

## Spot Reduction

Every week, I guarantee, someone will ask me about spot reduction. The two most common questions, "What is the best exercise to lose the love handles" or "how do I lose the fat around my stomach?" You cannot choose an area where you will lose the fat first. Doing endless sit ups is not going to get rid of your stomach fat. You will develop muscle under the fat, but the sit ups won't make the fat quickly disappear. Everyone always looks so disappointed when I can't give them an easy exercise to do to lose their "trouble" area. I'm sorry, but it always takes work.

I heard an analogy recently which I'll use. Think of losing fat in similar terms to a pool being drained of water. When the pool is filled, it goes to the deep end, and the shallow last. When you empty it, it leaves the shallow first, and the deep last. You can try as hard as you can, but you will never be able to empty the deep end first.

Back to the body, men store fat first on the stomach, waist and lower back whereas women store fat first on the thighs and bottom. As you put on more weight, it goes to all parts of the body. Once the fat is gained, you can't choose where you would like to lose it first. It typically will be lost, from where you put it on last, and the first place you put it on will generally be the last to leave the body.

What do you do? You lose fat by hard work. Eat well, and exercise. The weight will come off wherever it does, all over the body. And then eventually that last place you put the weight on, your trouble area whether that be the lower back fat or butt. If it's not coming off, you've hit a plateau. This is a metabolic slow down.

A few points to get through a plateau:

1. Be patient and lose weight slowly. I know you want to lose 5 kilos in a week, but you don't want this to be muscle loss too! So slow fat loss, 500- 1 kilo a week at the most. If you are not hitting a plateau then those extra weeks of fat loss will all add up.
2. Do not stay on low calories all the time. The metabolism will eventually slow if you do not eat enough and you will never lose that stubborn fat. Eating low calories all the time will also result in muscle loss. And.... you will more than likely end up bingeing. You don't want to end up putting the weight back on and more.
3. Eat nutrient rich foods. Give your body every chance to work at its optimum. Make every calorie count, think of food as the body's medicine.
4. Change up your exercise. Keep doing the same thing at the gym such as same weight machines, same load, same reps, and same 30 min walk on the treadmill and your body will adapt and stop improving.
5. Be positive!! If you continually think, "this is me, genetics are that I have fat thighs", well then you are setting yourself up for failure. Believe it will come off. If you want it, then do the hard work, exercise and good nutrition!