

## Lose Belly Fat and Get the Ripped Abs you have Always Wanted

If you watch any TV at all, you might probably think that all you need is a simple machine purchased for 29.95 and you will lose belly fat and get into incredible shape with just a few minutes of work a day. Even better, you can lose belly fat by putting on a belt that will shock the fat off...I wish. Unfortunately, these products are designed more for the money they can pull from your wallet than the fat they can pull from your belly. To truly lose weight from your midsection and get the ripped abs you have always wanted, you need to change one thing...YOUR DIET.

Yep, it's true, your diet is the most important thing to pay attention to if you are looking to lose belly fat. Not exercise, not gimmicks you can buy off TV, NOTHING will help you as much as altering your diet will. While it's great to know what will get you there, you still have to make the commitment to truly make a change. Let's look at what it will take.

First of all, you may have heard that it is a good idea to eat small meals spaced evenly throughout the day. For instance, eating 5-6 small meals versus eating 3 larger ones. Well, it's true. The more times you eat throughout the day, the more your metabolism will kick in and work to burn calories. The more often it is working, the less likely calories will be stored as well.

Now, once you get that principle down and truly LIVE IT, now it is time to pay attention to what you eat for those 5-6 small meals. Rest assured that cake, cookies, soda, and ice cream are NOT on the list. These of course are empty calories and eating them in excess will cause spikes in blood sugar and can lead to your gaining weight and even more harmful maladies if continued. Since your goal is to lose belly fat, it is a good idea to limit these foods if you even eat them at all. Choosing high nutrient vegetables and fruits will help to satisfy your hunger throughout the day and give your body what it needs to operate optimally and opting for high quality protein sources of meat, chicken and fish will help support the growth and retention of muscle mass that will help to burn fat as well.

Additionally, you will want to add a combination of resistance exercise (weight lifting) and high intensity cardio training to your program as well. Lifting weights help to build muscle (which burns fat) and burn calories at the same time. High intensity exercise such as running or jumping rope will help you take your calorie burning to the next stage and help you quickly lose belly fat as well as overall body fat.

Trying to lose belly fat and get the ripped abs you have always wanted is not easy, but if you follow a consistent and thorough plan of action, you can make your midsection the envy of the beach before summertime even hits!