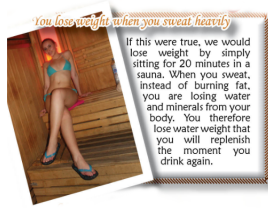


# You lose weight when you sweat heavily

Written by

DATE\_FORMAT\_LC2 -

---



You lose weight when you sweat heavily

If this were true, we would lose weight by simply sitting for 20 minutes in a sauna. When you sweat, instead of burning fat, you are losing water and minerals from your body. You therefore lose water weight that you will replenish the moment you drink again.