performance:
- Athletes will learn what zone to train in to optimize their aerobic efficiency and spare carbohydrate utilization.
- Appropriate training and racing zones based on metabolic efficiency at different intensities.

What happens during a Fuel Test?
- Start off at a relatively low intensity
- Gradually, the speed will increase after every stage which lasts for about 3 minutes
- This will last until aerobic threshold is reached (Note: This is not maximal effort).

A custom nutrition strategy (based on measured carb utilization) for endurance events.

How do I prepare?
- NO strenuous exercise 2 days prior
- NO caffeine 6hrs. Prior
- NO eating 3 hrs prior

How much does it cost?
General Public: $100
2+ lab services 5% off
Cash or check only!

Inquire about group and ISU discounts!

CONTACT PERSON: LAURA WHEATLEY MS
Exercise Physiology Lab Program Coordinator
Email: lavedee@ilstu.edu
PHONE: (309) 438-3526