Muscles Are Your Metabolism: Muscles Are Your Metabolism:

By Richard Berle

The amount of lean muscle you maintain is directly related to your metabolism and your metabolism defines the shape of your body. Your metabolism is simply the rate at which your body burns calories. Lean muscle burns a lot more calories than fat, even at rest, so when you're dieting and not exercising you lose muscle as well as fat, your metabolism drops and you burn fewer calories.