

Title:

Can Fat Turn Into Muscle Or Muscle Into Fat?

Word Count:

537

Summary:

Can muscle turn into fat or fat turn into muscle? How many time have you heard this hilarious

Yes, this is one fats and muscles myth that will never go away. Get this straight. Fat will ne

The reason is simple. Your body fats and muscles are made up of completely different cell stru

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Article Body:

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How did this fitness myth come about then? Well, let me offer some suggestions.

When a fat person train with weights, he will build muscles and then for his muscle definition  
packed on some muscle mass and have lost a substantial amount of body fat from his lose fats a

So when people see his new found lean muscular body and noticed that his body fat is now gone,  
hilarious.

Now, just say that this same guy has lost his motivation to train for whatever reasons and bec

Ahhhh....these same people who do not know the biology of muscle and fat will proclaim that hi

Why am I exposing this fat and muscle myth? Because it is funny? Well perhaps that too. But th

So if you have friends who tout this fat and muscle myth to you, send them this article. You m

Then what about you? Are now convinced that muscle will never turn into fat and fat into muscl

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