



**Q: How can I cut calories to lose weight, but still eat enough to build muscle?**

**A:** If you are overweight, these two goals can be compatible. By cutting a few hundred calories from your daily meals and exercising more, you should be able to burn about 500 calories more than you consume each day. That imbalance will lead to a weight loss of approximately a pound a week. Meanwhile, by including both aerobic exercises, like walking or swimming, and strength-training exercises with weights, you can stimulate your body to build more muscle. As long as your diet includes adequate protein and you cut calories barely below your needs, you will be able to build muscle. A conflict between these goals would arise only if you tried to limit calories more drastically. Your body would react differently and burn protein for energy instead of using it for muscle. The mostly plant-based diet recommended by experts like the American Institute for Cancer Research to promote overall health can assist you with your double goal.

For more information on weight gain prevention contact your local **Health and Wellness Center (HAWC)** or **Dietitian** or visit the **SYFYW community website** at <http://airforcemedicine.afms.mil/shapeyourfuture>.

*Shape Your Future... Your Weigh!™*