

## **Hormones that Affect your Fat Storage and Exercise to Help**

Fat is stored in different areas of the body by certain hormones and genetic makeup.

### **Belly Fat**

- **Cortisol** is a hormone that stores fat around the belly. Cortisol is a stress hormone, ways to reduce it is stress reduction, increase sleep, meditation and decrease toxic habits.
- **Exercise** -Squat lifts- you go down quickly but count to 5 on the way up. This increases growth hormone along with lactic acid which decreases cortisol.

### **Love Handles**

- **Insulin** produces stored fat in the love handles. This is due to bad management of your insulin, high carbohydrate in you diet that spike blood sugar.
- Need a diet change, no junk food, decrease your carbohydrate intake. In fact do a drastic low carb diet for 2 weeks to reset the insulin.
- **Exercise**- Reverse lunges with hand weights- you step back and then come up, you can do a curl with the hand weights at the same time when you come forward.
- This exercise involves a lot of muscle groups which produce IGF-1 which decreases insulin.

### **Hips and Thighs**

- **Estrogen** stores fat in the hip and thighs. This will occur more in women than men since they have a higher production. Comes from processed foods made from soy, hops and phytoestrogens. There is a lot of this in beer products.
- **Exercise**- Push-ups over reaching. You do a certain number of push-ups in a 10-15 second time frame. Each set you try to do more reps in the same 10-15 second time frame. Do 4 sets.