

STUBBORN FAT: HOW TO GET RID OF BULGES THAT RESIST DIET AND EXERCISE

By Dr. Angela Merlo Posted April 5, 2019 In CoolSculpting

📄 ↩️ ❤️ 0



Getting rid of stubborn fat is much more complicated than the weight loss industry would have us believe. The popular adage of "calories in, calories out" is debunked as modern discoveries show us, that when it comes to fat, our body is a chemistry lab, not a bank account. There are numerous factors that affect a person's ability to lose weight, many of which are beyond the individual's control. These factors include genetics, gender, your microbiome, and more.

Find out why some individuals struggle with stubborn fat – bulges that cling to your body despite your best efforts. Learn the physiology of diet and exercise resistant fat. And discover proven solutions for reducing bulges that refuse to budge.

WHAT IS STUBBORN FAT?

Stubborn fat refers to localized fat deposits that do not respond to diet and exercise. Most people have a few problem areas with diet and exercise resistant fat, no matter their lifestyle or activity level. This is because not all fat is the same.

After puberty, the number of fat cells within our body, and their distribution throughout our body remains fixed. Hormones, genetics and gender influence how many fat cells you end up with, and where the body stores those fat cells. Women's bodies typically distribute more fat cells to the lower body (hips, thighs, buttocks.) Men's bodies are more likely to store excess fat cells in the belly, flanks, chin, and chest area.

WHY DO STUBBORN FAT DEPOSITS RESIST DIET AND EXERCISE

Fat cells have two types of receptors: Alpha-2 and Beta-2. Certain fat cells have more Alpha-2 receptors than other fat cells and vice versa. Alpha-2 receptors tell cells to store fat for future use. Beta-2 receptors tell cells to release fat into the bloodstream for immediate energy. When you diet and work out, fat cells with more Beta-2 receptors respond, breaking down and releasing the fat. Fat cells with more Alpha-2 receptors resist diet and exercise, telling the cells to keep hold of the fat.

Areas of the body with greater fat cell distributions also have cells with more Alpha-2 receptors. Biologically, it makes sense. With women, the body distributes more fat cells with Alpha-2 receptors to the hips, thighs, and buttocks, to create an energy reserve in preparation for pregnancy.

[Related Article: CoolSculpting Results: Real Patient Before and Afters >>](#)

WHAT STUBBORN FAT MEANS FOR YOU

Because stubborn fat deposits are composed of cells with more Alpha-2 receptors, it may be impossible to get rid of those bulges, no matter how much you diet or work out. Furthermore, spot reduction or exercises that claim to target a specific area of the body is a common myth that is perpetuated by the weight loss industry. Crunches do not target belly fat. This, unfortunately, means that for many people with stubborn fat deposits, those bulges will be with them their entire lives.

HOW TO REDUCE STUBBORN FAT

Fortunately, with modern advancements in [body contouring](#), there is finally an effective solution for getting rid of diet and exercise resistant fat. Treatments such as [liposuction](#) and [CoolSculpting](#) effectively reduce localized fat deposits by actually reducing the number of fat cells in the problem area. [These fat reduction treatments are not weight loss solutions](#). They do not entice fat cells to release fat. Instead, they reshape the body by removing fat cells from the body completely. And because the number of fat cells within our body remains fixed after adolescence, once fat cells are removed from the body they cannot grow back. This results in a long-lasting reduction of stubborn fat deposits, such as belly fat, love handles, double chins and more.

[Learn how CoolSculpting works >>](#)

Learn more about CoolSculpting and how to reduce stubborn fat deposits that resist diet and exercise by scheduling a complimentary consultation with Dr. Angela Merlo of the CoolSculpting Treatment Center of New Jersey. Contact Dr. Merlo online or by calling 609-896-0800.

SCHEDULE A COMPLIMENTARY CONSULTATION

Schedule by phone (609) 269-4281 or online below

Enter Name...

Email...

Enter phone...

Please tell us which areas you would like to target and the best time to contact you to schedule your free consultation...

SUBMIT

SCHEDULE A COMPLIMENTARY CONSULTATION

+25% OFF a CoolSculpting Package

Enter Name...

Email...

Enter phone...

Please tell us which areas you would like to target and the best time to contact you to schedule your free consultation...

SUBMIT