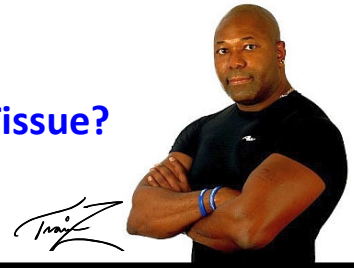


Your Weight Loss - Is It Body Fat Or Muscle Tissue?

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If your fitness goal is the all too common goal of most women and men alike, which is the need or desire to lose weight, then please understand and embrace the fact that the ideal process to losing the weight is to reduce your overall body fat while minimizing the reduction of muscle tissue development. Simply losing weight for the sake of losing weight regardless of the weight loss resulting from a decrease in muscle tissue development is not acceptable and most importantly is not healthy.

So how does one effectively go about the process of reducing body fat while minimizing muscle tissue loss?

Here are the 3 key steps to take:

1. Consume 5 – 6 small meals per day that are low in fat and high in protein. Drink at least a half gallon - 1 gallon of water per day.
2. Engage in a full body strength training workout using light to moderately heavy weights 3 times per week. Perform each exercise for 18 – 24 reps or for 30 – 40 seconds.
3. Perform aerobic/cardio exercises 3 – 5 times a week at a moderately intense level for at least 45 minutes per session.

Please keep in mind that weight loss in relation to an actual reduction in ones overall body fat while minimizing the reduction of muscle tissue development is a gradual process and the time factor involved to accomplish this goal cannot be denied, but in the end the healthy and physically noticeable results will be well worth your consistent efforts.

Very Important: You should consult with your doctor or physician before starting any exercise or diet program.