

## Exercise, Fat Loss & Muscle Retention

### Weight Loss vs. Fat Loss

Dieting without exercise will result in a loss of muscle tissue as well as a loss of fat.

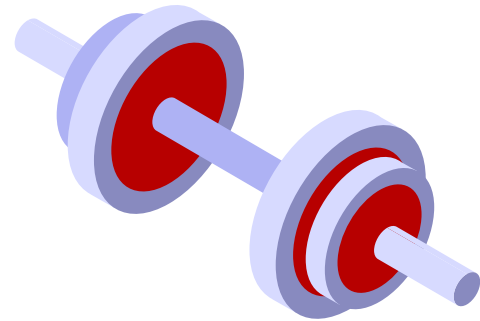
It takes energy (calories) for your body to maintain your muscles. When you're in a calorie deficit, your body uses existing fat stores for energy, but it also looks for ways to reduce your energy needs - like getting rid of muscle tissue.

### Losing Fat & Maintaining Muscle

If you want to lose fat, but retain muscle, you need to make sure you incorporate exercise – as well as eat enough protein.

Both cardiovascular training (running, swimming) and resistance training (weights, cable machines, bodyweight) will help you lose fat while maintaining muscle, resulting in more overall fat loss.

Do whatever works for you. Both are effective at preventing muscle loss.



### Define Your Goals

Muscle loss is not necessarily something to be concerned about. You may not even notice muscle loss because your body is lighter and no longer requires as much muscle to perform everyday actions like walking.

However if your goal is better fitness and overall health rather than being skinny, you may want to incorporate exercise into your weight loss plan.

