

How Long Does It Take To Lose Weight | Lose Fats

There are many factors to consider when you want to know how long it does it take for you to lose weight and lose body fat. Questions like what and when you are eating, are you exercising correctly and regularly and do you have the genes for quick weight and fat loss need to be addressed.

In this article, we shall discuss whether you have the genetic make up to lose weight and lose body fats quickly. Don't despair if you don't because this is only one of the several factors that determine how long it takes for you to lose weight and ugly fat.

It is certainly helpful to know your body type when you want to reduce weight. By knowing your own body type, you can then plan your nutritional and exercise program to suit your specific body type to encourage weight and fat loss.

We shall discuss the 3 common body types and their characteristics here.

? Endomorph: You have natural big body frame and usually have a round face, wide hips, big bones and slow metabolism. You are the type that gain weight and body fat easily. You will need much more greater effort than others to lose weight and body fat from your huge frame.

You will take a longer time and need extra effort to reduce weight. Although it can be done, it is a constant battle for you because you are fighting what nature has given you.

? Mesomorph: You are blessed with a naturally muscular body and have wide shoulders, small waist, athletic body frame structure, average to low body fat with a somewhat high metabolism.

You are the type that will not take a long time to see your body fat melt away even when you are overweight. When you train, eat and rest correctly you will visibly see your body fats melt away week after week right before your eyes.

? Ectomorph: You are the skinny type with small muscles, very very high metabolism, narrow shoulders, hips and waist. You are the type that must gain weight instead of reducing weight. However, your type is also known to slowly gain weight when you age because your metabolism starts to slow down and thus burning less calories.

Most people fall in between the three types. For example, a person can be a mixture of Mesomorph and Endomorph or Mesomorph and Ectomorphs.

Now that you have identified your body type, you can then write down your goals, objectives and the methodology you wish to lose weight and body fats. By having a specific weight loss program to follow, it allows you to take concrete actions each day to achieve fat loss goals.

How long does it take to lose weight and reduce fat certainly depends on the body type you have but it will also depend on numerous other factors.

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