

Types of Fats

ABDOMINAL MUSCLES

CENTRAL / VISCERAL FAT

- Accumulates with Stress
- Surrounds Organs
- Predictor of Metabolic Syndrome
- More Insulin-Resistant
- Releases High Amounts of Pro-Inflammatory Molecules

SUBCUTANEOUS FAT

- Estrogen Increases this Type
- May Play a Protective Role
- Less Metabolically Active
- Normal Storage System for Excess Energy Intake (Food)