



Weight loss & building muscle

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Why building muscle is essential during weight loss

When embarking on a weight loss journey, many people focus solely on shedding pounds. But prioritising muscle building alongside fat loss is not just beneficial—it's essential for long-term success and overall health.

Preserving metabolism

- Muscle tissue is metabolically active, meaning it burns calories even at rest.
- The more muscle you have, the higher your resting metabolic rate.
- Without resistance training, weight loss often leads to muscle loss, which slows metabolism and makes it harder to maintain results.
- Building muscle helps preserve and even boost your metabolism, turning your body into a more efficient fat-burning machine.

Improved body composition

- Weight loss alone doesn't guarantee a toned physique.
- Losing fat while gaining or maintaining muscle leads to better body composition—less fat, more lean mass.
- This results in a firmer, stronger, and more sculpted appearance, even if the scale doesn't change dramatically.

Strength and functionality

- Muscle supports your joints, improves posture, and enhances physical performance.

- Whether it's lifting groceries, climbing stairs, or playing sports, stronger muscles make everyday tasks easier and reduce the risk of injury.
- As you lose weight, maintaining strength ensures you stay active and capable.

Mental and emotional Benefits

- Resistance training and muscle growth are linked to improved mood, confidence, and reduced anxiety.
- Seeing physical progress in strength and tone can be incredibly motivating, reinforcing healthy habits and boosting self-esteem.
- In short, building muscle during weight loss isn't just about aesthetics—it's about creating a healthier, stronger, and more resilient body.
- It's the key to sustainable results and a vibrant lifestyle. So don't just chase the scale—train for strength, and let your body transform from the inside out.

For support:

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