

WHAT'S THE DIFFERENCE BETWEEN 1 LB OF FAT AND 1 LB OF MUSCLE?

Scale-aholics would answer, "A pound's a pound - regardless." Those same weight addicts should proceed to their household footprint-ingrained devices, pick them up and toss their pound-producing contraptions out the back door. A pound is not a pound when it comes to fat and muscle.

One pound of muscle burns approximately 30 to 50 calories per day, whereas fat only burns a mere 3 calories a day. What kind of pounds would you rather have now? Muscle is also about 22 percent more dense than fat, meaning it takes up less space. Compare two 150-pound women. Jane exercises regularly and has a great body fat percentage. She wears a size 8. Sue is sedentary and has a much higher body fat percentage than Jane. She barely fits into a size 12. Remember, they both "weigh" the same, but Jane is much leaner and tighter.

Taking your weight is an easy indicator of pounds lost or gained. Yet, the scale cannot tell you if those pounds are fat or muscle. The only way to determine lean body mass and fat is to have your body composition measured now and re-measured after a short training period (probably four to six weeks), to really know which way the scale is tipping.