



Fat Loss

Losing body fat is probably the #1 fitness goal among people.

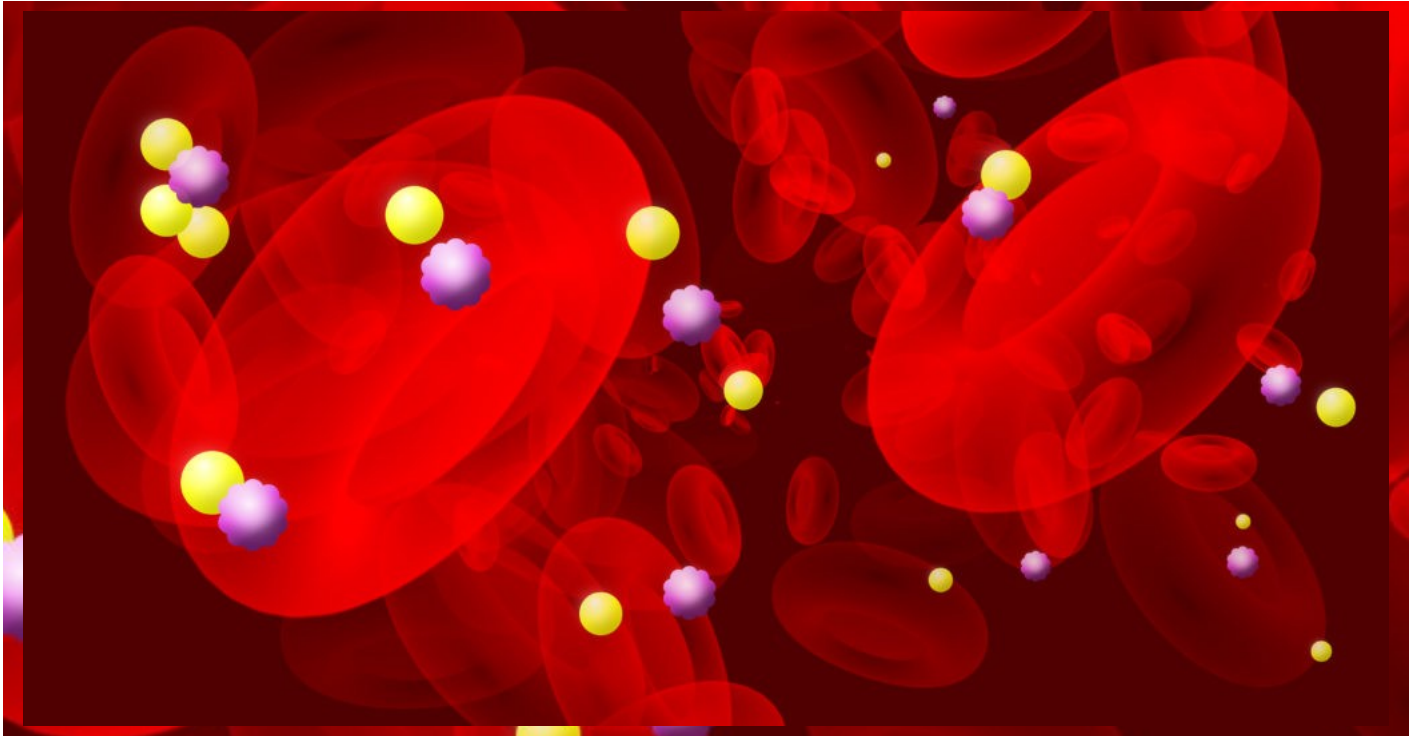
Whether you're trying to get shredded lean, or trying to lose weight to look better and be healthier, **successful fat loss requires attention to your nutrition and exercise.**

Here you'll find articles to help you **navigate your fat loss journey.**

Articles



[The Use of Weighted Apparel During Contest Prep: The Science and Practical Application](#)



[Insulin...Still an Undeserved Bad Reputation After 10 Years](#)

Insulin...An Undeserved Bad Reputation Series

[Part 1](#)

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[Part 3: Insulin & Dairy Products](#)

[Part 4: The Biggest Insulin Myth of Them All](#)

[Part 5: Addressing the Critics](#)

[Part 6: The Biggest Insulin Myth, Continued...](#)

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[Insulin...Still an Undeserved Bad Reputation After 10 Years](#)

Cardio

[Fasted Cardio: An Undeserved Good Reputation](#)

Nutrition

[Stop Ditching the Dairy](#)

[No, You're Not Addicted To Sugar](#)

[Is High Fructose Corn Syrup Worse Than Sugar?](#)

[Increasing Protein, or Decreasing Carbohydrate...Which Gives You a Metabolic Advantage?](#)

[Do Dietitians Accurately Report Their Food Intake?](#)

[Speed Eating: Do You Feel Less Full?](#)

[Eat Slow, Eat Less](#)

[Can Calcium and Vitamin D Help Reduce Fat Gain?](#)

[Good Calories, Bad Calories...The Mythology of Obesity, or the Mythology of Gary Taubes?](#)

Body Fat Testing

[The Pitfalls of Body Fat "Measurement", Part 1](#)

[The Pitfalls of Body Fat "Measurement", Part 2 - Hydrostatic Weighing](#)

[The Pitfalls of Body Fat "Measurement", Part 3 - The Bod Pod](#)

[The Pitfalls of Body Fat "Measurement", Part 4 - Bioelectrical Impedance \(BIA\)](#)

[The Pitfalls of Body Fat "Measurement", Part 5 - Skinfolts](#)

[The Pitfalls of Body Fat "Measurement", Part 6 - Dual-Energy X-Ray](#)

[Absorptiometry \(DEXA\)](#)

[The Pitfalls of Body Fat “Measurement”, The Final Chapter](#)

[The Pitfalls of Bodyfat “Measurement”: BIA & Skinfolds Strike Again \(VIDEO\)](#)

[Cheat Your Body Fat Test](#)

Long-Term Weight Loss

[How Successful Are U.S. Citizens at Maintaining Long-Term Weight Loss?](#)

[Why Is It So Easy To Regain Weight?](#)

[Physical Activity and Weight Regain](#)

Physical Activity

[Omron Exam: How Accurate Are These Pedometers?](#)

[Testing the Phillips Directlife Accelerometer](#)

Muscle

[The 50 Calorie Per Pound of Muscle Myth](#)

Sleep

[Snooze to Lose](#)

Other

[Jello to Rid the Jiggles? The Effects of Gelatin on Weight Maintenance](#)