

Weight Loss VS Fat Loss

:Know what you're getting into

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Open any newspaper or a magazine in front of you and in the classified section you will see it chock-a-block with ads by slimming centres and clinics selling WEIGHT LOSS PACKAGES.

To the Fitness and Wellness Industry, WEIGHT LOSS is actually a taboo term. Slimming centres often prescribe pills to dissolve fat, recommend fad diets and sometimes even offer invasive methods to basically remove body fat. These are unsustainable and unhealthy short term artificial practices which we shouldn't subject our bodies to.

To further understand the matter we first need to break down what body weight means. Body weight is mainly compartmentalized into two parts:

1. LBM (Lean Body Mass) which comprises of our bones, tendons, ligaments, organs, blood, water, skeletal muscles etc.

2. Adipose Tissue (what we call the BODY FAT) can be defined as body's accumulation of unused calories.

LBM is the productive part of the body which we do not want to lose and Adipose tissues are the unproductive part which we want to shed off and minimize.

Weight Loss "specialists" in these slimming centres give you what you are conditioned to think you need, without you having any knowledge of what you actually need and what you're really getting. What they prescribe to you as WEIGHT LOSS comes with considerable reduction in LBM i.e. muscle loss and some amount of fat. While you might need to lose some amount of Adipose Tissue/body fat, you certainly do not need to lose muscle mass.

Their plans are simple and fashionable. They make you do some intense cardio and eat just soups, salads and the likes. An individual can easily shed off around 8-10kgs in 2 months following their plans and will be thankful for the overly satisfying results. Here comes the catch, these individuals are not even the least bit aware of the fact that out of this 8-10kg of weight loss, around 70% of it might be from muscle and a mere 30% from body fat. In such short-term quick-fix plans, there is a serious lack in intake of the essential macro-nutrient PROTEINS which aids in rebuilding and repairing the muscles. The body then catabolises (destructive metabolism) muscles at a greater scale and what is achieved is WEIGHT LOSS = MUSCLE LOSS.

Know this; muscle is a toned tissue in the human body. The more the muscle mass you have, the more the toned you'll look, up to a certain limit of course. Muscle building, bodybuilding, body toning are euphemisms. They all mean the same thing but are looked at from different perspectives.

Rather than scanning those weighing scales, measure yourself every month for INCH LOSS.

Here's a simple formula:

WEIGHT LOSS > INCH LOSS = MUSCLE LOSS & INCH LOSS > WEIGHT LOSS = FAT LOSS.

If you shed off 10kgs on a weighing scale and you happen to show 3-4 inches reduction on the body measurement sheet, it is completely and totally MUSCLE LOSS! However, if you happen to weigh 3-4kgs lesser and your inch loss is around 10-12 inches, then that's exactly what you want, FAT LOSS!

Undo your conditioning and always remember that what you want is FAT LOSS and not WEIGHT LOSS.

Now, if you ever see a fitness expert or trainer trying to get you to hop onto the weight loss band wagon you know better than to fall into that trap.

