



## **You can lose weight in your sleep!!**

No, this is not some weight loss gimmick; it is the simple truth behind the metabolic effects of resistance training or weight training.

Research has shown that regular resistance training can increase your Basal Metabolic Rate (the rate at which your body burns calories at rest) by up to 15%. Just adding muscle can help you burn calories and lose inches...even while you are at rest.

Resistance builds muscle by first breaking it down, causing microscopic tears in the muscles structural components. While your are resting, the muscles rebuild themselves by repairing those tiny tears. During this rest and recuperation period, your body is burning those extra calories while working hard rebuild the muscle.

So, this week, try incorporating some resistance training into your routine. If you already do, then try upping your game and add some weight or reps to the workout. This One Simple Change may just get you the results you are looking for.