

Spot-Reduction, Fact or Myth

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For a while now people have been going back and forth about this subject. It was believed that we can "spot-reduce" fat. In other words, lose fat in a specific area by exercising that area. A lot of people still believe this is possible.

There is a lot of controversy surrounding this topic, but I would like to clear this up for you.

I often get asked the question: "If I work out my tummy muscles, will I lose weight around my waist?"

I am sorry to break the news to you, but unfortunately, this is a misconception.

It is physiologically impossible to spot-reduce fat.

For instance, by working the abdominals really hard in the quest to flatten your tummy, you will definitely tone the muscles of your abdomen, but you will not necessarily lose fat in that specific area now that you are working those targeted muscles.

Fat is burned systematically across the body, according to patterns established by one's individual genetics. (I discussed the different body types in a previous letter to you) Targeting exercise to a specific area of the body will not make the fat disappear from that particular area.

You will most likely lose fat first in the areas you put it on last - I know, this is not what you want to hear, but this is how it works. So if the first place you put on weight happens to be your waist, this is also the last place you will lose fat... frustrating - I know.

The only way to flatten your tummy is to shed body fat, and the best way to do that is with healthy eating habits and a Good Workout Program - this is exactly what the Hot Burning Body Workout System offers you.

The Exercises in this program is proven to reduce body fat while firming and toning the muscles, and it also includes a 30 page Quick Start Guide to get you on the right track with your healthy eating habits. I have included a six day meal plan and also some additional

recipes.

So don't feel discouraged because all is not lost - this is a battle of the bulge that you can absolutely win!

You want to be doing the kind of exercises that will burn the most amount of calories in the shortest amount of time, and this is exactly what the Hot Burning Body Workout was created to do. You will get a full body workout with each session.

Kind regards

Vanessa Bader

P.S. So when it comes to reducing fat all over your body - the Hot Burning Body Workout will give you optimal results!
<http://hotburningbody>.