

Key to WEIGHT LOSS...Strength Training

Unfortunately, the role of muscle to maintain desirable body weight is not understood by most adults. Muscle is a very active tissue, and uses a lot of energy all day long for cell maintenance. Simply said... if you have more muscle on your body, you will burn more calories. **It can be a used as a means to lose and maintain weight.** (Side note: Of course what you consume is equally important)

For example, adding five pounds of muscle increases resting metabolic requirements by approximately 175 calories or more, and losing five pounds of muscle decreases resting metabolic requirements by approximately 175 calories or more.

Muscle loss is the key component in the weight gain experiences by most men and women in their middle years. Inactive individuals lose about five pounds of muscle every decade of adult life, resulting in almost a five percent reduction in their resting metabolic rate over the same time period. I'd suggest adding strength training to any cardio exercise program you are doing-MUSCLE-up! Stay tuned for next month's ASK the TRAINER article comparing Traditional Strength with Circuit Training.

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