

>>> Okay, another important topic we need to discuss is body fat distribution, or where do you store your body fat. You probably notice, looking around different people, we all store our fat in different places. But, what you want to remember, there's two main body fat patterns. And you need to know this for the quiz that, when you tend to store your fat in your upper body area, meaning your stomach, your abdominal area, when you have that extra abdominal fat, we call that, by the way, male pattern of fat storage. It does increase your risk for heart disease, hypertension, Type II Diabetes and other health problems, more than when you store it elsewhere. So, upper body obesity is not as - is definitely more dangerous to your health than the next one we'll talk about which is lower body obesity. It's called the female pattern of storage but, nowadays, we have females that also are carrying extra weight in their abdominal area. And we'll talk about why. Well, for one thing, men, typically, store there due to higher testosterone levels. But we have, now, a lot of women with PCOS, or polycystic ovarian syndrome and they have hormonal imbalances. They tend to have a higher level of testosterone and that's one reason to - we store body fat in abdominal area. Another thing is, if you're eating a high glycemic diet, which is your typical American diet. High glycemic, if you remember, these are carbs. Your crackers, cookies, cakes, candies, soda, pasta, breads, high glycemic, carbs that raise your sugar levels, and pretty quickly. Again, most Americans, and this is why we're seeing a lot of females now with abdominal fat. And, again, when you store your fat in the abdominal area, you're at much greater risk for chronic diseases. When you - if you drink a lot of alcohol, remember the beer belly, but just women too, or whoever, you drink a lot of alcohol, that also, because the calories we don't use for anything, gets to be stored as fat in the abdominal area. Also, smokers tend to increase, or store, their fat in their abdominal area. So, that's a reason for the upper body obesity. And, what you want to remember, again, is that you're at increased risk for diseases, if that's where you tend to store it. And that's genetically determined, or by your diet, high glycemic diet, alcohol, smoking, or if you have a hormonal imbalance. How do you know you have upper body obesity pattern? Well, one, you can tell by looking, but also, if your waist circumference is greater than 40 inches in men, or 35 or more in women, that should be greater than, or equal to - I'll fix that in the slides there. That would indicate upper body obesity. So, you can see here, these men tend to carry their body fat in their upper body. This is lower body obesity which is, typically, more common in females. But, again, we do see some men that tend to store their fat in their hip area. Again, it's a little bit of a hormonal discrepancy there. When you have more estrogen and progesterone, men have estrogen as well. But, if you are a male, and you tend to have a little bit more estrogen than others, you might tend to store your body fat in the hip and buttock area. But, for the most part, women store body fat because of the estrogen and progesterone in hip and buttock area. Unless, like I said, because of dietary reasons, you tend to store it in the abdominal area. Now, keep in mind, after menopause, estrogen levels drop and, typically, women will then start carrying more of their body fat in their abdominal area. It used to be called more the apple and the pear shaped, okay, that's another way to refer

to it. What is your risk of being obese? This is so highly debatable, and the research is changing all the time about what causes you to become obese. But, you know, if neither of your parents are obese, you've got maybe a ten percent chance. One parent'll be 40%, both parents 80%, and it's not just genetic. It's also because of the learned behaviors, how you learn to eat, how you learn to exercise and things like that. Again, this is inherited learned behavior is what we're talking about here. Maybe, you eat just a lot of fried foods or high fat diets. You're not from an active family, everybody's a couch potato. Or maybe you came from a family where you learned that you eat when you're stressed. You know, you come home and your mother or your father, you know, they're like, I had a stressful day and they're pigging out on chips or something. So, we learn that and you tend to see families, they're all kind of heavy because of learned eating patterns. Genetics do play a role, not as big a role as most people think or blame it on. And, even if you have a genetic tendency towards overweight or obesity, remember that, by changing your lifestyle, your diet and exercise, you know, you might have to work harder than the next person, but it doesn't have to be your destiny. Now, there's a lot of diet plans out there. You can get a lot of help from people like nutritionists or dieticians. There's medical doctors that have weight loss programs. And then, of course, commercial weight loss programs. But, remember, that diets, they just don't work. The research shows that one-third to two-thirds of dieters gain the weight back that they lost. And only a very small number are able to maintain their weight loss because, you know, you go on a diet. It's like a punishment. You eat a certain way that's very restrictive. You can't maintain that diet forever. And, when you get off it, you didn't really learn much from, you know, how to eat differently. And you didn't change your lifestyle, maybe you're not as - you're still not active. You didn't - you're not exercising, so you tend to gain it back. Plus, if you lost muscle tissue during the diet, you'll gain weight back even faster and maybe even more. Because, without that muscle tissue, remember, your metabolism has slowed down. So, with the slower metabolism, you have a tendency to gain weight easier. Also, when you, you up and down, you know, see-sawing we call it, you lose weight, you gain it back, you go on another diet, you lose weight, you gain it back. That up and down is - can cause high blood pressure, high cholesterol and gall bladder problems like gallstones. If you lose weight too quickly, it definitely, it can cause gallstones. Interestingly, there is an organization called The National Weight Control Registry and they advocate more of a lower fat, high carb diet which kind of goes against the newest research now. But they polled people who have kept the weight off to see what they do. They definitely eat breakfast everyday which is a key - one key. Because, if you skip breakfast, particularly, your metabolism will slow for one thing, trying to conserve energy. And, also, you'll be hungrier midday and you tend to kind of overeat. People that keep the weight off tend to get weighed regularly so, they feel accountable. Maybe they keep a food journal. They exercise at least an hour a day. And they don't eat out a whole lot. Okay? So, just some general, if you are looking at a weight loss program, you want to look for one that looks at all three aspects of weight loss, not just decreasing the

calories, but also getting you to exercise more and changing your lifelong habits. Remember, we talked about that behavior modification. Again, if you're a stress eater or an emotional overeater, you're lonely, you're bored, you're angry, you're upset, you're whatever it is, we call that emotional overeating. If you don't find healthier ways to deal with those emotions, and you go to food for that comfort, or comfort eating, after the diet, if you don't change your ways of coping, then you're probably going to go right back to those ways. So, it would be good to either get into some counseling or read self-help books. Find other healthier ways to cope with the stress. Just like some people cope with those stresses with - by drinking or smoking. Some people cope with stress by overeating. So, those - without these three aspects, a diet's really not going to be successful in the long-run. Getting more activity, like I said, getting enough sleep because lack of sleep increases your hunger hormones, actually. Stress reduction because stress increases a hormone, cortisol, which tends to store more body fat. And changing your diet, again, not to go on a diet, but changing what you eat. Eating healthier foods because, if you eat healthier foods, you know, lots of fruits and vegetables and staying away from the processed carbs, you will lose weight just naturally. And then, like I mentioned earlier, you know, addressing the underlying psychological issues that are causing you to overeat. Now, please star this slide, or write this down, or circle it, whatever you've got there. Keep in mind that, if you lose weight too fast, like I mentioned earlier, you definitely will lose muscle tissue as well as fat. And you don't want to do that because the muscle tissue keeps your metabolism higher. So, this is what I wanted to show you is that muscle tissue - I mean, I'm sorry, fat tissue or adipose tissue contains about 3500 calories for every pound. So, for every pound of fat tissue you have is 3500 calories. So, if you want to lose one pound a week, and you want to lose that in fat tissue, if you - one week is seven days. If you divide 3500 by seven, to lose one pound of fat tissue a week, you need to decrease your calorie intake by about 500 calories a day. Or, increase your activity levels by, you know, burn 500 calories a day. Or, split it, 250 each. But you see that, a pound of fat, to lose a pound of fat, you've got to decrease, take out 500 calories a day. So, find some junk that you're eating, count it up, 500 calories, cut that out. Okay, that's a pound a week. So, and that's kind of roughly what a pound of fat looks like, by the way. So, when you have diets that promise ten to 15 pounds of weight loss in a week, you know that that's just not fat, you're also losing muscle. Because, if you go back to this slide here, if you want to lose two pounds a week, that's cutting out 1,000 calories a day. That's pretty hard to do. That's two pounds a week. Okay? So, going back to ten pounds a week, it's not going to be just fat. You know, you're going to be losing muscle tissue if you lost that much in a week. So, please know this for the test. Lose a lot of fat - lose weight - when you lose weight, it's not just muscle - it's not just fat, but you also lose muscle tissue and water, particularly in the first few weeks, you do lose a lot of water weight. So, keys to successful weight loss, again, you know, you cut back on the calories. I know this slide says lower fat, high fiber. Nowadays, they're looking at high fiber, low carb. Low carb diets. Even less than 40%, 30% of your day's calories, breads, pasta, rice, cookies, crackers,

cakes, they just, you know, it's hard - the more successful weight loss programs now are looking at the low carb diets. And I've seen that myself, actually, with people. So, and changing as a lifestyle, permanent, long-term, you know, just trying to adopt a healthier eating pattern because you're not - you won't just be losing weight, but you're going to be healthier, right? The second thing is, remember, the goal should be one to two pounds a week of weight loss. More than that and you're going to start losing muscle tissue. Okay? You could also start reading labels, look at the diet analysis software programs like the NutriCalc. Maybe, your book goes through some ways of cutting calories, such as eating, making chicken breasts broiled or baked versus frying it. That, right there, saves 175 calories. A baked potato versus French fries saves 65. And you can look through this. So, just finding healthier ways of preparing your food, it's healthier and it has less calories. And, here again, with your book, go through some more suggestions. And you can look here, you can see ice cream on the bottom, low-fat yogurt on the top, 100 calories for the low-fat yogurt versus 270 for the ice cream. So, you know, you can see what a big difference, you know and we can kind of get used to the frozen yogurt over the ice cream after a while, you know, your taste buds will change. You can make that switch. Part of a healthy weight loss program is going to include being more active, like I said. Not only does it burn calories, but also it helps preserve your muscle tissue or even build it, which is the key to weight loss. Some people need an hour a day of activity, some people need an hour and a half. You know, everyone is different, depending on your metabolic rate. This is what I was talking about earlier, energy expenditure charts. You can see here, let's say, you go jogging, you're on a slow jog. It goes by your body weight. You convert your body weight to kilograms by dividing by 2.2. A slow jog, you're going to burn seven calories per kilogram body rate per hour. So, let's say, you weigh, just to be easy here, 100 kilograms. That would be 700 calories you're burning in an hour. Well, let's say, you jog a half an hour, so that would be 350 calories you burn in an hour and remem - in a half an hour. Remember that 500 calories less per day, you lose a pound. So, this is how you can kind of fool around. You can Google it. What do you need to do to burn how many calories through different types of exercising. You can see more vigorous exercising, you burn more calories, obviously.