

## **How to Ensure We Lose Fat Not Muscle**

In order to achieve successful weight loss, we have to make sure that the weight we are losing is fat not muscle.

Unfortunately some of the bad weight loss advice we may encounter may cause us to lose muscle, not just fat.

How can we successfully lose fat without losing muscle mass? Here are three easy steps:

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#### **- Eat regularly and often**

If we do not eat sufficient calories, our body will not only target stored fat, but also muscle tissue in order to fulfill energy requirements.

To help prevent muscle loss, we simply need to eat frequently so that our body does not adopt starvation mode. Of course we still need

to reduce our calorie intake to promote the burning of stored fat, and we can achieve this by omitting high-calorie foods that we commonly

eat, replacing them with lower calorie options such as fresh fruit and vegetables. By eating low-calorie, nutritious meals and snacks every

2.5 - 3 hours throughout the day it will ensure that we burn fat, not muscle.

#### **- Eat plenty of lean protein**

It is also important to consume sufficient lean protein, as our body needs this in order to repair and rebuild muscles, particularly if we are

following a daily exercise regime. Our protein requirements vary depending on weight, but the recommended daily protein intake for adults

is 0.8 grams of protein per kilo-gram of body weight. One kilo-gram is equal to 2.2 pounds. This means that if our weight is 140 pounds, we

should divide this by 2.2, and this equals approximately 58 kilograms in weight. By multiplying 58 kilo-grams by 0.8, this will give us our daily

protein requirement of 44.4 grams. These figures are slightly higher if you are trying to build muscle mass & the advice here is to maintain

weight or lose not increase size. Please read our article on building mass for more in depth explanation about your body's requirements.

#### **- Exercise**

Daily exercise is another key factor that helps us to burn fat and not lose muscle mass. This is important for two reasons. Firstly, exercise helps

boost and speed up our metabolism so that we burn more calories, and encourages our body start burning stored fat. Secondly, working our muscles helps to keep building lean muscle mass, especially if we are maintaining our daily protein requirements.

The main points to remember in helping us to lose fat while maintaining muscle mass, is to constantly feed our body plenty of healthy nutritious

foods, while also reducing calorie consumption. We also need to keep our muscles strong and lean through following a daily exercise regime.

If we follow these golden rules, we will be sure that each pound of weight that we lose is stored fat and not precious muscle tissue.