



ROLE OF MUSCLES IN WEIGHT LOSS/INCH LOSS

Muscle Type	Role in Weight Loss / Inch Loss	Recommended Diet / Food
Skeletal Muscles	<ul style="list-style-type: none">- Burn calories during exercise and at rest.-Strength training builds and strengthens muscles for increased calorie expenditure and fat loss.	<ul style="list-style-type: none">- High-protein diet with lean meats, fish, eggs, whole pulses & legumes.- Include whole grains, fruits, and vegetables.



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Smooth Muscles	<ul style="list-style-type: none">- Aid in digestion and metabolism.-Efficient function supports nutrient absorption and digestion.	<ul style="list-style-type: none">- Fiber-rich foods such as fruits, vegetables, whole grains.- Stay hydrated with water.



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Cardiac Muscles	<ul style="list-style-type: none">- Strengthened through cardiovascular exercise for improved circulation and metabolism.- Enhance calorie burning and fat loss.	<ul style="list-style-type: none">- Heart-healthy diet with fruits, vegetables, whole grains.- Limit processed foods, saturated fats, and added sugars.