

# Reshaping Your Body

By using Body By Berle strength training to stimulate the body and create additional muscle, you are also sending a message to your body to preserve the muscle you have and to sacrifice only fat for fuel when the body faces a calorie deficit. This process ensures that, when you lose body weight, that it comes from fat not muscle.

Not sure if you are burning your body fat for fuel yet? Then set up an appointment with our Diet Coach to develop your personal eating plan designed around the way you live and work, so it now becomes a new healthy lifestyle for you.

This powerhouse combination of reduced calorie consumption coupled with Body By Berle strength training creates a synergistic effect of discriminated fat loss that maintains and increases your muscle while losing body fat. Muscle is required to maintain firmness, support overlying fat and skin, flattened puckers, and control posture as you continue your body shaping improvements.

Don't let this synergistic message go to waste! Why not begin your own personal challenge today? Your Diet Coach is ready and willing to get you started.