

# FUEL TESTING

Illinois State University  
Exercise Physiology Lab.

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.

## How do I prepare?

- NO strenuous exercise 2 days prior
- NO caffeine 6hrs. Prior
- NO eating 3 hrs prior

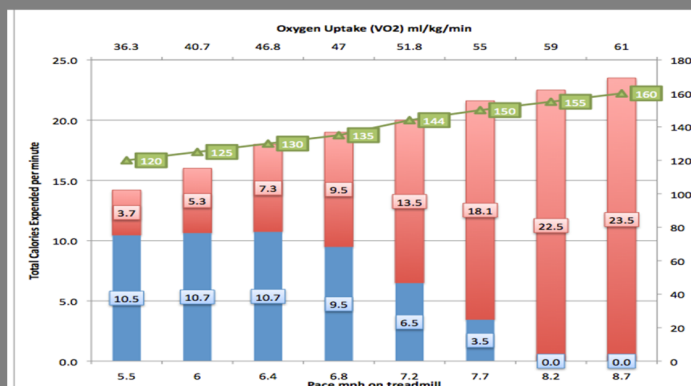
## How much does it cost?

General Public: \$100  
2+ lab services 5% off  
Cash or check only!

Inquire about  
group and ISU  
discounts!

## 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.

## Where do I go?

- The lab has moved! We are located on ISU's campus in McCORMICK HALL, room 177.
- For parking and directions, please visit:  
<http://tinyurl.com/directionstoISUExPhysLab> or  
<http://www.parking.ilstu.edu>

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