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## 6 Types of Body Fat and How to Get Rid of It

There are numerous ways to get rid of excess weight and we can easily find hundreds of studies and thousands of tips nowadays. But the problem is that a certain method can be helpful for one person and completely useless for another. It happens because we all have different body types and that is why an understanding of how our body gains weight is necessary for effective and safe weight loss. Researching different types of obesity has defined 6 different types of body fat based on where on the body it is mainly accumulated. We at Bright Side have researched and created a list of the most effective ways to make fat disappear for every body type.

### Full upper body fat

Reason: This type of fat usually starts to accumulate if you consume more calories than you burn, so the main causes here are overeating and inactivity.

How to get rid of it:

Do aerobic exercise, because this type of fat appears due to the lack of physical activity. Walking, running or swimming at least 30 minutes every day will help you get rid of it.

Stop consuming refined sugar and forget about sugar-sweetened drinks. Sweet food and drinks don't make you feel full, but make you consume plenty of unnecessary calories.

### Lower abdomen fat

Reason: Some of the reasons that cause fat to store in this part of the body are stress, depression, and anxiety.

How to get rid of it:

Avoid stress and learn to relax. The stress hormone cortisol makes fat accumulate in the belly, so a good option for you is to meditate or do some breathing exercises.

Drink green tea. It's a great fat burner. And drinking a cup of hot green tea is a good way to calm down when you need it.

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## Lower body fat

Reason: One of the reasons your thighs may be significantly bigger can be due to an excess of gluten in your diet. If you are not happy with the size of your lower body, you may want to consider trying a gluten-free diet.

How to get rid of it:

Walk up hills and stairs. It will burn the fat on your thighs very efficiently and will tone your leg muscles.

Don't skip breakfast. If you don't eat breakfast to start your metabolism in the morning, you'll feel hungrier throughout the day and will end up eating more.

## Swollen stomach

Reason: Excessive alcohol consumption can make your belly grow, so start counting your drinks if you want a flatter stomach.

How to get rid of it:

Cut back on alcohol as most of its calories end up becoming belly fat. It also causes a lot of other health problems.

Divide your daily ration into smaller portions and eat more often. It will improve your metabolism, will help you to maintain energy and moreover, your belly will appear smaller after each meal.

## Lower body fat, including lower legs

Reason: This problem is common for women who have leg vein problems or during pregnancy, when legs may swell.

How to get rid of it:

To avoid swelling you need to stop eating salty foods since salt causes fluid retention in your body.

Don't sit without moving for more than 30 minutes, try to stand up and walk regularly. If you have the opportunity to lay down with your feet elevated, you should do it to prevent fluid from collecting in your lower legs.

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## Large stomach with upper back fat

Reason: The may reason this can happen to you is inactivity, so you should start exercising immediately if your large stomach and back fat bothers you.

How to get rid of it:

Make sure that you sleep enough. Sleep deprivation can cause changes in your hormones, an increased appetite, and lead to weight gain which will lead to fat stored mostly in your belly and back.

Eat more food that is rich with fiber. This will help reduce your appetite and calorie absorption from food and will help your waist and back look much better. It is important to remember that a healthy diet and an active lifestyle will have the best impact on your body, regardless of your figure type.

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