

## **Reduce that belly fat! Weight Loss Strategy that works!**

*Source: HCG Drop*

*Dated: Sep 26, 2009*

*With so many "experts" out there telling you what to do and what the latest science says, how do you really know where to go to lose weight?*

Jelly Belly. Love Handles. Dunlap Disease. Whatever you want to call it, the excess fat around your midsection that wiggles and jiggles in all the wrong places just isn't pretty. Not only is belly fat unattractive, it can be downright dangerous to your health. Extra fat carried around your abdomen can increase your risk of heart disease. With so many pills, potions and programs flooding the weight loss industry today, many people are left feeling just plain confused about how to effectively reduce belly fat.

The first thing you must know about how to effectively reduce belly fat is that there is no magic bullet when it comes to weight loss. Reducing body fat levels requires a four pronged approach that doesn't come from popping diet pills or gulping down foul tasting drinks. Belly fat also won't come off by trying to spot reduce only doing sit-ups or crunches. It's just not possible to spot reduce, so don't waste your time.

So, the question remains, how do you effectively reduce belly fat? Here is a safe, practical three pronged approach to get rid of belly fat.

1. **Healthy Meals.** Notice the word diet isn't part of the equation. That's because the word diet conjures up visions of carrots and celery and not much else. The word diet gives us nightmares of deprivation and hunger, and that's not the image we're looking for with permanent weight loss. Just because the word diet isn't used does not mean you're free to gorge on junk food at will. Healthy meals consist of lean protein, lots of vegetables, whole grains and some fruit. You should consistently choose foods that are as close as possible to their natural state.

2. **Cardiovascular Exercise.** Regular cardiovascular exercise will reduce body fat levels. Where should you start? Walking is great cardio! Put your shoes on and get moving for at least 30 minutes per day. It doesn't matter how fast or how far you walk in the beginning, the most important point is that you're moving your body aerobically on a regular basis. If you don't enjoy walking then ride a bike, roller-skate, jog, run. Participate in whatever aerobic activity you enjoy.

3. **Lift Weights.** Yes, you did read that correctly! If you're wondering what lifting weights has to do with effectively reducing belly fat, then read on. Regular weight lifting has several beneficial effects for those folks trying to reduce their body fat levels. Muscles burn extra calories. The more muscle you carry on your frame, the more calories you burn in a 24 hour period which translates into extra fat burning power. Muscles take up about one third less space than fat. Muscles give you the power to carry on your daily activities more effectively and with energy to spare.

4. **Get a diet that works!** There are several weight loss diets out there that have been successful. One that is gaining popularity now is the hCG diet. HCG is a hormone that stimulates your metabolism. This weight loss protocol actually addresses and attempts to correct the physiological cause of obesity, weight-gain, and the inability to lose weight. Many lose almost a pound a day and this program is often a long term solution to obesity and weight gain. The oral hCG weight loss diet is designed to help achieve positive health benefits as well as fat loss.

Learning how to effectively reduce belly fat isn't a difficult task. The three principle keys to getting rid of

your gut rely on diet, cardiovascular exercise and weight lifting on a regular basis. Remember, you didn't sprout belly fat overnight and you can't get rid of belly fat in a day, but you can reduce belly fat if you're willing to put forth a bit of effort.

[www.hcgdrop.com](http://www.hcgdrop.com)

Category	Health
Tags	weight, loss, Diet, drop, oral, program, slimxpress, fast, easy
Email	<a href="#">Click to contact author</a>
Phone	(800) 850-6520
City/Town	US-wide
State/Province	US-wide
Country	United States
Link	<a href="http://prlog.org/10354921">http://prlog.org/10354921</a>



Scan this QR Code with your SmartPhone to-

- \* Read this news online
- \* Contact author
- \* Bookmark or share online