**Part 6 – Other Factors Influencing Fat Loss**

**Key Takeaways**

* Nutrition alone can lead to fat loss, but **physical activity accelerates results** and improves body composition.
* Sleep, stress, medications, and even genetics can **affect your fat loss rate** and how your body responds to change.
* You don’t need to be perfect, but you do need to **optimize what you can control**.

**Action Steps**

1. **Incorporate Physical Activity**
   * Start with any enjoyable movement: walking, biking, fitness classes
   * Aim for 8,000–12,000 steps/day
   * Resistance training is ideal for preserving muscle while losing fat
2. **Sleep 7–9 Hours per Night**
   * Poor sleep leads to muscle loss, fat retention, and increased hunger hormones
   * Tips: blackout curtains, consistent bedtime, limit screens, avoid caffeine/alcohol late in the day
3. **Manage Stress Effectively**
   * High stress = high cortisol = stubborn fat storage (especially around the belly)
   * Techniques: deep breathing, nature time, hobbies, meditation, scheduling downtime
4. **Increase NEAT (Non-Exercise Activity Thermogenesis)**
   * Burn more calories through everyday movement (walking, cleaning, fidgeting, etc.)
   * Take the stairs, pace while on calls, park farther away
5. **Review Medications (if applicable)**
   * Some prescriptions may increase appetite or make weight loss harder
   * Discuss concerns with your doctor if needed
6. **Understand Genetic Differences**
   * Genetics influence how easily some people gain/lose fat
   * You might have to work harder than others—but progress is always possible

**Common Mistakes to Avoid**

* Ignoring sleep and stress while focusing only on calories
* Assuming lack of results always means dietary failure
* Overtraining without enough food or recovery

**Related Resources**

* 🔗 [InBody blog: What is "skinny fat"?](https://inbodyusa.com/blogs/inbodyblog/how-to-tell-if-youre-skinny-fat-and-what-to-do-if-you-are/)
* 🔗 [Sleep study: 2011 metabolic effects](https://pmc.ncbi.nlm.nih.gov/articles/PMC2951287/)
* 🔗 [NSDR guided session by Andrew Huberman](https://www.youtube.com/watch?v=AKGrmY8OSHM)

**Video Timestamps**

00:28 Benefits of Exercise for Fat Loss

01:18 Workout Recommendation for Fat Loss

02:27 Workout Recommendation for Beginners

02:52 Risks of Overly Restricting Calories

03:28 Condition Known as Skinny Fat

05:03 Benefits of Exercise Outside of Fat Loss

07:15 Non-Exercise Activity Thermogenesis (NEAT)

08:28 How to Increase NEAT to Boost Calorie Burn

09:24 How Sleep Can Affect Fat Loss

11:04 Sleep Recommendation + Tips to Improve Sleep

13:09 Consequences of Elevated Stress

13:31 Ways to Manage Stress

16:10 How Medications Can Affect Fat Loss

17:04 Genetics and Predisposition to Fat Retention