# Is Sweat an Indicator of a Good Workout?

Ever heard people saying the more you sweat, the more calories you have burnt.  Well that is not exactly true.  Sweat is not the best indicator of a good workout.  Sweat is your bodies way of regulating temperature.  Higher intensity workouts raise your body temperature and you therefore sweat to cool down.  Compared to lower intensity sessions you may not sweat as much because your core temperature does not rise as much, therefore requiring less cooling.  This does not mean one is better than the other.  Nor does it mean you are burning less calories. You could do a strength circuit, burn 400 calories, and sweat a little, compared to doing a 3km run, burn 200 calories and sweat a bucket load.  So do not look at a workout and think "I didn't sweat that much, must not have been working that hard", because there are many factors which contribute to how much one will sweat, not just exercise intensity.

So what are good signs of a workout?  Depends on the workout style.  Cardio sessions should see a raise in heart rate and breathlessness.  If your heart rate isn't up during a cardio session or you can hold a conversation with your buddy, then chances are you are not working hard enough.  Strength style workouts are based more on muscle fatigue.  Your muscles should burn towards the end of each set.  If you are not feeling the muscles burning, then chances are your weights are too light and you are not working hard enough.

Next time you finish a workout, think to yourself, 'was I out of breathe?', 'was my heart rate up?', and 'were my muscles fatiguing?'.  If you said yes to these questions, you probably worked pretty hard.  But just remember, any workout is better than no workout.  We all have our off days, where we just don't feel like we pushed ourselves the way we usually do, but that is fine.  You turned up and you did something.  That is better than pressing the snooze button and missing the session all together ��