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How to Achieve Belly Fat Loss

Chances are if you require belly fat loss you probably also have to shed some pounds elsewhere as well.

Belly fat is probably one of the most embarrassing and unsightly places to have fat. What happens when you put your favorite jeans on? Your belly fat gets squished up and spills over the top of the jeans. This is known as a muffin top. That might sound cute but it's not a cute situation to be in.

Regrettably, belly fat loss is also the most challenging to achieve, second only to arm fat. You have to lose weight all over to lose weight on your tummy and the best way to accomplish that is to consume fewer calories than you burn each day.

Do yourself a favor. Start taking a thirty minute stroll everyday. If you can't manage thirty minutes the first week then work up to it. Walking is the best thing you can do for yourself. Walking improves lung and muscle function. Your heart will love you for it. Take a water bottle to stay hydrated particularly on hot days. You can lose a considerable amount of water and nutrients through sweating in thirty minutes if you're not careful.

Weight loss requires dedication to yourself but remaining motivated is challenging at times. If it were easy to stay motivated to lose weight, no one would be overweight. We'd all be ideal weight and looking fantastic.

It's up to you to figure out what might help you become and remain motivated. Everybody knows the consequences of being overweight and inactive. But it's one of those things that until it happens to you or someone you love, you stay complacent and believe it will never happen.

Of course, it can and will if you do not seize control now. There are a few aspects to losing weight, like consuming healthier foods, less junk, and getting lots of exercise. Believe it or not, for many individuals the inspiration to lose weight will frequently begin with discovering a work out you can live with. That's why I recommend starting with walking for thirty minutes a day. It's easy to stick to. You can always incorporate extra into a work out, but it pays to start simple. I can simply be a matter of walking to the store for bread and milk instead of driving, or taking the dog for a walk. And, of course, walking requires no special equipment.

Another good way stay motivated is to exercise with a friend. You could take a class together, join a gym, or just go for walks. Having a buddy can make all the difference. Also, having an exercise partner makes you answerable to someone which tends to encourage responsibility in your exercise habits.

One thing you shouldn't do is create pressure by setting an unrealistic time frame, or an unrealistic weight goal. It's a bit silly to aim to lose 20 lbs in four weeks. Doing so is just setting yourself up for failure. So don't wait until a few weeks before a wedding or holiday or you may become disillusioned with weight loss and quite trying. Simply make a pledge to yourself to become healthy, that's the best motivation to lose weight. Just remember, to achieve belly fat loss, you need to lose fat all over.

You can also find this article published on [How to Achieve Belly Fat Loss](#), and on the tag pages [Weight Loss Exercises](#).