

*7 Straight  
Forward Tips  
to  
Lose Belly Fat*



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For many people who are unsatisfied with the appearance of their bodies, losing weight isn't the difficulty. The difficulty lies in trying to [lose belly fat](#). This can be a particularly difficult area to slim down if you don't know how. Fortunately there are easy ways to do this, and by following these seven tips, losing stomach fat can be easy.

## Tip No.1

**Take a look at your diet.** In order to [lose stomach fat](#), it's important to eat a [balanced diet](#), rather than to "diet". Your body needs a certain blend of nutrients that can only be achieved by a healthy diet that includes whole grains, fruits and vegetables, calcium rich foods and even good fats.



## Tip No.2

Make sure you are getting the right amount of vitamins and minerals. There are lots of vitamin and mineral supplements out there that experts claim will help you [lose belly fat](#), but a better way to get these nutrients is through a healthy diet. Before starting any supplement that claims to reduce tummy fat, follow tip #6.



## Tip No.3

**Exercise.** This tip should come as no surprise, as the main cause of stomach fat is a sedentary lifestyle. In order to [lose stomach fat](#), get 30 minutes to an hour of [cardio exercise](#) per day, and strength train three to five times a week. Increased muscle will lead to increased metabolism, which will burn fat more efficiently. Once you begin to [lose your belly fat](#), the effects of abdominal training will start to become evident.



#### Tip No.4

**Destress your life.** Stress is known to cause increases in weight, especially belly fat. While a healthier overall lifestyle that includes a balanced diet and regular exercise will naturally lower your stress levels, there are other things that will help you lose belly fat. Take time for yourself and your interests, and monitor your stress levels.



## Tip No.5

**Kick alcohol and smoking out of your life.** While we are on the subject of stress, the toxins in [cigarettes](#) and [alcohol](#) are scientifically proven to stimulate the natural [stress](#) response in your body. Not only is cutting cigarettes and alcohol out of your diet part of a healthy lifestyle, but it also helps you [lose tummy fat](#) by reducing stress.



## Tip No.6

**Follow your doctor's advice.** A powerful ally in the battle to [lose belly fat](#) is your doctor. He or she can help you create a plan for a healthier lifestyle, as well as rule out any medical conditions for your excess weight. The support of your doctor and the support of a weight loss group can prove to be the difference between failure and success.



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