

Fitness Facts

Strength training is better than aerobics to burn fat. Lean muscle will increase your metabolism and speeds up the way your body works. If you've built the muscle then you will be burning fat long after you exercise. Remember that muscle will burn fat indirectly where cardio won't.

Body fat % is one of the best ways to assess your health. Body Mass Index (BMI) is just used to get an average. For example, if you are someone with lots of muscle your BMI would show you as Overweight. But we all know that muscle is essential in fat burning. So talk to one of the PUSH_ trainers and get your body fat assessed today!

Creams will not get rid of Cellulite. The only way that you are in with a chance is to have a balanced diet and perform regular exercise with resistance training. So ladies throw those creams away and get your butts into the gym!

A lot of people think that muscle weighs more than fat, but this is not the case. If you have 1kg of fat compared to 1kg of muscle they obviously both weigh 1kg. The difference is that body fat is up to 33% larger than lean muscle. The more muscle you have then the smaller your body will be and you should be fitting into those jeans in no time.

Save time and train hard. You don't need to train for hours to have a body like Arnie, but you do need to train with intensity. It's the quality of the exercise you perform, not the quantity. So train hard, and let your body recover for the best results.

By following these simple measures you will be on the way to a better body and a better lifestyle. Do things right and you will see the results follow. The PUSH_ team are available to make your health and fitness goals reality, so don't procrastinate and get involved in PUSH_.

“Eat Healthy and Live Wealthy”

PUSH_ the right button