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Fight Fat with Fat

<http://www.homeschoolfitnesscoach.com/blog/fight-fat-with-fat/>

1 pound of pork fat I read an interesting article today on brown fat versus white fat. I have not read the actual studies so I am using this article as a reference only. Apparently we have brown fat which is "good fat" that burns more calories than white fat which is the "bad fat". This brown fat sits in the neck and collarbone area, women and lean individuals have more of it. It is metabolically active and is most active in infants or when an individual is sitting in a cold room. I certainly hope the general public does not fall for this next "exercise pill". Please explain to me how popping a pill an sitting in a cold room is going to aid in the loss of excess bodyfat? Society is already doing too much sitting. Stop putting patients on diets and recommending ineffective exercise programs. Instead, get to the heart of the problem -the emotional issues, teach sound nutrition and get your patients in touch with a fitness professional that understands the roll of metabolically active lean tissue. All research on finding a "weight loss cure" in a pill is a waste of money, time and intelligence. I'm personally fed up with it all. Post from: Homeschool Fitness Coach

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