



Spot reduction is an outdated concept. The general theory is that doing specific exercises will reduce fat in certain specific areas of the body. For example, doing leg lifts will reduce fat around the hips and thighs, or doing ab exercises will lead to flat stomach, or doing chest exercises will get rid of the fat under your breasts.

There is not enough evidence to support the idea that spot reduction is effective. If you want to lose fat in certain areas of your body, a comprehensive approach that addresses physical activity and nutrition is likely to be more effective.

The False Claim of Spot Reduction

To lose fat, you have to burn more calories than you eat. When you do that, you create a calorie deficit that causes your body to use energy stored in your cells in the form of fat. When those cells are used for energy, they start to decrease in size. As a result, the body may get smaller because it holds less stored fat.

Here's where things get frustrating. The body doesn't only draw energy from the cells in the area you're working. It gets energy from the body as a whole, which means that leg lifts alone won't do much for removing fat from the thighs. However, exercising your legs can increase strength and endurance in your lower body.

So, while targeting specific body areas during exercise can be effective to build muscle and shape those areas, it won't necessarily help you lose fat in that specific area. Instead, you'll need to address your overall diet to reduce the amount of fat that is stored, and increase your activity level to try to burn the fat that has already been stored throughout the body.

Conclusion

So, what do you do if you want to lose fat from a certain area of the body? The bottom line is that you are not able to pick and choose where fat is lost on your body. Spot reducing doesn't work.

Instead, your genes, hormones, sex, body type, body composition, diet, and other factors determine where and when the fat comes off. Your body follows a pattern of overall fat reduction, starting with areas where you tend to store fat last. This is known as the **first in last out** principal.

Let me finish this topic with this

Untangle yourself from the idea that you can spot reduce fat—no matter how often you see it perpetuated in magazine articles, online, or in television commercials. Some health clubs may even sell the promise of a perfect body to sell memberships.

Once you're aware of it, you will start to notice it everywhere and you will be too smart to buy into these false promises.

Always remember! The key to success is consistency and discipline.

In the meantime Lët'z Roar

