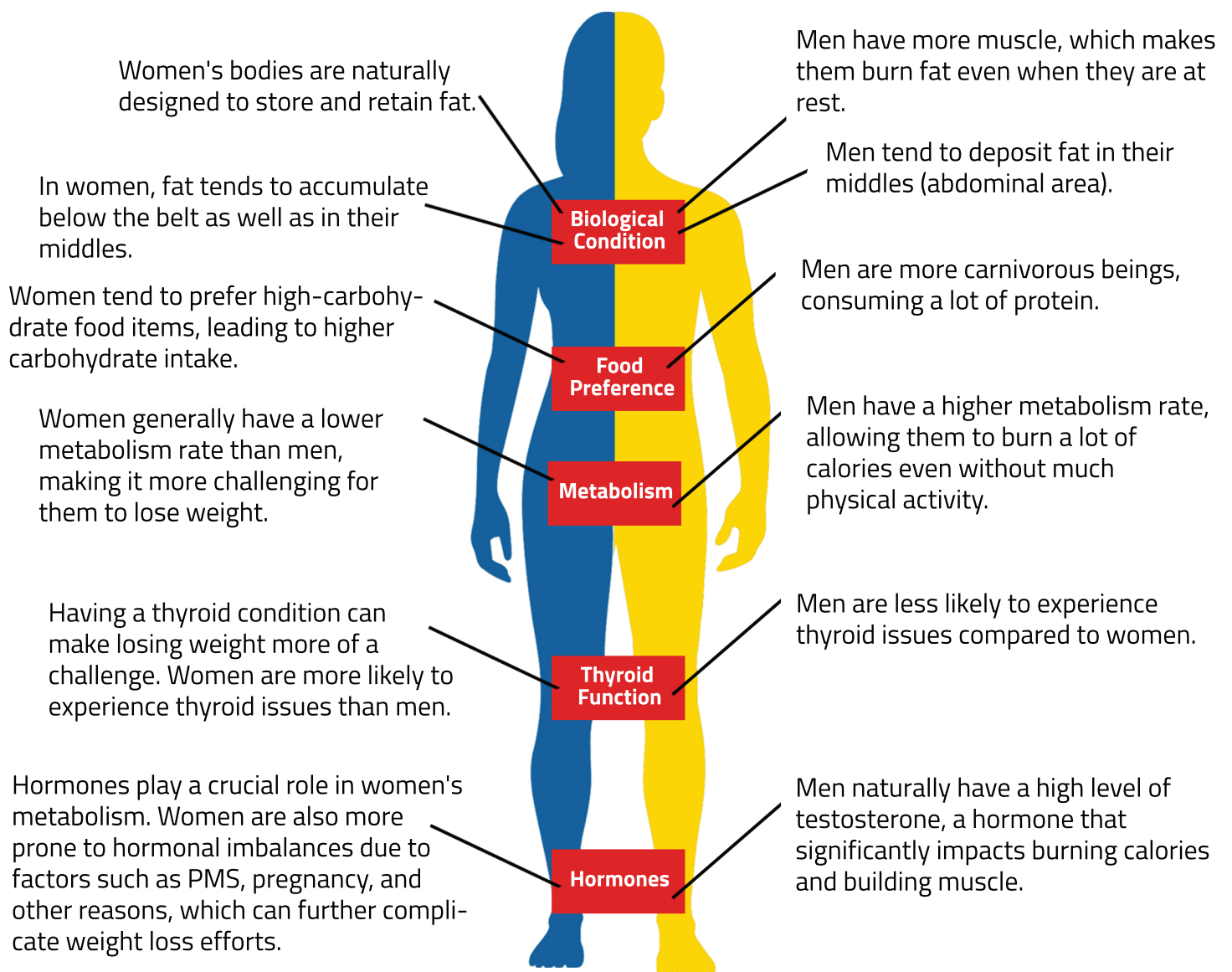


# Gender Specific Weight Management

## Men vs Women: Weight Loss Battle

### Do Men Really Lose Weight Faster Than Women?

Just think about it! Although it sounds rude and quite unfair, the truth is that compared to women, men exhibit a faster weight loss rate. Here are some of the reasons for this phenomenon:



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## Other Reasons Why Losing Weight Is Challenging for Women

**1. Birth Control Pills:** The hormone-altering side effects of birth control pills can interfere with weight loss efforts. Some contraceptives contain estrogen, which can quickly lead to weight gain.



**2. Depression:** There are also a lot of women who suffer from clinical depression, which inhibits weight loss.



**So you see that you need to be able to burn more body fat, enhance muscle, and ultimately stay on remedy.**



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