

LOG OUT



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Running on Empty – My Car vs. My Body

Thursday, October 25, 2012

My car's gas tank is always in the red zone according to my husband. He wonders how I can go so far on "fumes." It's just laziness on my part. I hate to spend the time at the pump so I do it as infrequently as possible.

This is not the case with my body's fuel tank. I'm filling it all the time, especially in the morning about an hour before my workout. Most days "workout" means running. Twice a week it's aerobics/weights class at the gym and a short tm session.

Yesterday the morning included some unusual events and as I began my run I realized that I hadn't eaten breakfast. That had to be the first time in a decade. I seemed to be running OK in the beginning, but my stomach was growling as if to say, "where's the WW toast, peanut butter and OJ you've been giving me every day"?

It was a strange sensation. I realized 2 cups of coffee and a menthol cough drop were not enough to keep me going. Come on, body! Can't you use some of that fat that persistently clings to my thighs and rear end? There's plenty of fuel there. What are you waiting for? A famine? Get busy converting it! My body did not listen to my orders and I kept slowing down and finally quit, planning to get back out there after lunch.

I know people who workout on an empty stomach and some who skip breakfast entirely all the time. Obviously, I'll never be in that group. As for my car, my Dad used to complain about my gasoline habits too. He said that when I let the tank get that low, all the gunk is dredged up from the bottom and circulates through the engine hurting its performance. I wonder if there's a parallel with my body?

Well, now back to the fat burning articles and advice. Maybe I should fiddle with my "octane levels?" I have more to learn.

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CD11824494
Love the comparison! :D



I am gonna have to add you and share your blogs!
3146 days ago



LADYPIXEL

I gotta have my breakfast before I even consider doing anything of significant worth, now. I don't know why that is, but I do know that for years I never ate breakfast... and I never did anything of significant worth, either. :)

3154 days ago



PHEBESS

I can't do any kind of workout without a little something beforehand. My blood sugar just plummets.

So yeah, eat a little something. Or, at LEAST a little something. (Word is EAT, not drink, LOL!)

3154 days ago



CD12758218

My workouts are less intense than running (walking, step aerobics, stationary bike) so the only time I eat before exercising is when I walk on the beach since I go for 2-3 hours. But once I am finished with my exercise, I am eating breakfast soon after.

3154 days ago



NELLJONES

It takes running out of gas on a busy highway to cure you of the one problem, and maybe passing out to cure you of the other. Which can happen. It will be embarrassing to come to with paramedics hanging over you starting the IV and you have to tell them you just forgot to eat. I have a friend who can tell you all about it.

3154 days ago



PMRUNNER

I always enjoy your blogs! I am with you, if I don't eat before working out, my performance tanks.

3154 days ago



SUZYMOBILE

I'm not running, but I do my morning walk before breakfast. One of my SP friends is after me to eat first, but I treat it as a reward after walking, so it's a habit. And walking gets me hungry for breakfast, which is good. What's "tm"?

3154 days ago



CD13136117

I'm with you, can't get by without eating breakfast. Eating in the morning must be like a "fire starter" - need to get my body fired up to move and then (hopefully) burn some of the extra fuel

onboard.

3154 days ago



AZMOMXTWO

I always eat a little before I do anything that way my body knows it will not "run out of fuel" si it starts to burn more

have a good day

3154 days ago



ELRIDDICK

Thanks for sharing

3154 days ago



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