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... You may have air in your head or lead in your butt, but chances are that most of your body parts weigh the same as the next guy's. The diagram below shows how a man of about 180 pounds can be ... See How Much Every Part of Your Body Really Weighs Katie Heimburger, MS, exercise physiologist in Atlanta, adds a few more health and fitness myths to the list: Muscle weighs more than fat . "In simple terms, a pound of muscle weighs the same as a ... Don't Fall for Fitness Myths - WebMD Skin is our largest organ—adults carry some 8 pounds (3.6 kilograms) and 22 square feet (2 square meters) of it. This fleshy covering does a lot more than make us look presentable. In fact, without... Skin Information and Facts | National

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Geographic If you are successful in losing more than 100 lbs, I would predict that you will likely have some degree of excess skin in one or more areas.

 The rapidity of weight loss seems to correlate with the amount of skin recoil; i.e., very rapid weight loss does seem to produce more loose skin.

 Also, patients with preexisting stretch marks have lost skin elasticity and will almost ... Is There a

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roughly 4 kg of skin, which, if you rolled it out like a carpet, would cover about 2 sq metres. And if you multiply that number for each of the 7.6 billion humans on this earth, you've got more than enough skin to cover the entire surface of the Bahamas. How Much Skin Do You Have? What can also be made more noticeable with losing weight in the face is the size of pores. Just like lines and wrinkles, pores are indents in the skin and without fat underneath filling them out, they sink further into the skin making them appear larger and deeper. (This also goes for chicken pox scars and indented acne scars.) How Does Losing Or Gaining Weight Affect the Skin? - Renée ... Get this from a library! Your skin weighs more than your brain :

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