THE BIGGEST WINNER CHALLENGE 2023

FACT SHEET

MORE THAN A COMPETITION... A WAY TO ACHIEVE YOUR PERSONAL GOALS!

FACTS ABOUT FAT LOSS AND MUSCLE GAIN

■ Increasing muscle mass and decreasing body fat can improve your health while decreasing your risk of diseases such as improve glycemic control, reduce resting blood pressure, improve blood lipid profiles, enhance physical function, improve mental health, and reverse specific aging factors in skeletal muscle.

■ A diet high in protein facilitates fat loss while supporting muscle growth.

■ Weight loss, whether from dietary changes alone or from diet combined with exercise can help improve the quality of sleep.

■ Excess levels of body fat contribute to a number of health concerns including heart disease, hypertension, diabetes, stroke, and some cancers.

■ Skeletal muscle composes up to 40% of the adult human body weight and is influenced by genetics, physical activity, nutrition, hormones, disease and trauma.

■ Total daily energy expenditure (TDEE) is the term used to describe how much energy is used (or how many calories are burned) by an individual during a 24-hour period. TDEE is made up of three primary components: restingmetabolism rate (RMR), the thermic effect of physical activity (TEPA), and the thermic effect of feeding (TEF).

■ Muscle tissue contributes approximately 20% to TDEE versus 5% for fat tissue.

■ The ability to pick and choose where one is to lose fat is completely false. There is a large genetic predisposition to where an individual may carry fat, as well as the fact that diet and exercise in combination are factors that determine body fat percentage.

■ Fat, carbohydrates and protein are used as fuels as we exercise during both low (aerobic) and high (anaerobic) intensity training, not just at high intensity training.

■ Your resting metabolism (RMR) is essentially what makes you "you," and the more of "you" there is, the greater your RMR is. Thus, RMR is highly related to body mass, particularly the amount of muscle you have. Increasing skeletal muscle highly influences your bodies resting metabolic rate also known as your metabolism. The quantity of skeletal muscle in your body is something that you can control to some extent through resistance training.

■ Although a session of resistance training burns far fewer calories than a session of aerobic exercise does, resistance training has the potential to promote skeletal muscle growth, which contributes to resting metabolism.

■ The majority of peer-reviewed resistance training studies (lasting from 8 to 52 weeks) show increases of 2.2 to 4.5 pounds of muscle mass; therefore, the 4.5 pounds of muscle mass would increase the resting metabolic rate by about 50 kilocalories per day.

■ A whole egg is better to eat for muscle growth versus only eating the whites!

■ The scientific estimation of the metabolic rate of muscle is approximately 4.5 to 7.0 kcal/lb per day.

■ The optimal characteristics of strength-specific programs include the use of concentric (CON), eccentric (ECC), and isometric muscle actions and the performance of bilateral and unilateral single- and multiple-joint exercises. The number of repetitions and amount of load used varies for individuals based on their fitness levels.

FOR MORE INFORMATION VISIT
https://secure.miamidade.gov/employee/coronavirus/wellness-works-resources.page

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Presented by the Human Resources Department Benefits and Employee Support Services Division

To request materials in accessible format, sign language interpreters, and/or any accommodation to participate in any County-sponsored program or meeting, please contact Myra Marlow, 305-375-4167 or Myra.Marlow@miamidade.gov five days in advance to initiate your request. TTY users may also call 711 (Florida Relay Service).