

Frequently Asked Question

What is the best diet to loose weight?

Sorry to say that but there is no special diet to loose weight. Every body has different requirement and have to adjust calories according to their BMR(Body Mass Index)

Muscle weighs more than fat. True or False?

False. A pound is a pound regardless of whether the pound is fat or muscle. The truth about muscle is that it's denser than fat and takes up a smaller amount of space in the body. In fact, scientists estimate that 1 pound of muscle occupies about 22% less space than 1 pound of fat!

Maintaining physical fitness requires major lifestyle changes. True or False?

False. Fitness can be achieved through small changes in what you eat and your level of activity. It's really that simple. Remember that you can start out slowly; work your way up to a higher level of activity, and implement more dietary changes over time. Patience is essential. Don't try to do too much too soon, and don't quit before you have a chance to experience the rewards of improved fitness and a healthy diet!

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