How to lose fat and keep your muscle

Eat a little less, lift twice a week, keep walking. Here is why it works.

Three things: eat a little less, lift twice a week, keep walking. Here is why each one matters.

Why lift?

When you eat less, you lose some muscle along with the fat. In a review of over a hundred studies, people who lifted while eating less kept their muscle, and lost the most fat.

On a weight-loss jab? Lifting matters even more. About a third of the weight people lose on these drugs is not fat. Lifting and enough protein can help you keep more of your muscle.

Eat a little less

Cut a little, not a lot. A smaller plate, fewer snacks, water instead of sugary drinks. Pick one change and keep it.

Protein at every meal

Aim for about 1.6 g per kg of body weight a day. Food targets works out your number. How much protein you need shows where to get it.

The scale will bounce

Your weight goes up and down with water and food. Weigh once a week, same day, same time. Watch the trend over a month, not the number on one day.

After week 8

Keep the walks and the strength days. Ready for more? Move on to Dumbbells at home.

SOURCES

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