

# Trainer's Column

## Weighty Issues: Weight Loss V/s Fat Loss

If you are planning to burn fat, it's important to know that weight loss and fat loss are not exactly the same thing. There is a vital and essential difference between the two.



Weight loss is all of the weight that you lose when you begin a weight loss program. It includes fat, muscle tissue and fluids. Whereas Fat Loss is the loss of excess body fat as a result of proper nutrition and exercise.

To lose weight (burning fat) you must increase your metabolism (weight training) and your need for oxygen (aerobics) while eating enough calories day (nutritious diet) to give you energy and maintain the protein in your muscles because protein helps build muscles, which indirectly burns fat.

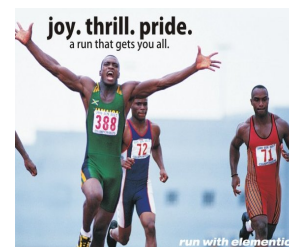
While choosing any weight loss program, make sure that you focus on fat loss. Your goal should be to lose weight by burning fat, not losing water from your muscles.

Article by: Gaurav Sanotra

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Good news for all the health conscious residents of **Noida**! We are launching our fitness club at **Boulevard Green**, Sec-62, Noida. With an area of **5200 sq.ft**, it offers members an experience of working out in the country's first ever "green", environment friendly infrastructure. With state of the art equipment from Life Fitness-USA, members not only get to workout on the **strength & cardio** equipments, but also have fun while burning those calories by opting from a range of **group classes** conducted by highly qualified instructors.



**Elemention** is supporting **Running and Living** to organize a 5 Km & 10 Km run on the 7<sup>th</sup> June, 09'. The run is being organized to raise awareness on the importance of recycling and saving our planet!

## Did You Know?



**By the age of 65, individuals who haven't engaged in exercise on a regular basis may incur a decrease in their muscular strength by as much as 80 percent.**