

Body Fat

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Where does fat go when we lose weight? Do we simply get rid of it or is its disappearance only temporary? A lot of people don't know exactly what happens when we lose weight. This article explains exactly what fat is and what happens to our bodies when we lose it.

An adult male holds most of his fat in his chest, abdomen and buttocks, producing an apple shape. Whereas, an adult female holds fat mostly in her breast area, hips, waist and buttocks, creating a pear shape. The difference in location comes from the differing sex hormones: estrogens and testosterone. It has been known for quite some time that we are born with a certain amount of fat cells. An average baby has about 5-6 million fat cells distributed throughout their body. We know now that fat cells not only grow they multiply as well. There are certain stages in a person's life where this multiplying is most likely to occur; during late childhood and puberty, as well as during pregnancy. Weight gain can also occur in adulthood when exercise routines and nutrition as well as during adulthood when an individual's exercise and nutrition routine is disrupted. A healthy adult has a normal body composition of about 25-30 million fat cells. An adult who is over weight has about 75 and people with extreme obesity can have as much as 300 billion. The average size of an adult fat cell is about 0.6 micrograms, but they can range from 0.2-0.9 micrograms. A person that is overweight can have fat cells, which are about three times larger, than the average person.

Our bodies can hold around 60,000 to 100,000 calories of energy in our body fat cells. As consume fewer calories your body will start taking from your fat cells for extra energy. The key is to live a healthy lifestyle so we don't add more fat cells. The only way they will disappear is to have lipo-suction. We can however shrink them and keep them small by eating healthy and exercising. So remember when you lose weight you can never go back to the way you were. It is lifestyles change not a 12-16 week diet.