
How to Lose Belly Fat

Six effective belly fat burning tips that will surprise you lose belly fat in seven days in this video we will discuss belly fat what causes people to have stubborn belly fat that they can't seem to get rid of completely we will share with you the foods that you should avoid what type of food to eat more of but more importantly we will take you step-by-step through six different things you should do to rid yourself of that stubborn belly fat we also have for you a bonus of proven recipes for burning belly fat towards the end of this video before we get started we urge you to leave a comment at the end of the video tell us what you think good or bad we also encourage you to like and share the video if you enjoyed it what is belly fat belly fat or as it is known in medical term visceral fat is the unhealthy and often stubborn fats that surround the liver and other organs in the body near the abdominal cavity belly fat is the most stubborn stored fat in the body to get rid of easily to get rid of belly fat you must understand what causes you to gain belly fat otherwise you will not be able to lose belly fat what causes belly fat the short answer to what causes belly fat can be answered in a short three words sugar sugar sugar eating foods that contain lots of sugar is the number one contributor to belly fat high sugary foods such as candies sodas cake donuts and other sugar.

Laden foods and drinks are to be blamed for belly fat if you eat these foods often you will gain belly fat whether you exercise or not hormonal changes in genetics are other factors that contribute to belly fat but sugar is your number one enemy there were other types of sugar that many people are not aware of and that is equally dangerous as sucrose or regular table sugar fructose or fruit sugar are dangerous to of consumed in large quantities here were foods that contain a high amount of fructose which can be bad for you when eating in large quantities watch out for bananas cherries mangoes and eat those in moderation next let's lose those suckers known as belly fat starting with our tip number 6 start your belly fat burning journey on the right food eat right in stay eating the right type of foods that will help you burn belly fat low carbohydrate foods with low sugar content are what you need to eat daily look for foods that are rich in vitamins and minerals and low in fat and calories simply put you need foods that do not raise up your insulin level make some of these foods part of your daily diet Kiwi watermelon tangerine orange beans strawberries limes tomatoes peas creep fruit and leafy vegetables like spinach kale cabbage plus broccoli 5 sleep well and avoid stress getting enough sleep at least 7 hours of sleep each night is very good for your health but you will be surprised as to how it helps with losing belly fat when you lack sleep you often tend to get irritated when you're off and irritated you will be stressed when you are stressed your body craves for sugary food in sugar.

Laden foods will make you gain belly fat a good night's sleep and less stress in your life will

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help you burn belly fat or take a long daily walk walking is a part of losing weight is often underrated but you will be surprised how much fat you can burn by walking 30 minutes every day 30 minutes of daily long walk is better than walking 1 hour 3 times a week walk every day if you can it is more effective a long walk is not a targeted belly fat routine but don't forget that when you start losing weight it will start coming off everywhere when you walk you build lean muscle mass and lean muscle helps you burn fat 3 stay hydrated drink seven to eight glasses of water throughout the day to help your body burn fat efficiently if you want to increase your appetite for water try flavored water infused with lemon cucumber and mint water has no calories and it will keep you full when you feel full you're less likely to look for snacks or something to quench your hunger drinking a lot of water is one of the things you should do daily to lose belly fat too high-intensity interval training HIIT.

HIIT is one of the most effective workouts to burn fat faster you only need to workout for 30 to 60 minutes a day into short is 15 minutes can do for instance start jogging as fast as you can on the treadmill for 10 seconds followed by 12 seconds of slower jogging do as many repetitions as you can for 1 to 3 minutes after that you can do a belly fat burning HIIT workout such as planking and crunches which are highly targeted one targeted belly fat burning exercises belly burning exercises are the most effective ways to lose stubborn belly fat exercises like crunches plank swimming lunges and writing exercise bikes are on the top of the list however the most effective and more targeted belly fat exercises are crunches and planks there is a debate about which of the two is more effective some say that combining different types of crunches are the most effective regular crunch is where you lay flat on your back on the mat with your hands placed behind your head with your legs off the ground at a 90 degree angle lifting your upper torso off the floor and repeated motions plank is a core exercise that not only helps you burn belly fat faster but it can help train your muscle to stabilize the spine and pelvis to prevent back injuries side crunch is believed to be the most effective belly fat burning Bar.

None to do side planks rest on your forearms starting on one side of your body keep your leg straight and raise your hips to help your body aligned straight from head to your feet hold this position and don't let your hips drop or move hold firm for a certain number of seconds then rotate and repeat on the other side now here is our bonus belly fat burning recipes make yourself belly fat burning detox water start with a clean container like a bottle jar with a lid that will allow you to add other ingredients to the container easily here are the recipes for a four day drink 1/4 gallon of purified water and 40 bags of green tea to the water in the jar 1 lemon slice and add to that water jar 1 cucumber slice and add to the water jar 1/2 grapefruit slice and add to the water jar 1 lime slice and add to the water jar let this fat-burning detox water stay refrigerated for about 30 minutes before your first drink or your first glass and drink repeat every day when your batch is gone make another batch thanks for watching I hope we have given you some valuable tips and recipes to help you lose that stubborn belly fat stay healthy and good luck.

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