

## Can You Spot Reduce Body Fat?

Some of the most common questions we get asked as personal trainers is “how do I lose fat on my arms?” or “how do I get a flat stomach?”, or “I just want to lose fat from my legs”. Which always brings us to the conversation of whether you can actually spot reduce body fat in certain areas. We know that doing 100 tricep dips a day is going to be good for your arms but will it really lead to reducing the fat around them? And will doing 50 sit ups every morning lead to a flatter stomach? Well the short answer is no. Here is why and what you can do instead to achieve fat loss.

Working particular body parts helps strength the muscles of that area. Doing squats every day is going to lead to lovely strong glutes, quads and hamstrings. But it will not target the fat around those muscles. What it will do is it will shape and tone the muscle so that when you do start to lose the body fat around that area, your muscles will look lean and strong. But until you lose the body fat on top, strengthening the muscle will not significantly change the shape of your legs. Same goes for any other body part. But there is a reason strength training is so good for fat loss. Even if it doesn't work to target certain areas. Here is why...

When you work your muscles, you burn a lot of energy. A high intensity strength session will burn a lot more calories than just cardio alone.

And calorie burning helps with body fat reduction. Now the key with losing body fat is to go for an all over approach. Don't worry about the arms specifically. If you take an all over approach, the arms will eventually lose that body fat and you will be wearing singlets forever. The other key thing to losing body fat is your diet. You must ensure you are in a calorie deficit to achieve body fat loss. Not too much of a deficit, because this can also lead to muscle loss, which we want to avoid. Those 1200cal diets are often way too low to sustain and achieve desired long term fat loss results. Between 1500-1800cal is usually a good place for most people.

So don't waste your time doing 100's of any specific exercise in the hope to spot reduce body fat. Exercise regularly with a mix of strength and cardio. Eat a well-balanced diet that leaves you in a slight deficit each day, and you will eventually lose the body fat where you want to lose it, as well as everywhere else.

