

The Secret to Avoiding Weight Gain with Age



Are you wondering how to stop the gradual weight gain when your eating and exercise habits haven't changed? What causes this insidious weight gain? There really is a well-documented answer that is relatively simple. Are you ready?

The underlying cause of fat gain is muscle loss.

Without regular strength exercise, the average adult loses 6 pounds of muscle every decade. This results in a decrease in our metabolism by three percent each decade. This may seem like an insignificant number, but for an average adult, this represents 18 fewer calories burned a day over a ten year period. I will do the math for you. **That is an 18-pound fat gain if we do not change anything else.**

How about dieting?

The bottom line is that muscle burns fat, and without it, we will gain weight! Research shows that those who lose weight through dieting **alone** gain it back within a year because their metabolism slows down when their food intake has decreased. **On low-calorie weight loss plans, approximately 25 percent of weight loss is muscle tissue, further ensuring weight regain.**

How about exercising?

Cardiovascular exercise (anything that gets your heart rate up) burns between 5 and 15 calories per minute. This type of exercise is essential for health, fitness, and fat burning. It will definitely help with weight loss and maintenance. However, even master runners lose muscle over time if they do not strength train.

Great. How much strength training do I have to do?

Not much. That is the good news. Research with over 1600 subjects shows **a three-pound muscle gain after only 10 weeks of training for just 20 minutes per session** (8-12 repetitions with 10 different body parts, 2-3 days per week). This three pounds of muscle gain may not seem like very much, but it will increase metabolism by approximately 100 calories a day!

Triple Effect

Strength training increases metabolism

- 1) During exercise
- 2) Just after the exercise
- 3) All day long

Strength training can be as simple as picking up one set of weights (inexpensive at Target, Dicks, or Walmart) that is challenging or impossible for you to lift more than 12 times. Lift them 8-12 times for each of 10 different body parts. Do this 2-3 times a week, along with at least 30 minutes of cardiovascular exercise, and watch your metabolism soar!

For further details or questions, feel free to call Amy Bertram, Wellness Director for Trinity Consulting, Inc. 704-779-6639 or abertram@trinitybenefit.com