
Girth Control: The Science Of Fat Loss And Muscle Gain.pdf

PDF | Obesity is a major health problem in the United States and continues to be an epidemic. A diet without exercise leads to loss of lean body mass. Muscle mass is body weight, which is usually measured before the person and which depends on the weight of the muscles. Studies show that overweight people burn fewer calories than normal weight people, and obese people burn less calories than normal weight people. Studies show that obese people have higher concentrations of insulin and leptin than normal weight or overweight people.



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