

Help Me Lose My Belly Fat!

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1. Why Do I Have Belly Fat?

You've been wondering how ON earth did that ugly pudding-like bulge in your midsection get there? This is a question that MANY people like you and me have asked and failed to get a proper answer to.

Well today you're going to know EXACTLY why you have belly fat. It boils down to a couple of reasons which we shall go into detail about RIGHT NOW.

1. Unfortunate Genetics

The #1 most tragic reason for why we have belly fat. Why is it tragic? Because it's in our genes, meaning it's hereditary... passed down from the elders, and there isn't much we can do to avoid this hereditary passing.

Do you want to know how you can find out if you have this genetic passing? Take a look at your family and your relatives. Anyone with big pudding-like bulges as well?

Well if you find at least 2 or more pudding bulge people in your family, then you know you have the unfortunate genetics.

2. Aging and Metabolism

It is a well-read fact that as you age, your metabolism slows down... the older you are, the slower it gets. Like our unfortunate genetics, this is also something that we can't exactly avoid.

With your metabolism slowing, the calories you consume on a daily basis are NOT getting burned off as fast as they did when you were younger.

The slower your calories burn, the higher the chances of them converting into fat and being stored in your body.

3. S.T.R.E.S.S!

Stress is a major factor for not just your belly fat but for any weight gain in general. I'm sure you have heard of the term 'stress eating'.

Well you may just be doing that. When you feel overwhelmed by all the things happening in your life, your body releases Cortisol, a hormone that causes you to feel hungry which results in you eating to fill that hunger.

What this means is that the more stressed you are, the hungrier you get and the MORE you eat which can lead to your belly fat gain. Of course, stress does not only affect your weight but can cause other health implications.

Tip: Find a way to manage your stuff and take a breather once in a while. Your belly and your health will thank you for it 😊

4. Late Night Eating

Oh this is a big one! With all the busy schedules of our lives at play almost 24/7, we tend to find ourselves eating late into the night when we finally have time to grab something and then we head off to bed to restore our energy for the next day.

Bad Move

When you eat and go to sleep on a full stomach, your stomach does not have sufficient time to digest the food because you are sleeping. This can lead to the conversion of fats which again leads to the fat in your belly.

What you should do is eat at least 2 - 3 hours before you sleep so that your stomach can digest the food properly and you can go to sleep happily.

If you're feeling down because of the reasons above, pick yourself up again. Because we'll be going through a few simple and fast actions that you can take to banish that belly fat FOREVER.

2. Belly Fat Can KILL

Did you know that belly fat can KILL? That's right; belly fat poses health risks to your body and you. Your belly fat is much more dangerous than all the other fats stored in your body like your thighs.

If you have love handles, that's ok to an extent because the potential belly fat life killer is 'visceral fat', a form of fat invisible to the eye. This fat is positioned near the abdomen organs posing many health risks such as heart disease, diabetes, dementia, migraines (women especially) and some forms of cancer like breast and kidney.

You have to realize that losing your belly fat is not only for boosting your overall body image. It is also for getting your health back on track and avoiding these life threatening dangers.

So what can you do right now to check if you're at risk? Take out a measuring tape and measure your waist size. For men, you should be in the 40 inches and under range while for women, you should be in the 35 inches and under range.

Anymore and you've got to start worrying.

Remember, the BIGGER your belly, the higher the risks.

You have to eliminate your belly fat now to start living healthier AND longer!

3. What Can I Do About My Ugly And *Dangerous* Belly Fat?

If you were quite spooked off by the earlier section, I don't blame you. These ARE real dangers and you had to be alerted to them. Now that you know the risks, you must be thinking what you can do about your belly fat.

Not to worry, for all problems in life, there is always a solution. Likewise there are a few steps you can or should I say MUST take to reduce or eliminate your belly fat to zero.

There are three core steps you have to take to lose that ugly blob fast and keep it off for good.

The 3 core steps are

(1) Diet

(2) Exercise

(3) Lifestyle

(1) Diet

Now when you think of the word 'DIET', what comes to mind is cutting down on your food intake or almost starving yourself.

This is NOT what I mean when I say 'DIET'. What I mean is that you have to start incorporating a healthy diet into your life. This means throwing out processed, in other words junk, food (yes it can be hard!), eating more fruits, leafy vegetables (can be painful for some), lean meats and choosing to drink more water over soda.

(2) Exercise

If you've never done any exercise other than what was required in school, well YOU NEED TO NOW. The exercises you need to focus on to cut off the belly fat are exercises that build your muscles (resistance training) and burn your calories (high intensity cardio).

(3) Lifestyle

In combination with both diet and exercise, you need to start living healthier. What I mean by this is you got to watch the lifestyle habits that you practice daily.

Do you drink or smoke?

Start reducing your intake if you can't stop them completely and you WILL see a difference.

Do you sleep irregular hours?

You NEED to get your regular 7-8 hours of sleep.

Do you eat irregularly?

Stop bingeing or have late night food escapades and again, you WILL see a difference.

These are some factors that you need to change in order to see positive changes to your health and to remove that belly fat!

4. How Should I Eat to Lose My Belly Fat?

You should start eating healthy. You have to take note about what you're consuming and putting into your body. It is not how much you eat but WHAT you eat that matters.

Looking at the Food Pyramid below, you will know exactly what you need to consume more of and what you need to reduce immediately.



Source: The U.S. Department of Agriculture

As you can see, the larger the color blocks, the more of those foods you need to consume. Likewise, the smaller the color blocks, the lesser of those foods you should consume.

Note: Avoid low glycemic index (low GI) foods such as potato chips, refined white bread, fast food, soda etc. These foods cause your body to produce more sugar which gets stored as fat in your body. So throw them out of your life today!

Another important thing you should note is, rather than lumping all your foods into 3 big meals, you would be better off consuming your food in smaller portions of 4 – 6 meals daily spread throughout the entire day.

By incorporating this small meal portions routine, you will reduce your hunger pangs (i.e. stopping your snack attacks) and also raise your metabolism rate significantly... increasing your chances of losing that belly fat and keeping it off.

5. MELT Your Belly Fat With These 10 Foods

Did you know that in combination with healthy eating, if you eat Super Foods, you will be able to EXPEDITE the melting of your belly fat? And take note, this is without you adding exercise into your routine YET.

Here are 10 Super Foods you should eat to melt that belly fat faster.

(1) Tea (especially Green Tea)

By tea, I don't mean bottled tea. This is processed. You have to drink tea the original way... by soaking a tea bag into a cup of hot water. Drinking a maximum of 4 cups a day will mean you burn 266 calories more than those who don't drink tea. DAILY, I must add.

Why is this so? Because tea contains Catecins which suppresses the need to eat constantly. So get to drinking more tea today!

(2) Berries Of All Kinds

Strawberries, Blueberries, Blackberries, Raspberries, Gooseberries, Grapes, Cranberries, Acai Berries, Goji Berries and the list goes on. Any berry you can find, buy them and consume them.

They are LOADED with antioxidants and fiber that fills you up fast.

(3) Nuts

Did you know that nuts can decrease the levels of your stress hormones (hint: one cause of belly fat) due to the Omega-3 they contain. Consuming nuts also keep you full.

Some types of nuts you should eat - Almonds, Pecans, Walnuts, Brazil Nuts, Cedar Nuts etc. You do want to avoid salted nuts as they contain sodium... too much being bad for health. Stick to raw nuts and you'll be just fine.

(4) Leafy Green Vegetables

The health benefits of eating vegetables has been preached to you from every corner of the earth. Vegetables are low in calories and contain plenty of fiber which fills you up.

Some of the vegetables you should be eating daily include sprouts, spinach, kale, bok choy, cabbage, asparagus, zucchini and more. Get to eating those greens!

(5) Dairy

As healthy as dairy is, do take note to pick only the fat-free or low-fat versions. Milk, cream, butter, yoghurt and cheese... take them all... fat-free or low-fat of course.

(6) Peanut Butter (No Sugar)

Yes you read that right. Peanut Butter it is. There is this vitamin called Niacin or B3 that prevents your belly from bloating. And guess what... peanut butter is LOADED with this vitamin. Need I say more?

Consume only 2 tablespoons daily. No more or the health benefits are lost.

(7) Avocado

This is a RICH fruit. It has plenty of good fats, it is delicious and best of all, it's excellent for the heart. Avocados are bursting with many vitamins and minerals. They also contain lots of fiber. Eat half a cup daily to keep off the hunger pangs.

(8) Oatmeal

As you know, having a hearty breakfast sets off your day right and it also keeps you from bingeing later in the day.

One of the best foods to eat for breakfast is oatmeal. Rich in fiber and keeps you full for most of the day. It also reduces type 2 diabetes, one of the health dangers of belly fat.

(9) Eggs

A little known fact: Eating eggs for breakfast will help you lose more weight than when you eat any sort of bread.

Bonus fact: It has vitamin B12 that helps speed up your metabolism rate.

(10) Fish

Q: Do you know which calories does your body burn more?

(a) carbs (b) fats (c) proteins

A: (c) proteins

Fish are chock full of protein and Omega 3s. The best types of fish you should eat are Sardine, Salmon, Trout, Tilapia, Mackerel, Whitefish and the likes.

Well there you go, the 10 SUPER FOODS that will go a long way in melting your belly fat, even before you embark on any exercise regime. Just make sure to incorporate all or at least some of these into your daily diet.

6. Warning: These 2 Explosive Exercises WILL Burn Your Belly Fat!

Ok so in order to PERMANENTLY say goodbye to belly fat, you need to add an exercise routine into your 'lose belly fat' plan. But it can't be just ANY exercise.

There are 2 specific exercises that when done properly and regularly will shed those damn fats off your belly and keep them off.

Resistance Training + High Intensity Cardio = Zero Belly Fat

1. Resistance Training

The first exercise you need to do is resistance training. About 15 - 20 minutes of hardcore resistance training will allow your body to shift into the 'burn fat' zone. Which is what you need to kick start that belly fat burn.

To ensure that your belly fat stays off for a loooooooooooooooooong time, you need to emphasize on this training because it skyrockets the loss of belly fat and also makes it easier to keep that belly fat off.

So what sort of training should you do? For starters, you need to focus on abdominal exercises that are highly targeted and effective like planks, ball crunches and bench presses.

For more advanced training, I would recommend going to the gym or getting a personal trainer.

2. High Intensity Cardio

High intensity cardio exercise will carry on the momentum from the resistance training you did burning even MORE belly fat.

Exercises like incline treadmill, stationary cycling and sprinting will help to accelerate your metabolism and the loss of belly fat.

Do this 2 - 3 times a week for 45 minutes each period and you'll see AND feel the remarkable difference in a very short time!

Note: It is VERY important to do stretching for at least 5 minutes before getting into the swing of your exercises. Otherwise you risk getting injuries like muscles tears that can prevent you from doing any exercise which only means that your 'lose belly fat' plan is put off until you're healed again.

And we sure don't want that happening because you want to [eliminate belly fat FAST](#).

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