

BELLY FAT - GET RID OF IT

A lot of people complain about being overweight around the waist and the tummy, and try various diets to lose the extra bulging weight. What you should know is that there is no diet, miracle food, medications or herb that will cause your body to lose fat in just one place versus another.

Only when you lose weight healthily, will you lose weight from all areas of your body including your abdominal fat. And the best way for you to lose weight consistently and keep it off is to combine a nutritious diet full of healthy foods with a properly designed exercise programme that will help you reduce body fat and target your abdominal fat.

To follow a healthy and balanced diet plan, you should consult with a Nutritionist or Dietician who can prepare a specific diet plan for you according to your weight, height, age and general health.

A FEW RECOMMENDATIONS FOR A HEALTHY WEIGHT LOSS ARE LISTED BELOW

1. Consume a diet high in fibre such as wholegrain cereals, whole- wheat bread and brown rice and legumes such as chickpeas and lentils.
2. Eat at least five different servings of fruits and vegetables every day.
3. Choose low-fat varieties of milk, cheese, and yogurt.
4. Choose low-fat meats such as extra-lean minced beef and skinless chicken and don't add extra fat when cooking them.
5. Limit the heavy toppings such as butter, cream cheese and oil-based dressings as well as fewer fatty, sugary, salty and processed foods.

In addition to a healthy diet, exercising at the gym and consulting with a sports instructor will help as he will know the proper workout for you.

SOME HELPFUL EXERCISES ARE MENTIONED BELOW

Exercise 1: After your aerobic/cardio workout such as walking briskly, jogging or cycling for at least 30 minutes, lie on your back on a flat surface on a floor mat and move your legs as if you are cycling. Do 3 sets of 20. This workout tones the tummy area. If you have lower back pain, you can put your hands underneath your buttocks to support your back.

Exercise 2: Use a Swiss ball for better abdominal workout that gives you a great balance and lets you concentrate on your core muscles with less pressure on the back. Lie on the ball with your legs at 90 degrees and your feet on the floor; your hands behind your ears, arch your back towards the floor and then raise your upper body towards your knees. Keep your head towards the ceiling and do not to apply pressure on your neck. Make sure to exhale on your way up and inhale on your way down. You can do 3 sets of 20 repetitions and a 30-40 second break between each set.

Exercise 3: Lie on your back on a flat surface on a floor mat and raise your legs such that they are vertical with the floor. Lift your hips in the air slightly, hold for 5-10 seconds. Do 5 sets of 15 repetitions. This workout tones the lower tummy area.

Exercise 4: Lie on your back on a carpeted floor with your hands behind your head. Raise your upper body towards your knees. Hold for 2 seconds, and then return to the starting position. Do 5 sets of 15 repetitions. You should know that it's not difficult to lose weight; with sufficient efforts invested in proper exercise, following a healthy diet and thinking positively, you can achieve your target.