

**Fitness - August 9, 2004**

Exercise on an empty stomach. You will burn more calories from fat if you exercise on an empty stomach first thing in the morning. And there is more to it; at the end of 24 hours, you still have to create a negative caloric deficit. The bottom line is that you should exercise when it works best for your body and your schedule. If you don't have the energy to exercise in the morning because your stomach is empty, you are better off having a light meal and then exercising.