

K : Gynoid obesity; Obesity; Weight loss; Hypertension

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Gynoid obesity often referred to as "pear-shaped" obesity, is characterized by the disproportionate accumulation of fat in the lower

lower body can lead to issues such as joint problems, varicose veins, and cellulite. However, it is generally considered to be less harmful than android obesity, which is associated with a higher risk of cardiovascular diseases, diabetes, and metabolic syndrome [9].

: Gynoid obesity can present challenges when it comes to weight loss. The fat stored in the lower body is often more resistant to diet and exercise interventions. It may take longer to notice visible changes in the lower body compared to the abdominal region. However, adopting a healthy lifestyle, including a balanced diet and regular exercise, can still contribute to overall weight loss and improved body composition [10].

It's important to note that body fat distribution is influenced by