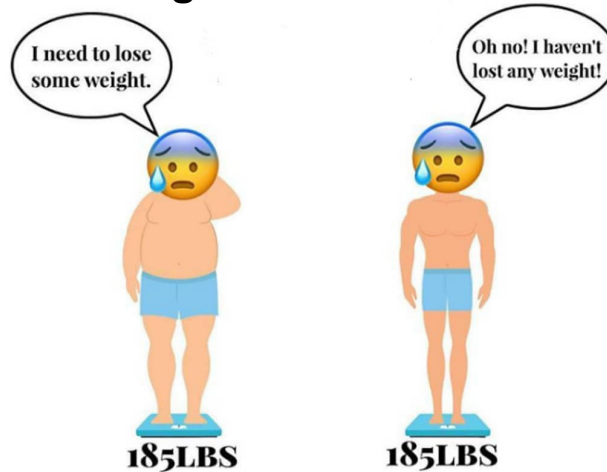


Weight loss VS Fat loss



When most people say “I want to lose weight” what they really mean is “I want to lose fat” Most people probably wouldn’t care about the number on the scale if they had their ideal body type.

Weight Loss vs. Fat Loss

Temporary weight loss can be from water weight, constipation, food in your stomach, or a million other factors. But there’s a more dangerous kind of “weight” loss: loss of lean tissue.

If the number on your scale is regularly going down, it’s probably representing a true decrease in your body mass. But it’s not necessarily fat that you’re losing, It might be muscles. But muscles are the weight you actually want to keep!

- Muscles make you look good – that’s how you get that lean, toned body type. So, if you’re in this for the aesthetics, you want to keep your muscles.
- More importantly, muscles are good for your health. If you’re aiming for “weight loss” to improve your health, losing muscle is counterproductive.

How to make fat loss your goal

Basically, focusing your weight loss on fat specifically ensures that losing weight doesn’t also mean losing essential muscles. By boosting your muscle power, you encourage and support muscle growth during weight loss, the more fat you’re likely to burn.

Start by developing a structured plan that includes both diet and exercise components:

- **Building muscles helps healthy weight loss.** A high muscle mass increases your ability to burn calories at rest, will make you less likely to suffer muscle deterioration as you age, and help control blood-sugar levels and inflammation.
- **Focus on balanced diet** that includes enough protein, carbohydrates and fat nutrients.
- **Stay consistent**, stick to your plan in days when motivation is low.
- **Aim for gradual, steady progress** and set realistic goals (rapid weight loss may not be sustainable or healthy)
- **Adapt and learn**; Be open to adjusting your plan as needed. Weight loss can plateau and you may need to make changes to continue progressing.

Conclusion

So basically weight loss refers to a decrease in your overall body weight, whereas fat loss refers to weight loss that occurs specifically from losses in fat mass. So, your goal is to get rid of unnecessary fat in your body by maintaining as much lean muscle mass as possible with a good weight training program and of course the right diet.

Remember that fat loss is a gradual process and it's important to prioritize your health and well-being throughout the journey.

In the meantime, Lēt'z Roar