



4 Key Differences in Women's Weight Loss

Men and women have biological differences that make weight lifting and weight loss slightly different processes. Cleveland Clinic explains that women may take [a longer time to lose weight](#) as they generally have less natural muscle than men. However, don't let this discourage you, as differences tend to even out over time. If you're looking to focus on your health and fitness and don't know where to start, we outline four key differences to watch.

1. Building Muscle

As mentioned above, men often begin with more muscle mass than women. Perhaps because of this, though, women sometimes make more [gains in the long term](#). For instance, Women have some advantages when it comes to lifting weights, such as faster recovery and less acute muscle fatigue. Look for strength training [programs explicitly aimed at women](#) as well as the type of physique you want to develop. When you're ready to get serious about your fitness in Atlanta, visit [GoTarryn! Health & Fitness](#) for top personal training services!

2. Burning Fat

Women's Health notes that the typical [body fat percentage for women](#) at an average weight is 25%, while men hover around 15%. Female hormones, birth control pills, and other factors may contribute to this difference. In fact, if you go on birth control and want to retain the same weight, you may have to decrease your caloric intake slightly to do so. Overall though, burning fat for men and women comes as [a result of a caloric deficit](#). To do this, you need to burn more

calories than you are taking in. You can do this by increasing your exercise, decreasing the amount of food you eat, or a combination of the two.

3. Reducing Stress

Men and women [handle and reduce stress](#) in slightly different ways, as well. This is important because stress can be a factor in retaining extra fat. In general, women are more likely to seek connection when stressed and reaching out to friends, and loved ones can be a great way to mitigate the effects of stress on your body.

4. Making Time

Women tend to take on more household chores outside of work, which can mean a more challenging time [making space for exercise and nutrition](#). If you have a family or other extra responsibilities, you may need to sit down and rethink your schedule and priorities. See if your partner can take on more responsibilities or if you can rely on family and friends for extra babysitting time. You can also look for gyms that have childcare or make time for working out when your kids are at school. If you take care of this ahead of time, you won't have to cancel your workouts at the last minute when things don't automatically align.

Seek ways to stay motivated like finding a workout partner who will help hold you accountable. Also, investing in [comfortable and stylish activewear](#) like leggings, a sports bra, or pair of sneakers can be a great way to stay motivated while exercising.

Although there are some differences between men and women when it comes to diet and exercise, many of the same general rules apply. The important thing is getting started and not expecting perfection from yourself. Stay motivated by exercising with a partner or purchasing some new activewear. When you have a growth mindset, you are more likely to stick to your plan and create lasting habits.

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