



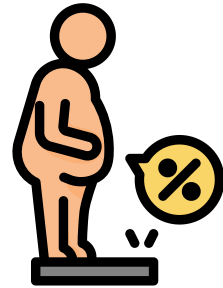
HEALTH TOPIC OF THE WEEK

5/16: Spot Reduction

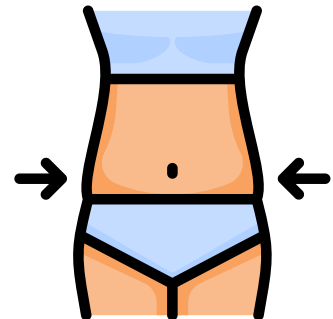
A Fresh Look at Spot Reduction

Clients frequently ask if it's possible to lose fat from a particular body part. No doubt this question stems from conventional fitness wisdom, which says, "when you want to lose the fat on your abs, train your abs". Seems like common sense, but there's more to the story - unless you're an advertiser. Their recommendation is marketing-based, not science-based. Purchase XYZ brand of equipment and you'll be well on the way to success. Obviously, it's not that simple.

Fitness clients have long been told the disappointing news that spot reduction is impossible. Until recently, science has indeed stated repeatedly that it is not possible to choose where you lose fat. A gazillion core exercises will not make produce the washboard abs you crave. A "sixpack" is made in the kitchen, not the gym.



Focus on losing overall body fat. Sound familiar? This view has prevailed for many years. However, recent studies, particularly one from 2017, found that we may be able to control where our body loses fat. That is certainly encouraging news for spot reduction hopefuls.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at Eliteptf.com for more information and to schedule your evaluation.

Quality research studies were conducted in which participants had lean muscle mass and adipose (fat) levels measured on their legs by CAT scan – the gold standard of measurement. Then, individuals performed high-intensity resistive exercises on just one leg while doing a full upper body workout. The participants gained muscle mass and lost body fat. The leg that was exercised lost more fat than the leg that was not exercised. In this study, spot reduction was enhanced when cardiovascular training followed resistive training.



It appears that high-intensity exercise in a particular muscle group causes local lipolysis (fat utilization) by increasing blood flow, local temperature, and hormone delivery. Intense resistive training mobilizes fatty acids. But then you need to burn them! Otherwise, the fatty acids will re-esterify which means that the fatty acids will reform adipose tissue (fat) and lipolysis (local fat reduction) will not occur.

So, there is reliable research indicating that high-intensity resistive training followed by cardiovascular training can result in spot lipolysis. Elite offers highly efficient, personalized training that promotes strength and cardiovascular fitness. We can advise on spot reduction as well.

During high-intensity resistive training, we encourage our clients to wear a heart monitor. Why? Knowing your heart rate while training assures your health and safety. The heart monitor allows us to monitor your rest intervals and to keep you in your targeted heart zone. What is the benefit of our high-intensity resistive training? In simple terms, you receive strength training and a cardio workout at the same time which facilitates “spot reduction.”



Take-Home Message

Whether you are interested in spot reduction, general fitness, nutritional supplements, or all of the above, Elite trainers have a wealth of knowledge to share. Please contact us for specific info on a wide variety of topics.