

Differences Between Men & Women

Part One: Why Can He...?

My Questions.....

Why Can He...?

“Why can he eat more and lose weight faster?”

“Why is he stronger?”

“Why does his belly look different to mine?”



Mr Range Rover



Mrs Mini



AVERAGES

“Why can he eat more and lose weight easier?”



MAN

40 years old

6'0" / 183 cm

80 kg

Moderately active

BMR 1750 - Idling

TDEE 2700 - Full daily calorie useage



WOMAN

40 years old

5'5" / 165 cm

60 kg

Moderately active

Idling - BMR 1270

Full daily calorie useage- TDEE 2000

“Why does he seem to lose weight faster?”



TDEE 2700

1lb loss -500 deficit

Target 2200

700 calorie difference!!!!

4% body weight



TDEE 2000

1lb loss -500 deficit

Target 1500

5% body weight

Because on average they have more 'bulk'
to move around which costs more energy

Relatively speaking, men don't necessarily lose weight
'faster'... they often start with more total mass

How much stronger have *you* become?

What percentage of *your* body weight have you lost?

How much more capable is *your* body?

How much better is *your* health?

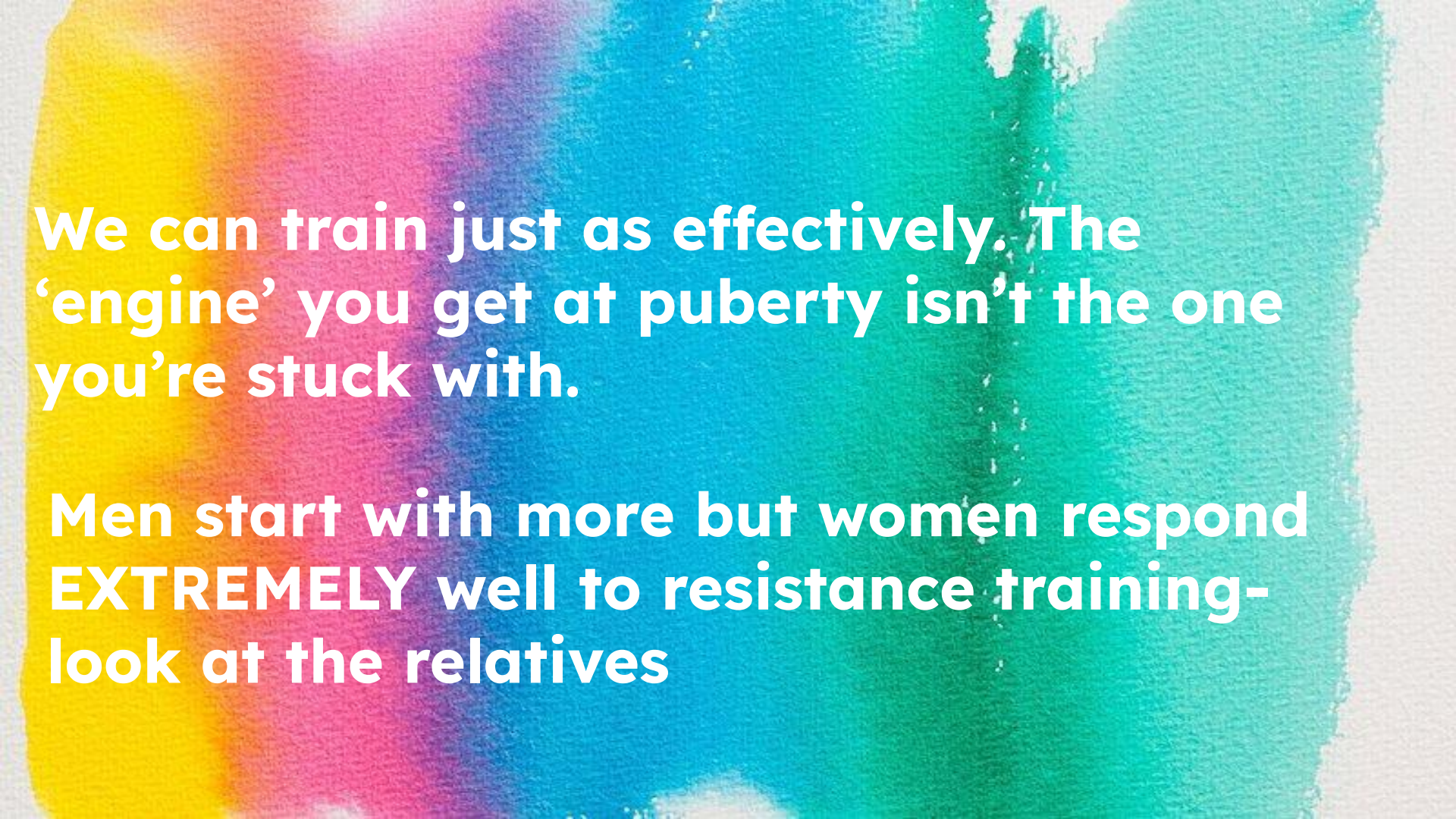
“Why is he stronger?”



10-20x more testosterone
Bigger muscle fibres, more capacity
to produce force and power
Greater size/area of ‘Fast Twitch’
muscle fibres



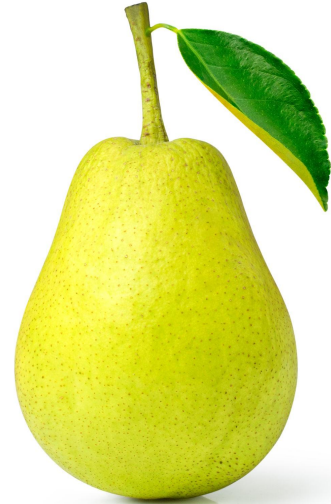
Proportionally more slow twitch
characteristics
Endurance events show the gap
shorten
Reviews of resistance-training
studies suggest that women and
men can achieve broadly similar
relative muscle hypertrophy

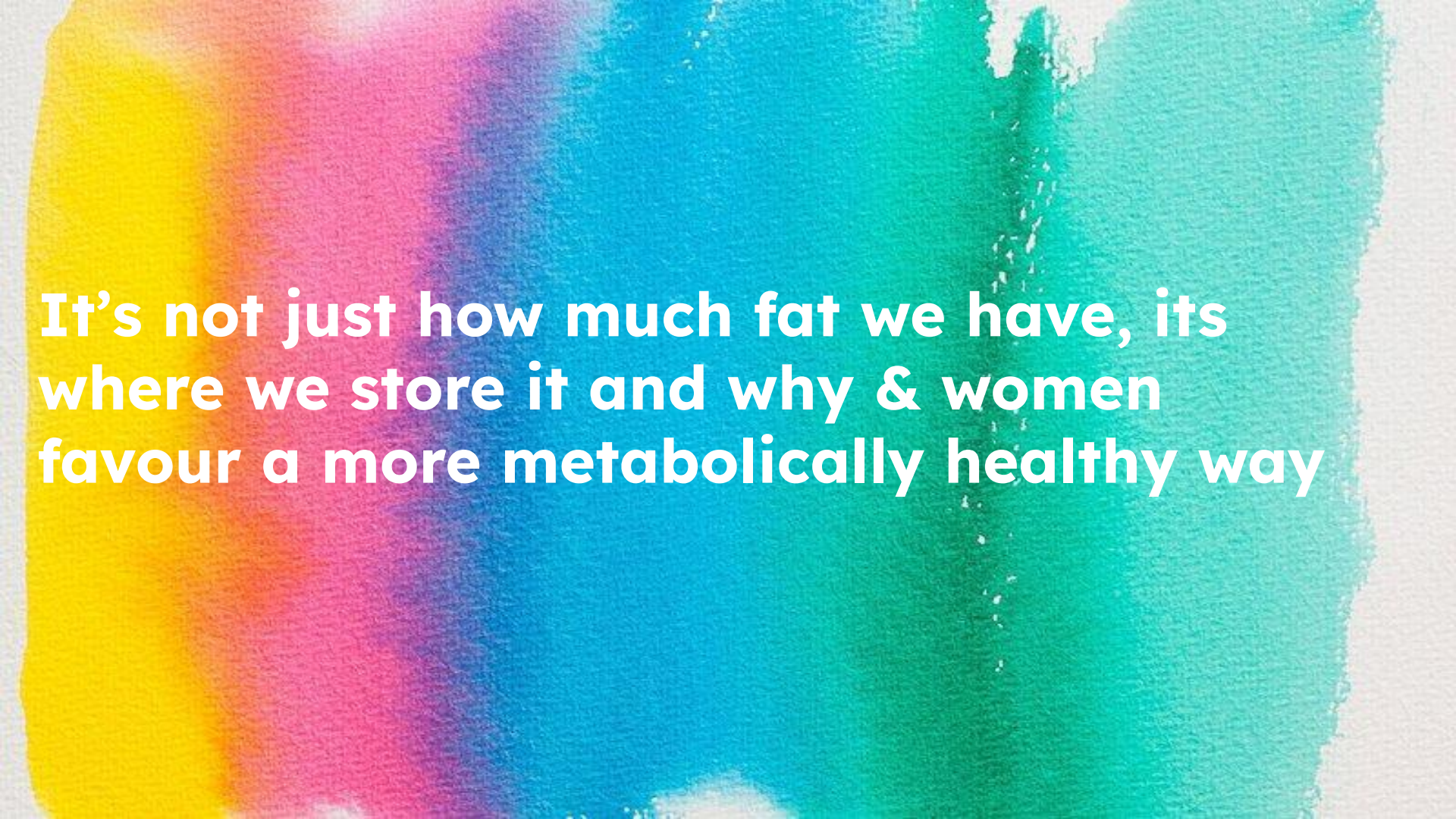


**We can train just as effectively. The
'engine' you get at puberty isn't the one
you're stuck with.**

**Men start with more but women respond
EXTREMELY well to resistance training-
look at the relatives**

“Why does his belly look different to mine?”





**It's not just how much fat we have, its
where we store it and why & women
favour a more metabolically healthy way**

“What Changes As We Age?”



More gradual hormonal changes
Lose the power and strength,
increasing prone to central fat
storage
Cardiovascular disease risk earlier



More dramatic hormonal changes
Fat storage changes to more
central and visceral fat
Bone loss accelerated with
declining oestrogen
We tend to live longer!

“Why can he? Because that’s who he is — and women are not small men.”

We’re running a smaller fuel budget....and that’s okay.

Men start with more absolute muscle and strength, but women are highly capable of building both.

Female physiology has some really interesting advantages around fatigue resistance and fuel use.

Build, Fuel, Move, Protect

We’re supposed to carry more body fat than men

Both sexes age and need more attention and care, can’t get away with smashing through!

We tend to live longer, so we should look after our machine to enjoy those extra years!