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# How To Lose Your Belly Fat

Many people struggle with stubborn belly fat. It is not easy to know how to lose your belly fat; achieving that takes time and effort. There is no simple solution, or perhaps there is - belly fat must be reduced pound by pound through exercise and diet, just as it was gained through eating. There are three fundamental elements in losing your belly fat: reduced calorie consumption, aerobic exercise, and abdominal exercises. Utilize these elements together to create an effective weight loss plan by following the steps below.

### Reduced Calorie Consumption

To start losing your belly fat, you need to adjust your diet. Forget the high fat, high calorie foods you usually consume. Clean out the pantry and refrigerator - get rid of those unhealthy convenience foods and replace them with low fat alternatives, fresh vegetables and fruit. Get rid of the full sugar content soda drinks. One can of soda contains up to 160 calories, drink four of those in a day and it constitutes over 600 calories... OUCH!!! If you must drink soda, at least make it diet soda! If you keep unhealthy foods around, you'll eat them. Consult your physician or personal trainer to identify an appropriate calorie intake that will foster weight loss. A reduced calorie diet will help prevent new belly fat from forming.

### Aerobic Exercise

The next step in losing your belly fat is beginning an aerobic exercise program. Aerobic exercise refers to any exercise that increases your heart rate. The faster your heart beats, the better. So find a heart thumping exercise you enjoy like jogging, dancing or skipping, and incorporate it into your daily routine. Change activities if you get bored easily. If you are trying to lose weight, aim to exercise for 30 minutes per day. The more aerobic exercise you do, the more fat will burn; it's a simple equation.

### Abdominal Exercises

Once your waistline starts shrinking, you should start a series of abdominal exercises such as crunches. These exercises will strengthen and tone your abdominal muscles and will also assist with burning further abdominal fat. You can perform abdominal exercises before you lose your belly fat, but you won't see your new tight muscles until you've lost the excess weight that is hiding them.

So if you are carrying some excess weight around your midline, you now know how to lose your belly fat. Take the time today to start working towards greater health. Consult your doctor for advice on how to develop a weight loss and exercise plan that suits your lifestyle. Incorporate aerobic exercise into your daily routine. As you lose weight, add some abdominal exercises. Do this and with time you can kiss your belly fat goodbye!

This post does not constitute medical advice nor should it be substituted for professional medical advice. This post titled "How to Lose Your Belly Fat" is intended for informational purposes only.

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