

Tips for How to Lose Belly Fat

Written by ArtMaker

Sunday, 11 December 2011 14:12

You can *lose belly fat naturally* if it is done without the aid of diet pills, fad diets and weight loss gimmicks. Natural belly fat loss can only occur if you adopt the necessary holistic measures into your lifestyle. This includes a healthy diet, exercise, stress management, adequate sleep, education and other factors that promote healthy living.

What most people do not realize is that there really is no other way to lose belly fat. Only a holistic approach will succeed and worst of all, not many people know how to loss bellyfat.

Conventional weight loss methods can give you huge amounts of weight loss. The challenge is that you have no way of knowing what proportion of the weight loss is attributed to muscles and fat. Only pure fat loss will move you closer to a flat stomach. This requires a natural and holistic approach.

Conventional weight loss does not need a natural and holistic approach. You can get on the latest fad diet and lose lots of weight but you will not be able to lose fat in your belly.

We have thrown together a huge resource that you can use if you are looking for answers on how to lose belly fat naturally. Bookmark this page and keep coming back until you have had a firm understanding of the steps proposed. As sure as the sun rises in the east and sets in the west, you will lose belly fat.

Steps for how to Lose belly fat:

☐☐ 1.Exercise for Weight Loss:

Aerobic exercise will facilitate fat-loss all over your body, including your belly. You can't "spot-burn" belly fat, but it's usually the first to burn off when you exercise, regardless of your body shape or size. Just be sure that you focus on calorie-burning exercises, rather than sits-up or crunches.

Tips for How to Lose Belly Fat

Written by ArtMaker

Sunday, 11 December 2011 14:12

2. Add resistance training. A 2006 study published in the International Journal of Sport Nutrition and Exercise Metabolism suggests that combining cardiovascular (aerobic) exercise with resistance training is more effective than cardiovascular training alone in getting rid of abdominal fat. You can do resistance training with free weights, exercise machines, or resistance bands.

3. Reduce your calorie consumption, and swap out certain foods for others. Unless you restrict your calorie intake, you're not going to lose belly fat. There

are

some tactics that might help do away with belly fat faster, but

only

when you've already consistently restricted your calorie intake. For example, eating an avocado after eating an entire bag of chips isn't going to help you get rid of belly fat--in fact, it'll probably make the problem worse. By reducing your daily calorie intake to 500 calories below your maintenance level you can expect to lose around 1 pound per week. The key point here is that a real diet does not involve removing or drastically reducing your intake of calories, there should only be a slight reduction. If you do not get out of hand when reducing your caloric intake, weight loss should not be incredibly painful. It's much easier to maintain a slow, gradual loss of weight than attempting to lose lots in a short period of time.

4. Switch out refined grains for whole grains. In a scientific study, people who ate all whole grains (in addition to five servings of fruits and vegetables, three servings of low-fat dairy, and two servings of lean meat, fish, or poultry) lost more belly fat than another group that ate the same diet, but with all refined grains. A diet rich in whole grains changes the glucose and insulin response in your body, which hastens the melting of fat.

5. Eat the better fats. Studies suggest that a diet with a higher ratio of monounsaturated fats (MUFAs) can prevent the accumulation of both types of belly fat. Some experts argue, though, that it's not that these fats specifically target abdominal fat in any way; it's that anyone will probably lose weight on a lower calorie diet and as discussed earlier, belly fat is usually the first to go.