



## **How Lose Weight And Gain Muscle - How to Lose Weight and Gain Muscle Fast**

*So many people want to know the answer to this question, lets roll to find out if these is really possible. Well it is not possible to lose weight and gain muscles at the same time but the following tips can help you in achieving your goals.*

**Nov. 7, 2010** - [PRLog](#) -- How Lose Weight And Gain Muscle

So many people want to know the answer to this question, lets roll to find out if these is really possible. Well it is not possible to lose weight and gain muscles at the same time but the following tips can help you in achieving your goals.

Proper diet plan for losing weight and gaining muscles

In order to lose weight, you have to do lots of cardio and eat lower calorie diet and you also need to do some weights lifting. and if you want to gain muscles, you have to eat a higher calorie diet and higher fat diet and lift weights. Always try in balancing both which can help you in achieving real results.

Balance Your Training

To lose weight and at the same time gain muscle, you have to eat often, which will enable your metabolism system to keep burning fat all day. Regarding of your workout, do a combination of weight lifting and cardio training. Read more about How Lose Weight And Gain Muscle @ <http://muscle-review.blogspot.com> and start Gaining Muscle Now!

But your main focus should be on weight lifting, because by eating foods that consist of protein{ lots of calories} and nutrients every 3 hours, your body itself will burn all the fat, the rest is on you to build up muscles.

Diet and Strength Training Exercises

Actually it's your metabolism that determines your energy levels, diet plans, muscle mass and the level of physical activity determines your weight. Strength training exercises such as weight lifting can help you lose weight and gain muscle at the same time. To lose weight and gain muscle, you need to eat a healthy diet, partake in physical activity and engage in strength training exercises to gain muscles.

With commitment, and dedication, you can achieve your goal of losing weight and gain muscle. But you just have to figure out whether on either losing weight before packing up muscles. Read more about How Lose Weight And Gain Muscle @ <http://muscle-review.blogspot.com> and start Gaining Muscle Now!

###

Want to get fit and Gain Muscle?

Read more about How Lose Weight And Gain Muscle @ <http://muscle-review.blogspot.com> and start

## Gaining Muscle Now!

--- End ---

Source            Muscle Gaining Expert  
Country          United States  
Industry          [Health](#)  
Tags              [How Lose Weight And Gain Muscle](#), [The Secrets To Gaining Muscle Mass Fast Review](#), [How Women Gain Lean Muscle And Lose Wei](#)  
Link               <https://prlog.org/11051555>



Scan this QR Code with your SmartPhone to-  
\* Read this news online  
\* Contact author  
\* Bookmark or share online