



December 5, 2011 – Grand Rapids, MI

Muscle Damage

A week ago, I wrote about my experience in a spinning class. The objective was to induce muscle damage to increase metabolism; for people who have hit a plateau while losing weight, that can work to get them on the path to losing again.

One of my long-time readers and good friends is a personal trainer. She wrote me and said to make sure I tell you that you may not see any change on the scale right away—in fact, it may go up a little.

Why would that happen? When you damage muscle, the proteins that are released change the positive and negative charges in the muscle cells to maintain osmolarity across a membrane. (Paula looked up “osmolarity” and says she still doesn’t know what it means and it would take a few paragraphs to explain it, so she’ll just take my word for it.) In order to do that, they’ll increase the fluid level of the cells and your weight will probably go up a little. But know this: if you’re consistent in your effort, you will get pushed off the plateau and start losing again. One or two high-intensity sessions per week will burn more calories during and after the workouts.

Are intervals the only way to get this additional burn? No, and I’ll tell you my experience from the rest of last week in Wednesday’s message.

What are you prepared to do today?

Dr. Chet

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