

# Visible Results

By Richard Berle

Many times clients ask me “when will they see visible results?”

The shape of the human body is controlled by 3 things:

- Your skeleton
- Your body fat
- Your muscle

The skeleton is just a framework on which everything hangs on and cannot be altered.

Every undesirable shape of the human body is accounted for by underlying body fat. Every desirable shape of the human body is accounted for by underlying muscle.

Therefore the degree to which you can decrease your body fat and increase your muscle mass will determine how much you can improve your appearance.