

GABRIELE

FITNESS & PERFORMANCE



Losing FAT versus Losing WEIGHT

- Do you know the difference? -

There is a large difference between simply losing weight and losing fat. Your goal should always be to ditch the fat!

- When your weight decreases on the scale you are losing a little bit of everything - fat, muscle, and fluids. To look like a fit, healthy person it is absolutely necessary to lose fat but keep your muscle.
- Muscle is metabolically active and keeps your metabolism quick and burning calories. The more muscle you have on your frame, the more fat calories you can burn. Thus, if general "weight loss" includes muscle loss and fluid, your metabolism will slow down, making it more difficult to burn fat.

To learn your body fat percentage and how to burn that fat...

Join our fat loss competition and receive a free measurement on our body fat scale!

ARE YOU READY?!

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