

# 81 Killer Tips

To Lose Belly Fat  
Before it's too Late



  
**BMI**  
Calculator **NZ**

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# INTRODUCTION

Let's talk belly fat. If you are someone that has excess fat in the abdomen and are hoping to get rid of it, we first wish to congratulate you for taking the step to educate yourself about how to do so. The fact is that a bigger waistline can increase your risk for health issues including diabetes and heart disease. Reducing that layer of fat by even a small amount can make a great big difference to your health. It can also make you look and feel better.



Let's make one thing very clear: you cannot target an area for fat loss. The only sure way to spot reduce is through surgery. Unfortunately, without making additional changes to activity level and exercise level, this fat will soon come back and you will be in the same position you are now.



The secret to reducing belly fat is to do the things that reduce the amount of visceral fat. Visceral fat is considered the "bad" fat that collects around the organs and is found primarily in the waist or belly. It is also the type of fat that is correlated with a higher risk of cardio vascular disease, stroke and insulin resistance. By making changes to reduce visceral fat, you are also going to affect subcutaneous fat, which is found all over the body. Ultimately, fat loss will occur all over and not just in one area. which is found all over the body.

One of the major misconceptions about losing belly fat is all you have to do is sit-ups, another set of sit-ups, and even more sit-ups and pretty soon you will have a firm belly. Although sit-ups can be part of a program designed to reduce belly fat, by itself they won't do much. To reduce fat, you must expend more energy than what you ingest. However, it's also important to note that the ways you expend energy and the types of calories you consume can make the difference between being successful and not being successful.

When making good changes to prompt fat loss, there are three primary paths you must address: Exercise, Nutrition and Emotional. Simply incorporate some of the tips from each

# EXERCISE

Exercise is definitely needed in order to reduce belly fat. Exercises are designed to not only tone the abdomen, they are designed to build overall muscles, speed up your metabolism and sculpt your body.

*It hurts right now, but one day it can be your warm up.*



# The following exercises are designed to sculpt and tone the core.

Toning your muscles will make your belly look smaller and will trim up the figure.

## 1. Sit-ups

These are definitely good for building abdominal muscles, but don't limit yourself to the straight up and down crunch. Add variations by straightening your legs or twisting your torso while crunching up.



## 2. Reverse crunch

Instead of bringing your head and shoulders up to your knees, lay flat on the floor and bring your knees in as close to your face as possible. If you do this correct, you will be pulling your rear off the floor by using the muscles in your upper abdomen.



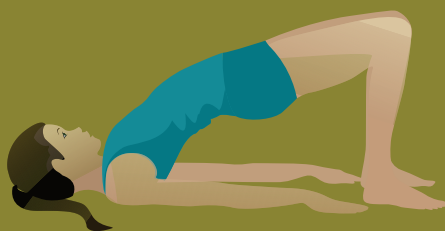
## 3. Bicycle Crunch

Lying flat on your back, bring your right arm to your left knee and then your left arm to your right knee. Do this fast enough so that you feel you are moving your legs as if riding a bike.



## 4. Bridges

Lie flat on your back with your knees bent and your feet hip width apart. Squeezing your core and butt muscles, push with your feet and lift your hips up off the floor until your torso is in a straight line. Hold before slowly lowering down.



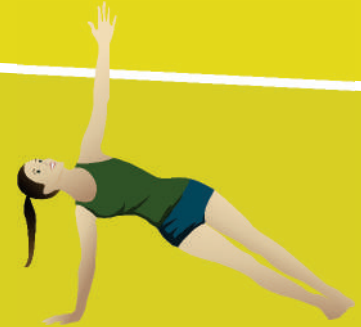


## 5. Planks

Lie flat on your stomach with your forearms flat on the ground. Push yourself up until your body is in a straight line from toes to head. Flex your muscles while holding before slowly lowering down.

## 6. Side Planks

Lie on your side. Using your forearm, push your hips up off the floor until your body is in a straight line. Flex your muscles while holding before slowly lowering down.



## 7. Oblique Bend

Stand up straight and tall with a dumbbell or weight in each hand. Slowly lean over sideways until your hand reaches your knee. Straighten back up and do the other side.

## 8. Donkey Kickbacks

Get down on all fours. Keeping your back straight, slowly raise one leg, keeping the knee bent at a 90 degree angle. When your thigh is parallel to the floor, pulse your foot up slowly for a beat of ten. Lower and do the other leg.



## 9. V-it Up!

Lie flat on your back. Keeping your back straight, slowly lift your back off the ground until you are about halfway to a sitting position. Keeping your legs straight, slowly lift your legs until you are in a V shape.



## 10. Use a Rowing Machine

The rowing machine not only works arm muscles, it works all the muscles within the abdomen and is a great way to tone the belly.

## 11. Use a Stability Ball

This ball adds higher intensity and more resistance for any core workout, including crunches and planks.

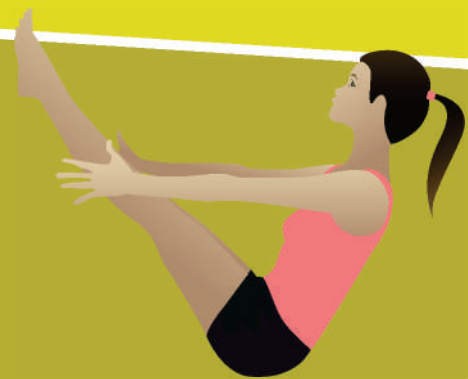


# Add in mini-workouts.

Many people work all day sitting at a desk. Add some of these exercises in during the day to help keep your metabolism burning!

## 12. Leg Raises

Sitting at your desk with good posture, straighten out one leg while tightening the leg muscles. Pulse up three times. Lower that leg and do the other.



## 13. Rump and Core Squeeze

Squeeze the bottom muscles for a count of five. Relax. Then squeeze the core muscles (abdomen and back) for a count of five. Start over.

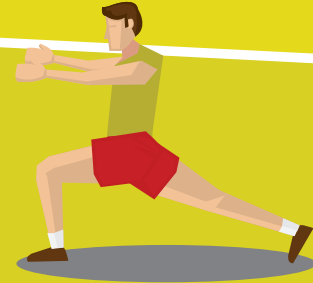


## 14. Chair Swivel

Pull your legs off the ground and, twisting your stomach muscles, first swivel your chair to the right and then to the left.

## 15. Belly Lift

Sitting straight up, place your hands on the seat. Push your bottom off the seat just a little. Slowly lift your legs off the floor. Hold before slowly relaxing back down.



# The following exercises are designed to build overall muscle

Muscle burns calories at a much faster rate than fat, and will burn calories even when you are sleeping. It has been proven that you can trim belly fat by building your large muscle groups.

## 16. Squats

Stand tall with your feet slightly wider from the hips. Hold your arms straight out parallel to the floor. Keeping your back straight, tighten your ab muscles and slowly lower yourself as if you were going to sit in a chair. Slowly stand up again. Make sure not to lean forward as you do this exercise.



## 17. Lunges

Stand straight up with your feet apart at hip-width. Slowly step forward with one leg, while lowering your other knee down to the floor. Stand up and lunge with the other leg.



## 18. Hiking

Hiking, especially when climbing up mountains, over rocks, crawling over downed trees, or simply adding in steep hills, will work almost every muscle group in the body.

## 19. Yoga

Even signing up for a six-week beginner yoga class will make a huge difference. Not only does yoga burn calories, it also low impact exercises designed to build and tone all your muscles.



## 20. Pilates

Most Pilate's exercises are designed specifically to strengthen your core; however, they also work to strengthen and lengthen other muscles as well.

## 21. Resistance Band Exercises

Adding resistance bands to simple exercises like a sideways stretch turns a relatively mild exercise into one that turbo-builds muscles.



# The following exercises are designed to burn calories

Burning more calories per day than what you consume is one sure way to burn fat quickly. Adding some of these exercises into your daily routine will speed up the fat loss process.

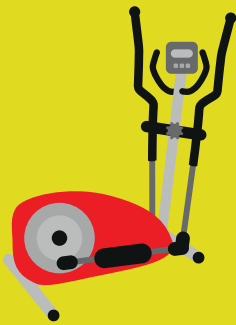


## 22. Walking

This is one of the best and easiest exercises to incorporate into your routine. You can walk on your lunch break or you can find ways to walk instead of drive.

## 23. HIIT

This stands for high-intensity interval training. One way to add HIIT is to run, very fast for 10 seconds, then slow down and recover for 30 seconds. Repeat until you have completed 10 minutes of HIIT.

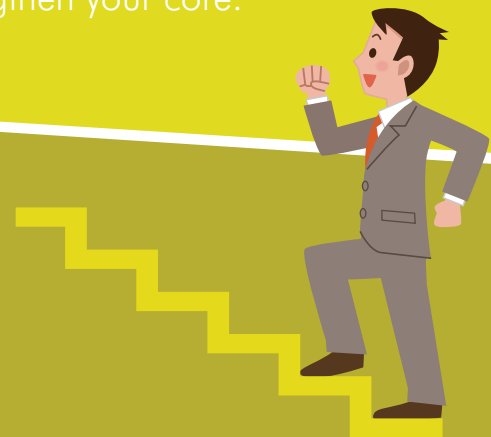


## 24. Elliptical Machine

If you choose to add an elliptical workout, make sure to alternate the incline settings and let go of the handles for a while to further strengthen your core.

## 25. Stair Climber

If you don't have a stair climber, but can find a building with lots of stairs, you can always use those stairs to get in a good climb.



## 26. Soccer

Join a local league, get your exercise and have fun at the same time. Soccer or other league games can burn upwards of 700 calories in one short game.



## 27. Dancing

Grab your love and hit the local nightclub. Join a local step dance organisation. Or try a Zumba class. In any case, dancing burns calories and revs up your metabolism.

## 28. Aerobics

Join a local fitness club and find out what kind of aerobic classes they have available. Simply ask them what "cardio" options they offer and pick which one works best for you.

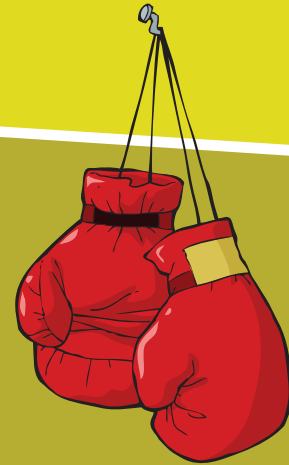


## 29. Cycling

When you add in cycling, make sure to add some hills to ramp up your workout and get the most from your time on the bike.

## 30. Boxing

Not only can you find local boxing clubs, there are also fitness boxing options in many local fitness clubs. However, if you don't want to join a club, find a space in your home where you can add a small punching bag.



## 31. Swimming

Swimming is another great way to burn calories. And with all the natural swimming locations we have, this is a perfect activity to trim your body.



# NUTRITION

You can exercise all you want, but if you don't also modify your diet, you won't be making headway as quickly as you possibly could. It has been shown that proper nutrition is at least 50% of the battle towards effective and long-lasting fat loss. In fact, the items below cannot be considered a "diet". Diets are temporary. These changes must become habits that stay with you forever.

*Don't eat anything your great-great grandmother wouldn't recognize as food.*



# Good items to add in:

When adding foods into your diet, the trick is to replace the "bad" foods listed further down below. Just adding these foods without removing anything is simply adding calories that will increase your waistline. You must watch your total caloric intake to keep it at an optimal level.

## 32. Fibre

Eat small amounts of high fibre foods that contain both soluble fibre and non-soluble fibre. Both types of fibre help keep you feeling full longer. Good choices include legumes and vegetables.



## 33. Nuts

Nuts such as hazelnuts, macadamia nuts and almonds contain higher levels of mono-unsaturated fats. These fats are proven to help reduce belly fat. Just remember that these nuts are power-houses of nutrients, so keep the portion size small..

## 34. Protein

Doubling or tripling your protein intake can actually help you lose more fat per pound lost than those who simply eat the recommended amount. If you increase protein intake while adding muscle-building exercises, you will ramp up your metabolism. And remember - muscle burns fat, even when you are at rest.



## 35. Healthy Fats

When choosing fats, choose those who are minimally processed and cold-pressed from nuts, olives or coconuts. Good nut oils can include safflower oil, sunflower oil, or sesame oil. It may sounds strange, but science proves that eating small amounts of healthy fats will help you lose belly fat.



## 36. Chocolate

Oh yes. Chocolate. But it's important to pick organic dark chocolate (minimum of 70% cocoa level). Eating a small amount of dark chocolate fifteen minutes before each meal can reduce your appetite and food cravings.

## 37. Whole Grains

Items such as bulgur, barley, steel cut oats, farro, and quinoa not only provide protein, and fibre, they are also nutritional powerhouses and can help provide the nutrients you need to optimize your metabolism.

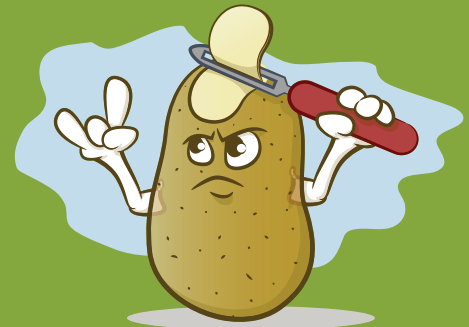


## 38. Fish and Oil Fish

Many fish contain Omega-3, which is something often lacking in modern diets. By eating fish with higher amounts of Omega-3, you are better regulating a hormone called leptin, which can help you feel satisfied much longer.

## 39. Complex Carbs

Add in a small amount of complex carbs at each meal. These could include sweet potatoes, root vegetables, legumes, and whole grains. These types of carbohydrates help regulate blood sugar which, when regulated is thought to play a vital role in reducing abdominal fat. Carbs also replenish glycogen levels in your muscles to give you more energy and stamina.



## 40. Eggs

Eggs are probably one of the most nutrient-dense foods available. Two small eggs can keep you feeling full for quite a long time, while at the same time giving you the nutrients that help the body run efficiently.



## 41. Dairy

Recent studies have shown that dairy actually helps a body to lose fat. Scientists now believe that milk helps the body use calories to build muscles as opposed to storing it as fat. Good dairy choices include full fat, skim, raw and organic milk.

## 42. Green Tea

Not only does green tea contain caffeine, which can help increase metabolism, it also includes something called Epigallocatechin Gallate (EGCG). EGCG is also proven to boost metabolism. It does this by releasing the fat stored by the body and making it available as energy.



## 43. Water

Too many people feel hungry when they are actually thirsty. So they reach for a snack instead of reaching for a glass of water. These added calories can be avoided simply by making sure to drink at least 8 glasses of water per day.

## 44. Colourfoul Veggies

At least 25% to 50% of every meal should include vegetables. And it's important to pick colourful vegetables. Not only do they add fibre and complex carbohydrates, they contain different kinds of antioxidants which helps the body burn fat.



## 45. Naturally Fermented Foods

Foods, such as kimchi, yogurts, kombucha, miso, parmesan cheese, saurkraut and other fermented foods contain high levels of probiotics which helps with digestion. However, probiotics are also linked to an increased rate of weight loss.



## 46. Seeds

Chia seeds, pumpkin seeds or flaxseeds are nutrient-dense foods that help make you feel fuller, for longer periods of time. They also help increase the rate at which your body digests food.

## 47. Garlic, Onions and Hot Peppers

Onions and garlic both contain nutrients that speed up metabolism. Onions contain quercetin. Garlic contains allicin. And hot peppers contain capsaicin, which also boots energy and metabolism. All of these ingredients are shown to help the body work more efficiently when burning calories.



## 48. Regular Meals

Never let yourself get too hungry. Starving yourself will only make it worse. Plan your meals ahead of time making sure to incorporate all the good things that help you get slim and stay slim.

# Remove or reduce these bad food

These items can sabotage any efforts you've already made towards losing that belly fat. So as you add in the good stuff, make sure to focus on removing these items.



## 49. Processed Food

Although once viewed as convenient and easy to make, these foods are now thought to be one of the major contributors of modern day obesity. Train yourself to read labels and remove any food that has an ingredient you can't read.



## 50. Simple Carbohydrates

Limit good simple carbs, which includes fruits. Remove other simple carbs such as white flours and refined grains. These bad simple carbs can be found in items such as donuts, bagels, white pastas, white rice, cookies and biscuits.

## 51. Sugars

You will want to limit raw, natural sugars such as raw honey or rapadura. You will want to cut out all processed and white sugar, if possible. The latest research is showing us that too much sugar contributes to both weight gain and fat gain, which is often targeted in the abdominal region.



## 52. Portion Size

This is one of the biggest issues facing people with an abundance of belly fat. It's very easy to overestimate the amount of food a person needs. Start by halving any portions you normally would eat and make sure to eat slowly. You and your body will adjust quickly to a smaller portion.

## 53. Fast Food

Fast foods are a quadruple hit: too much fat, too much sugar, too much salt and too many calories. Remove fast food from your diet. If you do end up going out for lunch or dinner, pick something from the appetizer menu, the children's menu or offer to split your meal with someone else.



## 54. Convenience Food

This includes frozen meals or pre-made boxed dinners. Many convenience foods contain unhealthy fats and too many chemicals that our bodies simply cannot process efficiently. Remove as many convenience foods as possible.



## 55. Soft Drinks

Consuming these types of drinks will almost certainly make it difficult to lose belly fat. They are simply empty calories and have little to no nutritional value.

## 56. Alcohol

The "beer belly" got its name honestly. Too much alcohol can definitely contribute to a larger waistline. Remove alcohol altogether if you're in a fat loss mode. Once you hit your target size, you can start to add back in a little bit of alcohol, but keep it minimal.



## 57. Snacks

Snacks can easily ruin an otherwise great diet plan. Although it's normal to get hungry between meals, it's also best to simply grab a few almonds or a small apple as opposed to a bag out of the vending machine. Almonds and apples are both high in fibre, which can help you feel full.

## 58. Trans Fat

Studies have shown that Trans fats contribute to higher level of belly fat. In fact, it is proven they can actually redistribute fat from other areas of the body to the belly region. To find these types of fats on a label look for words such as shortening or hydrogenated oils and if you find them, put that item back on the shelf.



## 59. Soy

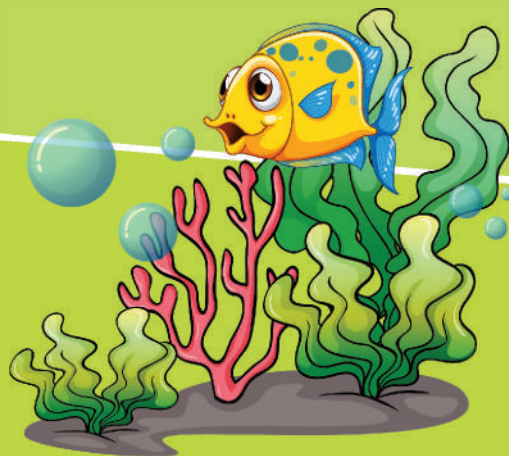
Although once thought to be healthy, studies are now showing us that soy can increase oestrogen levels, which contribute to a larger layer of fatty tissue around the waist and on the hips.

# Herbs and Supplements

It's always a good idea to get your nutrients from food choices. However, this is not always possible. There are times your body either needs or could make good use of some extra nutrition in the form of supplements.

## 60. Sea Weed

Adding in seaweed, such as kelp, spirulina and chlorella, has been shown to block fat absorption by up to 33%. These can be taken as a powder mixed in water or can be purchased in flat leaves that you can snack on.



## 61. Vitamin C

This vitamin helps the body properly burn fat stores. Since many people do not get enough vitamin C in their diet, it helps to add this in through a supplement.

## 62. Magnesium

This mineral helps the body properly metabolize sugars through the regulation of insulin. When sugar is not being regulated properly, the body tends to store fat around the abdomen.



## 63. L-GLUTAMINE

This is an amino acid necessary for the body to properly build muscles. When the body is building muscle, it is using energy and burning calories at a higher rate than when the body is not building muscle.

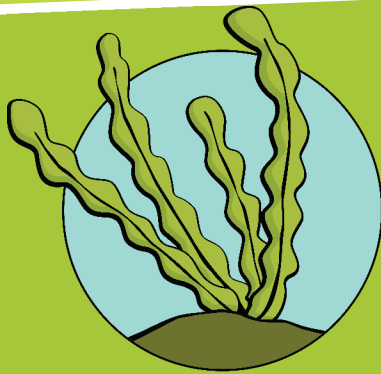


## 64. Apple Cider Viegar

Naturally fermented apple cider vinegar helps the body properly digest protein. When protein is digested effectively, it makes certain hormones - including the growth hormone – work better, which in turn burns more stored fat and reduces

## 65. B-Vitamins

One of the B-Vitamins, B12 is known to metabolize fat. Choline, another B-Vitamin helps to transport fat through the body. The other B-Vitamins, including inositol, help to process toxins in the body and assist the liver in flushing them.

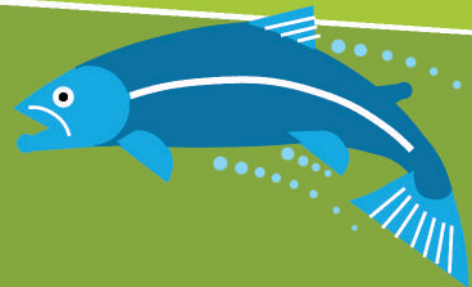


## 66. Fucoxanthin

This is a carotenoid that is derived from a type of seaweed. This carotenoid has been shown to prevent fat absorption. In fact, study participants who take fucoxanthin lost more than 6.5 kilograms more than the control group who did not add this to their diet.

## 67. Omega-3

These are a type of fatty acids. Contrary to conventional belief, eating fat does not make you fat. In fact, adding healthy fats has been shown to help reduce the fat around the belly, on the hips and under the arms.



# EMOTIONAL WELLBEING

You know that adding exercise and modifying your diet can make a huge difference in reducing the amount of fat you are storing at your waistline. But you must also look at your emotional and mental wellbeing as your attitude and your persistence are a big key to success. In addition, it has long been proven that emotions can also contribute to how much fat the body stores, even for those exercising and following a healthy diet.

*Change your mind to change your body*



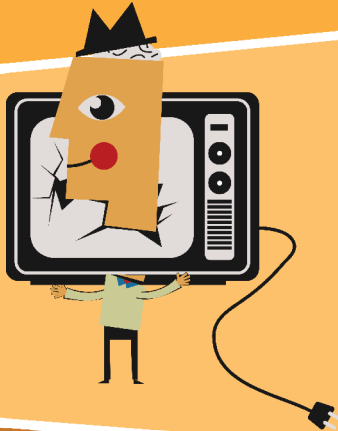


## 68. Reduce Stress

Most people know that additional stress in your life can cause emotional over-eating. However, what you might not know is that additional stress can slow down your metabolic rate, which causes an increase in fat storage.

## 69. Get Enough Sleep

Sleep studies show that people who do not get enough sleep will experience higher levels of weight gain than those who make sleep a priority. Make sure to get enough sleep every night and make sure to stay on a regular sleep schedule.



## 70. Turn Off the TV

Too many people believe that sitting in front of the TV is a good leisure activity. Unfortunately, it's considered passive leisure. You should incorporate active leisure into your life, which not only provides quality activity, but also encourages your body to produce energy. Active leisure causes weight loss.

## 71. Breathing

Properly regulating your breathing is important because it makes your exercise more effective. It also allows you to exercise longer and increases endurance. Proper breathing means breathing in deep full slow breaths and not shallow breaths.



## 72. Spiritual

Prayer and meditation are considered "mindful" activities. These activities help a person better value their body and their health. In turn, they can better focus on the decisions they are making in relation to dietary choices and exercise choices.



## 73. Stand Up Straight

Not only does proper posture reduce the appearance of a heavy belly, it also helps to build up and tone the muscles in the back and the abdomen.

## 74. Stop Emotional Eating

Being angry, sad, bored or stressed is not a good enough reason to reach for food. Although you may initially feel better after stuffing your face, your cost of emotional eating is enduring and not worth the initial satisfaction. When you reach for a snack, ask yourself if you're really hungry. If you're not, find something else to do.

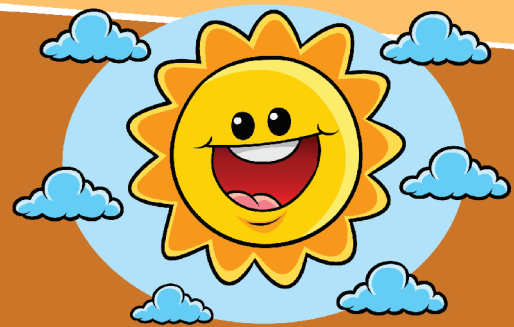


## 75. Educate Yourself

People who are better educated about fat loss tend to do better when losing the fat and keeping it off for good. This is because belly fat loss becomes a priority in your life, which causes you to make better choices both short-term and long-term.

## 76. Sunlight

Sunlight is a great way to get Vitamin D. Vitamin D is essential if you want to burn stored fat. You should get at least 15 minutes of sunlight every day to help your body function better.



## 77. Keep Track

There's an old saying – "If you don't know where you are, it's hard to get where you're going." Be diligent about keeping a food and activity diary as you might be surprised at how many empty calories you take in every day or how little exercise you really are doing. A diary helps you meet your goals.

## THE TIME IS NOW 78. Start NOW



It's easy to get into the habit of thinking that the best day to start a big project is tomorrow. Unfortunately, tomorrow often never gets here. If you want to lose belly fat, the best time to start changing your diet, adding in exercise and taking care of yourself, is right now.

## 79. Manage Your Goals

The goals you have today should not be the goals you have in six months. You should set goals that are able to meet with some work, but challenge you to move from where you are today. As you meet these, increase your goal so that you are continually positively challenged.



## 80. Small Steps

One study showed that people who made one small, yet permanent change each week lost twice as much belly fat as those who started a full-fledged diet and exercise program. Small changes incorporated over time can mean permanent changes.

## 81. Never Give Up

If you have more than just a bit of belly fat, there are times this is going to be hard. But if you follow our tips, in the end you will look in the mirror and love the changes you've made. Every journey includes hitting some road bumps, but that doesn't mean you stop. Prepare yourself for them, ride on over them and keep moving forward.



# CONCLUSIONS

When it comes to getting rid of belly fat for good, there are three ways you should approach it.

One is through exercise, which includes toning and sculpting the core muscles, adding overall muscle and incorporating cardio-vascular exercise.



Another is through better dietary choices. This means that you must include healthy, nutrient-dense foods, while at the same time, removing those foods that add little or no nutrition or contribute to fat storage.

The final approach is to take care of your emotions and prepare yourself mentally for this journey.



*"Success is the sum of small efforts,  
repeated day in and day out."*

Reducing belly fat can make you feel better and look better. But it also has a greater purpose. It can help you live a longer, higher-quality life. The bottom line is that you should strive to have a healthy body, because when you do you feel fresh, alive, and just overall better. And you are worth the effort.

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