

## How to lose belly fat

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**June 5, 2009 - [PRLog](#)** -- Belly fat is usually the first sign of obesity. When a person begins to develop protruded abdomen, obesity has already set in-medical experts call it truncal obesity. There are several names for this; others say it is cellulite accumulation. What ever you call it, belly fat is the most obvious sign that tells us when a person becomes obsessed. Most people don't like the site of truncal obesity or belly fat. There is an ugly thing to it and creates flaps at the sides of your abdomen especially when sitting down.

Do you want to get rid of the fat in your abdomen? Then you have to read on. There is a lot of advice out there in books and web pages on how to successfully burn the fat in your belly yet I keep coming across people who have done all that to no avail. The reason for this may be that, you got the wrong kind of counsel, or you applied the advice wrongly. If you fall in this category of people, there is something to smile about. That of course, will be true if you adhere to what you will learn here. Remember that your ability to loss belly fat will depend mostly on you and not really what anyone must have told you-if the best strategy is wrongly applied, you can be sure it won't

What then do you need to do to loss belly fat?

The strategy involves proper healthy diet plan and exercise. Now that sounds familiar right? Make no mistake that you can loss your belly fat by the application of one. Both are mutually inclusive and can not be effective in isolation. I am sure you must have heard this before. But people fail to understand that belly fat requires specific type of type of exercise that is targeted at that area. For example, running will help you stay fit but will do little to burn the fat in your abdomen.

### Interval Training

This is a High Intensity Interval Training. The idea involves some kind of cardiovascular exercises that are done in a period of lower intensity followed by a period of higher intensity. This is called exercising in 'fits and starts'.

This kind of exercise helps to burn more fat that the typical kind of cardiovascular exercises. Also, with respect to belly fat in particular, research has shown that High Intensity Interval Training can produce more fat loss in the abdomen than in any other parts of the body. A recent study shows that, people involved in High Intensity Interval Training have been found to loss about 3-4 times more fat especially belly fat than those practicing the regular steady-state cardiovascular exercises, despite exercising for longer periods.

Secondly, in order to target the belly specifically, it is very important to include sit-ups as an important aspect of your exercise program.

### Belly-Fat-Losing Diet

The simplest way to put it is to say, reduce your calorie intake to a maintenance level. That is, take in only the amount of calories that just enough to help maintain your body without storing any more energy. This is the most-effective way of shedding pounds of fat from the body. In place of carbohydrate food, eat fruits, fish and vegetables.

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