

"You lose weight whenever you sweat a lot."

Written by

DATE_FORMAT_LC2 -



"You lose weight whenever you sweat a lot."

Whenever you sweat you are losing water and minerals. Sure, you weigh less, but this depends on how much liquid you lost during the sweating, and your fat deposits aren't involved in this. You should fill up your water deposits and recover your body's normal water balance, and you will be putting back on the fluid weight lost from sweating.

?