

PANDEMIC FATS: TRIPLE XL

by:

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UMAY Fats! We had a long journey of no physical activity in the outside world amidst pandemic. Time flies so fast and so with our body that never trims down. Irregular and unstoppable eating made us all trapped and seduced by tasty infomercials and ads on different portals of social media. So fast to order. So fast to pay. So fast to deliver. So fats so slow to burn.

Those who are incapable (for God knows what reason) of applying a little discipline to their eating habits are condemned to fail time after time, wandering from one weight-loss quick-fix to the next.

Misinformation rears. Its ugly head in many forms. To a ruthless marketer, weight-loss product consumers are the dream target market: Consumers who are willing to shell out big bucks, then all too willing to blame themselves-and not the product- when they don't lose weight. For instance, buying a new fridge, having its motor burn out the first week, then throwing it away, figuring "I must not have done something right!" Sheer insanity.

My disdain for misinformation fabricated to deceive consumers, stems from the fact that every time someone gets burned by a weight-loss quick-fix, it makes it that much harder for me to get through to that person with the real deal, the correct information, the key that will turn their wife around.

And what is the "real deal?"

Let's start by defining fat loss and weight loss. They are not one and the same. You'll not that I began note that I began this article with the mention of fat loss, then ranted about weight loss and the ugly state of the weight loss market.

Weight loss, on the other hand, is the loss of body weight, irrespective of whether it is fat or lean tissue (read "muscle") weight.

Lean muscle tissue is the body's metabolic engine. It is the most energy- intensive tissue, requiring more calories for maintenance than fat tissue. There is a direct correlation between the amount of muscle mass you have you have and the number of calories you burn at rest (basal metabolic rate). Loss of any muscles tissue result in a loss of metabolism, making it harder to burn fat.

Achieving fat loss while preserving lean muscle tissue should be the override concern of any individual wanting to lose fat and unwanted inches without destroying their metabolism.

That said, let's outline the ideal way to drop body fat while preserving lean muscle tissue.

It's the one thing that both fat-loss and weight-loss programs have in common- but that's where the similarities end.

While weight-loss programs often focus on caloric restriction to the exclusion of all else, fat-loss programs go further, addressing the composition of the food calories in the diet.

References:

<https://bmcpublichealth.biomedcentral.com/track/pdf/10.1186/s12889-021-1142-7.pdf>