

WEIGHT LOSS VS FAT LOSS

Weight loss has always been one of the most talked about topics in the field of Health. Most of the people look for weight loss. But ideally, you should be aiming at fat loss and not weight loss.

Our body weight comprises of several body components. Based on our fitness level, our weight comes from:

- Muscle: 30-55% of body weight
- Fat: 10-30% of body weight
- Water (not in muscle or fat): 10-25% of body weight
- Bone: 15% of body weight
- Organs, other tissues: 10-15% of body weight

If you aim at losing weight, you may end up losing any of the above components, most of which are the vital components, that your body can't afford to lose.

However, if you are aiming at losing fat, then you ensure you keep the other body components intact while losing just the fat.

Fat Loss = Proper Exercise + Healthy Diet + Adequate Hydration of Body + Adequate Sleep + Stress Management

If you are following proper strength training routine, you will lose fat at the same time you will gain muscles.

It is quite possible that there are no changes seen on the weighing scale even if you lose fat.

When you lose fat and simultaneously build muscles, you feel lighter, energetic and fresh than ever. You will see that your body is getting into the shape and looks more toned. A pound of muscle is about 4 times smaller than a pound of fat.

You will surely drop down inches, as fat loss equals to inch loss.