SHOULD I LIFT WEIGHTS TO LOSE WEIGHT?

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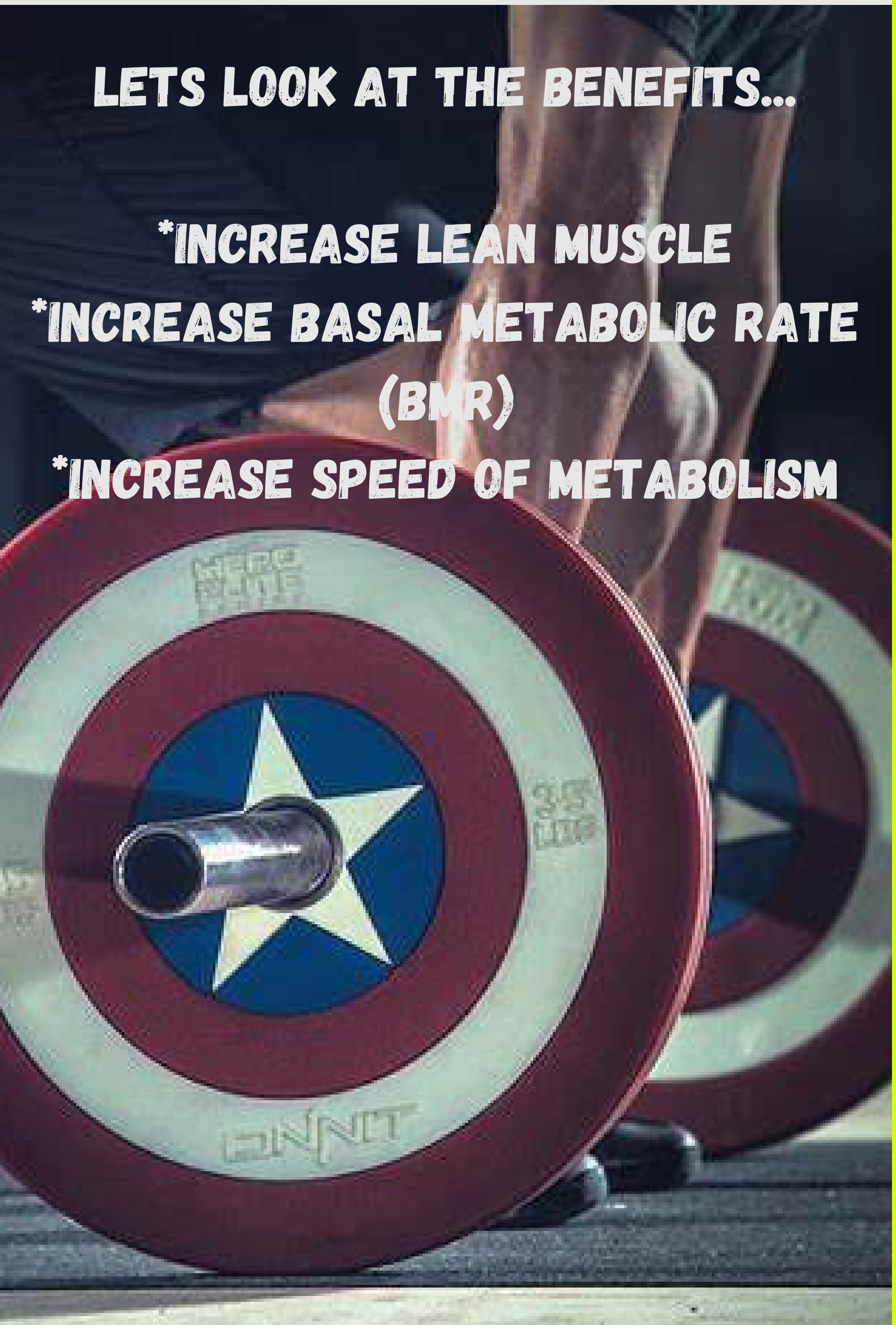
HEALTH& FITNESS



LETS LOOK AT THE BENEFITS...

*INCREASE LEAN MUSCLE
*INCREASE BASAL METABOLIC RATE (BMR)
*INCREASE SPEED OF METABOLISM

By increasing your BMR/ Metabolism you burn more calories at rest, therefore increasing total daily calorie expenditure.

Implementing consistent strength training alongside aerobic activity in your weekly routine is the ideal for healthy, consistent weight loss.