Food for thought this weekend:

Aesthetics and Training: Brought to by our friends at Institute of Motion- https://www.facebook.com/InstituteofMotion/

Can we "spot train"? Lose fat in problem areas like the waist, thighs, hips and neck?

While there are numerous studies that demonstrate spot reduction doesn't work, the exercise protocol and testing in which the research was performed may have led to these conclusions. In other words, the recipe used wasn't the right recipe for spot reduction.

Recent research has shown that spot reduction may be possible with the key elements of increasing temperature, blood flow, epinephrine (adrenalin) and norepinephrine to adipocytes to trigger the release and distribution of fat from localized areas. What seems to be key is to create an environment that boosts adrenalin production and blood flow (total body high intensity work) coupled with exercise that stimulates blood flow to the desired area of spot reduction.

Note: For the obese, it may be more important to avoid spot reduction exercise initially as greater systemic caloric expenditure is more important then trying to isolate fat reduction to specific areas.

Have a great weekend!