



Why is Muscle Building Important?



That muscle building is an integral part of excess fat loss and can help you return to shape much faster is a proven fact. Why do you think most people don't seem to lose weight even though they are cutting down on calorie intake and exercising every day? Mostly, it is because they are not paying adequate attention to building and strengthening muscles. Here are the primary reasons why [muscle building](#) is an integral part of your weight loss program: