

# The Impact of Muscle!



**Each pound of muscle burns approximately 50 calories per day**

**Fact:** Eating a low-calorie diet that causes fat loss ALSO causes your body to catabolize some muscle. In fact, up to 30-40% of the total weight you lose could be muscle!

Example: A female friend loses 40 lbs. by walking, jogging, biking and dieting (no strength training). Not only has she lost fat, but her body also broke down her muscle tissue for it's energy needs and to adapt. She likely lost 12-16 lbs. of muscle!

**50 Calories  
per pound  
EVERY DAY**



**Less Muscle = Lower Metabolism**

12 lbs of muscle x 50 calories = 600 calories per day lost!

This is A HUGE amount of calorie expenditure LOST from lost muscle!

1 hour of running for a fit female burns about 600 calories

2+ hours of walking for a female burns about 600 calories

**So this person would have to walk over 2 hours EVERYDAY just to make up for the metabolism lost from lost muscle! This effect is commonly unknown and the source of frustration for many dieters!!**



For this reason, an individual who only diets and does cardio exercise to lose weight will find they must eat very low amounts of calories or exercise large amounts per week to maintain their weight loss. For most this becomes an impossible task and they give up and go back to old eating habits and gain the weight back!



**KEY POINT: Strength training and enough protein in one's diet minimizes the amount of muscle lost from dieting & cardio!**