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Weight Loss For Women: 33 Main Tips To Transform Your Belly, Butt and Thighs

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Weight Loss For Women: 33 Main Tips To Transform Your Belly, Butt and Thighs Martin chauke Women and men have so-called sex-specific fat deposits. Sex hormones affect fat distribution. Estrogen directs fat to deposit around the pelvis, buttocks, and outer and inner thighs of women, while testosterone means men store fat in the belly area. This makes it far more difficult for women to shift fat from the hips, butt and thighs than from other areas of the body – areas of so-called stubborn fat. While it is obviously the bane of many a woman's life, there is a biological advantage – this type of fat is thought to play a role in fertility and lactation. Interestingly, it appears that during lactation, this stubborn fat is not quite so stubborn and easier to budge than normally.

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