Know Body Fat Part 3

Summary

Resistance training impacts body fat: Muscular conditioning generally helps reduce belly fat in both men and women, with no specific exercise that reduces the area rather it is the sum of exercises that causes a change.

Spot Reduction does not work: Unfortunately you can not spot reduce through exercise or other non-surgical means at any area across your body. Most of the scientific evidence suggests that you can't target a specific spot to lose fat. There is no device that you can wear that can stimulate you to lose fat at a specific point.

Muscle does not weigh more than fat: A pound of fat and muscle are the same weight, but muscle is more dense. Fat takes up almost double the space compared to fat. This means your waist circumference may decrease when you lose fat, even if your weight doesn't change. This commonly occurs when working out.

Belly fat reduction should be your top goal versus what is on the scale: As your coaches this is one area that we would like many of you to make the most progress. That is why measuring your abdomen circumference is one of the first things I do. Please see this article to learn more.

What is skinny fat?: I see this a lot. Skinny fat is a colloquial term that refers to people who look slim so they appear to be healthy because they are not overweight. However, they are carrying too much visceral fat and don't have enough lean muscle. It refers to having a high percentage of body fat and a low amount of muscle. those with higher body fat and lower muscle mass — even if they have a body mass index (BMI) that falls within a "normal" range — may be at risk of developing the following conditions: insulin resistance, high cholesterol, high blood pressure. Being skinny fat is taken seriously by medical professionals, who call it sarcopenic obesity. And it is linked to the same disease risks.

Know Body Fat Part 3

Resistance training impacts body fat: Most of the scientific evidence suggests that you can't target a specific spot to lose weight, even if you concentrate your exercise efforts on that zone. Muscular conditioning generally helps reduce belly fat in both men and women, with no specific exercise that reduces the area rather it is the sum of exercises that causes a change. To change your body composition much comes from changing your diet, but exercise does have a large impact on your composition especially resistance training. It has been shown that resistance training can help you build muscle mass while decreasing stubborn belly fat. Unfortunately you can not spot reduce through exercise. (Research)

Spot Reduction does not work: Unfortunately you can not spot reduce through exercise or other non-surgical means at any area across your body. In other words you can not work your belly through sit ups and see a reduction in fat there. Rather the hormonal and metabolic effects of resistance training causes a reduction of body fat. Do not be fooled by devices or exercises that claim that they can reduce belly fat.

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Belly fat reduction should be your top goal versus what is on the scale: As your coaches this is one area that we would like many of you to make the most progress. That is why measuring your abdomen circumference is one of the first things I do. Please see this article to learn more. Excerpt: Research suggests that fat cells — particularly abdominal fat cells — are biologically active. It's appropriate to think of fat as an endocrine organ or gland, producing hormones and other substances that can profoundly affect our health. Although scientists are still deciphering the roles of individual hormones, it's becoming clear that excess body fat, especially abdominal fat, disrupts the normal balance and functioning of these hormones.Scientists are also learning that visceral fat pumps out immune system chemicals called cytokines — for example, tumor necrosis factor and interleukin-6 — that can increase the risk of cardiovascular disease. These and other biochemicals are thought to have deleterious effects on cells' sensitivity to insulin, blood pressure, and blood clotting.

What is skinny fat?: Skinny fat is a colloquial term that refers to people who look slim so they appear to be healthy because they are not overweight. I see this a lot. However, they are carrying too much visceral fat and don't have enough lean muscle. It refers to having a high percentage of body fat and a low amount of muscle. those with higher body fat and lower muscle mass — even if they have a body mass index (BMI) that falls within a "normal" range — may be at risk of developing the following conditions: insulin resistance, high cholesterol, high blood pressure. Being skinny fat is taken seriously by medical professionals, who call it sarcopenic obesity. And it is linked to the same disease risks as obesity, like cardiovascular disease and diabetes type II.That's because excess visceral fat can activate the immune system, causing inflammation, and that's why it's associated with several preventable and chronic diseases. How does one become skinny fat? The most prominent risks include a sedentary lifestyle, poor diet and lack of exercise. However, remember that sarcopenic obesity, although a relatively novel addition to the doctor's handbook, is not measured by eyeballing a patient and declaring them skinny fat — there are diagnostic tools.