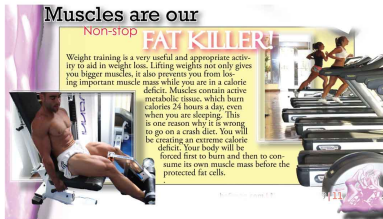


# Muscles are our Non-stop FAT killer!

Written by

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## Muscles are our Non-stop FAT killer!

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 if you have 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 then to consume its own muscle mass, instead of the protected fat cells.

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