

"I have been running for months with no fat loss and I am already on a strict diet of only 1,200 calories per day. Why can't I lose this spare tire"?

The body views fat as the most efficient source of survival energy, and will store it more readily when it perceives a starvation situation. So, if you are too active and not eating enough food, the body is actually starving, and will react by eating muscle for energy, thus increasing the storage of what the body views as the most efficient source of survival energy...fat. Also, in addition to eating more food, if your body was convinced that it needed to spare muscles from being eaten away for survival energy (through the performance of resistance exercise,) it would be forced to use its fat reserves and keep its muscle tissue. Therefore, once again, resistance training and a proper diet are the keys to solving yet another fat loss dilemma.