

Weighing in on Gender Differences in Weight Loss

Most of us would agree that it seems like men lose weight faster than women. The fact is it doesn't just *seem* that way it *is* that way. Most men do lose weight faster than women for a number of reasons:

Men have more muscle.

Men have more lean body mass, or muscle. Muscle not only burns more calories than fat, but it also increases metabolism. With a higher metabolic rate, a man will lose more weight than a woman, even when consuming the same number of calories.

Men have higher testosterone levels.

Higher levels of the hormone testosterone help men build more muscle and burn more fat.

Women are predisposed to store and retain more fat.

Women have a higher level of the hormone estrogen, which helps keep fat on a woman's body to make it easier for her to get pregnant.

Low thyroid is a common problem in women.

Women have low thyroid problems more often than men. According to MayoClinic.com, "Women, particularly those older than 50, are more likely to have hypothyroidism." The hormones produced by the thyroid gland are critical to regulation of the body's metabolism. Low thyroid results in lowered metabolism.

Men have greater lung capacity.

Greater lung capacity makes physical exercise easier, allowing men to exercise with less effort. Exercise is a key component of a well-rounded weight loss program.

According to a journal article titled "Does gender affect pulmonary function and exercise capacity?" published in *Respiratory Physiology & Neurobiology*, "recent evidence suggests that during heavy exercise, women demonstrate greater expiratory flow limitation, an increased work of breathing, and perhaps greater exercise induced arterial hypoxemia compared to men. The consequence of these pulmonary effects has the potential to adversely affect aerobic capacity and exercise tolerance in women."

All this certainly doesn't mean women should throw in the towel on weight loss. Everyone has a unique make up of hormones and genetics, and so everyone loses weight differently. But with a healthy lifestyle approach, we will all achieve our fitness goals.

Our new SP6 Complete program is a revolutionary new system that tackles the *causes* of weight gain. SP6 Complete stimulates fat loss, not just weight loss, allowing *both* men and women to gain more lean body mass and increase metabolism.