

[HOW DOES THE BODY LOSE WEIGHT](#)



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When we lose weight where does the lost weight go

To lose weight, you must burn more calories, or energy, than you consume to start using up that fuel reserve. Essentially, you're not ingesting enough calories to fuel your additional exercise, so your body must pull from fat stores. How? Go to the next page to get the skinny on the fat-burning process.

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How Fat Is Lost from the Body Live Science The Most

When you lose weight, where does it go? Turns out, most of it is exhaled. In a new study, scientists explain the fate of fat in a human body, and through precise calculations, debunk some common misconceptions. Fat doesn't simply "turn into" energy or heat, and it doesn't break into smaller parts and get excreted, the researchers say.

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How Does Fat Leave Your Body When You Lose Weight

Carbon dioxide is exhaled from the lungs, water leaves as urine and perspiration, and heat helps maintain body temperature. The ATP produced is used throughout your body, from the moving muscles to organ function.

Weight Loss and Maintenance. Weight loss and maintenance is difficult.

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How does the body lose weight Weight Loss Sharecare

The body loses weight according to the laws of thermodynamics. Weight gain and loss is centered around your energy balance. When your body is in a negative energy balance, this means you are expending more calories than you are taking in. When this happens, the body must rely on its stores of fat, glycogen and muscle as fuels.

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How We Burn Fat HowStuffWorks

When We Lose Weight, Where Does the Lost Weight Go? How We Burn Fat. Now that the body has relieved fat cells of some glycerol and fatty acids,

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How does the body lose weight Quora

The eat less, move more concept doesn't work and is old science. Your body and metabolism are controlled by lots of different hormones - if you eat

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How Long Does It Take Before a Body Starts to Lose Weight

How Your Body Loses Weight. When you eat fewer calories than your body needs, your body will burn fat to make up the difference -- and gradually, you'll lose weight. One pound of body fat equals about 3,500 calories. So, over seven days, a deficit of 500 to 1,000 calories a day yields a weight loss of about 1 to 2 pounds a week.

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