

Title:

Being Thin and Being Lean: Is There a Difference?

Word Count:

600

Summary:

Does being thin have a direct relationship with being lean? In order to answer these questions

Keywords:

thin, lean

Article Body:

Often people will look at a thin person and think to themselves; now that person is nice and l

Now you can define being thin as having a small circumference size. This would be denoted by s

The definition of being lean however is measured by overall body composition. This would be de

Now you may be thinking; how is that possible? Thin people don't look fat so how can they have

Two women at 40 years old are both 5' 7" tall and both weigh 120 pounds. Women # 1 has a body-

Atrophy is the term used for the natural loss of muscle that begins to occur in people at arou

Once atrophy begins, ½ to 1 pound of muscle is lost per year and is replaced by nearly 2 pound

Resistance training is often omitted by people, even those who do exercise for general health.

Nowadays even many cardiologists are prescribing resistance training for their heart patients

The American College of Sports Medicine recommends resistance training 2 to 3 times a week for

Remember that just because a person is thin does not mean they are lean. While being overweight

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