

PREVIEW_ Does Fitness Equal Health_ - Mark Cucuzzella (FL JAN 2017) 2

Mark Cucuzzella: Somewhere we have a design as a human and the design is probably pretty damn good as it is, I think so. I mean even the big toe and even your appendix we're figuring out why we got it. So every part in the body has some unique adaptation for what we need to do to survive.

So if we were designed with carbs as our primary source of fuel why would the designer have made us only be able to store an hour and a half's worth... I think we're designed to use fat as fuel.

Ivor Cummins: Absolutely, it would appear. And from an engineering perspective I would agree totally, it's a no-brainer.

Mark Cucuzzella: Now we might need to sprint down something to kill, but, you know, believe what you want about whether we have adapted. The persistent hunters do short bursts metabolically and then the inflammatory pathways of fat utilization as fuel are much less.

It's kind of like if you have an engine and you have a Dodge Charger and you're putting gas in all the time, you may have performance but the exhaust is going to be higher than if I have a little Nissan Leaf, there is no exhaust. So that's I think health and fitness too. It's what's the exhaust...