

# How Your Muscles Can Help You Lose Fat



## 5 lbs of muscle

**represents an increase in metabolism 250 to 500 calories per day.**

Muscle cells are very active cells due to their contracting and relaxing, both of which expend energy. These cells require a tremendous blood supply, hence its deep red color, to receive their necessary oxygen and nourishment. Every one pound of muscle you add to your body increases your metabolic rate anywhere from 50 to 100 calories per day. Through high intensity strength training, the average person can add 5 lbs of muscle in a 10 to 20 week period of time.



## 5 lbs of fat

**1 lb of fat represents 3500 calories of stored energy**

Fat cells are inactive. There is only a small blood supply to these cells since they require very little oxygen and nourishment. To lose one pound of body fat, you have to create a deficit of 3500 calories. Dieting alone will cause a loss of both muscle and fat--a condition that will lower your basal metabolism, making it easier to get fat again. The long term solution for fat loss is to add muscle in order to increase your metabolism.

The 5 lbs of muscle you see here represents a minimal increase in basal metabolism of 250 calories per day. Since 1 lb of fat equals 3500 calories, adding 5 lbs of muscle to your body could burn up to 1 lb of fat every 14 days (250 calories x 14 days = 3500 calories). In the course of one year, this amount of muscle could burn off 26 lbs of fat or over 5 times the amount of fat you see displayed here. Looking at it another way, you would be able to eat an extra 91,250 calories a year without gaining an ounce of fat (250 calories x 365 days = 91,250 calories). As an added benefit, your overall strength and appearance will improve.