



MUSCLE FIGHTS FAT

While looking to get fit, people often aim at weight loss. This method often leaves people disappointed because they do not see the results they are looking for on the scale. As you are increasing muscle and decreasing fat one will actually gain weight because muscle weighs more than fat. That is why while looking to get in shape you should aim at fat loss rather than weight loss. The increase of muscle will actually help in overall fat loss.

According to an animal study published in an issue of Cell Metabolism, Boston University researchers found that type II muscle fibers improve whole body metabolism. This type of muscle fibers are formed while lifting weights. Researchers proved that without altering ones diet, fat loss can be reached with the use of weight lifting to build more muscle fibers. Therefore the greater amount of muscle one has, the less fat they will produce. As you build

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muscle your metabolism is being increased, your metabolism helps turn food and nutrients into energy rather than allowing them to be stored in your body as fat. This enhanced metabolism will even allow you to eat more than you could before without the extra fat gain.

While looking to decrease fat one should aim at a certain percentage to set as their goal. For males, anywhere between 5-10 percent is considered a high level of physical fitness where as for woman

it would be between 8-15. Safe and realistic goals should be made when setting a target percentage and one should focus on a look they are trying to achieve, rather than just a number on a scale.