



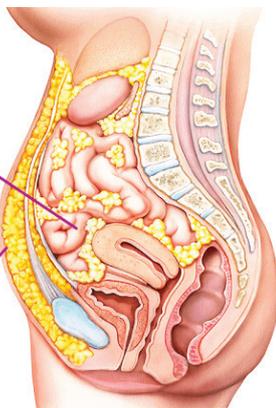
VISCERAL FAT: What is it, and how does it affect your health?

BY WILEY ROBINSON, RN, CHIEF OPERATING OFFICER, MANDUU AMERICA

Many people are amazed at how much fat a human being can store. We are born with a

certain number of fat cells in our bodies, and this number can actually increase during obesity. The fat that we use to store calories is called white fat, which is found almost everywhere in our body. The fat that we can pinch, see and feel is called peripheral – or subcutaneous – fat. The other type of white fat is inside our body cavity and surrounds our internal organs. It's called visceral fat, and in this case, what you can't see *can* hurt you.

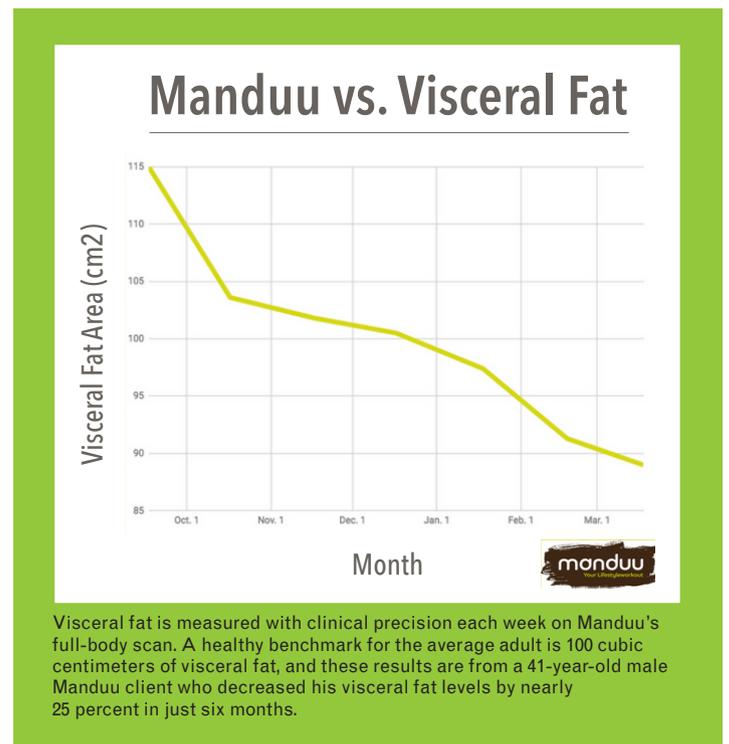
Visceral fat, which has been implicated in cancer, heart disease, diabetes and Alzheimer's disease, secretes more of the inflammatory agents that cause these very serious complications than does peripheral fat. Visceral fat is one of the first fats to be stored; it can affect our hunger response, and how our cells respond to blood sugar levels and insulin. Too much of it can be deadly.



We store visceral fat based upon our genetics and lifestyle – a lot of people enjoy too much good food and wine and don't get enough exercise. Because of the way chemical signaling in our body works, high intensity exercise causes the body to produce an energy-burning type of fat inside our body called brown fat. This was demonstrated in a May 2018

study at The Ohio State University's Wexner Medical Center.

That study further confirms the good news: we can do something about visceral fat. High intensity exercise, such as Manduu, can help cause the body to begin to reduce fat. Visceral fat is also one of the first fat stores to be depleted when we exercise. Manduu clients monitor their visceral fat every time they have a session. Our Inbody 770 gives clients the clinically accurate information they need to combat this peril, and it's great to see



Visceral fat is measured with clinical precision each week on Manduu's full-body scan. A healthy benchmark for the average adult is 100 cubic centimeters of visceral fat, and these results are from a 41-year-old male Manduu client who decreased his visceral fat levels by nearly 25 percent in just six months.

clients become both excited and relieved to see their visceral fat levels decrease over time.

A consistent approach that utilizes Manduu EMS exercise, food and alcohol portion control, and lots of activity and sleep seems to be the key. This happens to be the Manduu lifestyle approach and based upon the results we see every day at Manduu... it works!

To learn more about Manduu's revolutionary electrical muscle stimulation fitness studio for adults of all ages and fitness levels, visit manduu.com.

Manduu - Williamson County Locations

125 Cool Springs Boulevard, Suite 290 | Franklin, TN 37067
211 Franklin Road, Suite 125 | Brentwood, TN 37027



WILEY ROBINSON, RN
Chief Operating Officer, Manduu America

Visit manduu.com to explore the science, hear more perspectives and schedule a complimentary session in Cool Springs or Brentwood.