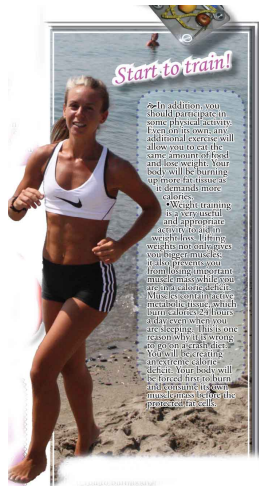


Start Training!

Written by

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Start Training!

Additionally, you should participate in some physical activity. Even on its own, any additional exercise will allow you to eat the same amount of food and lose weight. Your body will be burning up more fat tissue as it demands more calories.

Weight training is a very useful and appropriate activity to aid in weight loss. Lifting weights not only gives you bigger muscles; it also prevents you from losing important muscle mass while you are in a calorie deficit. Muscles contain active metabolic tissue, which burn calories 24 hours a day even when you are sleeping. This is one reason why it is wrong to go on a crash diet. You will be creating an extreme calorie deficit. Your body will be forced first to burn and consume its own muscle mass before the protected fat cells.

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