

Lose Belly Fat: 4 Tips That Work

You can lose belly fat more easily than you might think. A determined person can actually lose quite a lot of abdominal fat in a short amount of time simply by following these steps:

1. Relax and de-stress everyday.

Researchers have found that when you're stressed your body creates several hormones that can increase your abdominal fat stores. If you have chronically high stress levels your body will continually pump these hormones into your bloodstream and the fat around your midsection will dramatically increase over time. To lose belly fat you have to find effective ways to lower your stress levels. Some of the best anti-stress techniques are deep-breathing, meditation, and "relaxing" exercise like yoga or bike riding. Practice one or more of these techniques everyday and you will notice a big difference.

2. Eat more healthy fats.

The vast majority of people simply don't get enough healthy fats in their diets, especially the vitally-important omega-3 fatty acids. Omega-3 fats have been shown to decrease fat-storing while increasing fat-burning. They may also be able to reduce stress hormones in your body. So if you want to lose belly fat you should be eating omega-3-rich foods -- like fish and flax seeds -- or taking a good omega-3 supplement every day.

3. Do some vigorous and "refreshing" exercise 3-4 times per week.

Nothing reduces stress or burns tummy fat like regular vigorous exercise. The trick is to find something you really enjoy and to not wear yourself out by trying to do too much too fast. If you hate running on a treadmill... don't do it! Training yourself to hate exercise is a big mistake that way too many people make. Instead, try speed walking, jogging or hiking outdoors. Buy a good bike and use it often. Play your favorite "vigorous" sport several times per week. You'll know you've found the right exercise to help you lose body fat when you feel more energized and refreshed after your workouts.

4. Try the Mediterranean Diet... or at least a "Mediterranean-style" diet.

Over and over again this natural diet has been shown to boost health, protect against chronic disease, and help reduce body fat levels. It works because it's high in antioxidant-rich fruits and vegetables as well as healthy fats like virgin olive oil and oily fish. At the same time it's low in "bad fats" and "bad carbs" -- especially processed foods. Even if you don't want to make a complete diet switch, it's extremely easy to incorporate delicious Mediterranean foods into your daily diet.

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About the Author

Jamie Clark is a long-time health researcher and article writer. If you'd like to learn more about healthy ways to lose body fat fast, be sure to visit <http://lose-belly-fat.blogspot.com/> for useful fat-burning news and articles.