

different definitions of 'intensity' with respect to exercise?

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Most sites that I've looked at seem to define exercise "intensity" as the percentage of maximum heart rate, e.g.
<http://exercise.about.com/cs/cardioworkouts/1/aa022601a.htm>

However there are at least some sites that seem to use it differently:
<http://www.living-a-healthy-lifestyle.com/burn-fat.html>
"Generally speaking however, aerobics is a low intensity exercise which will burn fat over a period of time. Weight lifting is high intensity carried over a short time period."

That can't be using "intensity" the same way, since aerobics makes your heart beat faster than weight lifting. Is there a standard definition for exercise "intensity"?

What I'm really trying to find out is what kind of exercise burns fat vs. what kind uses glycogen and glucose. Most sources say that: (1) "low intensity" exercise burns a higher percentage of fat, and "high intensity" exercise uses a higher percentage of glycogen; (2) "high intensity" exercise means exercise with a higher heart rate; and (3) weight lifting burns a high percentage of glycogen. But the three statements taken together are contradictory since weight lifting, with its lower heart rate, would be a low intensity exercise by that definition.

Would it be a correct statement to say that as far as **aerobic** exercise is concerned, low intensity (lower heart rate) means more energy from fat and less from glycogen, and high intensity (higher heart rate) means more energy from glycogen? But that rule doesn't apply to anaerobic exercise like weight lifting?

-Bennett