

*Five 5 Easy Steps  
to Stay  
Mentally Focused  
to  
Lose Belly Fat*



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Belly fat seems to be everybody's concern today. For one of the most obvious reasons, it makes our bodies look unshapely. It can be very unsightly to see excess fat on your stomach area, emphasizing that less than appealing beer belly.

Many years ago if a woman had a large tummy it was thought she was pregnant or had cysts on her ovaries, which meant that she was not available or good to mate with. For a man with a large stomach it meant that he had feminine qualities, which didn't make him a good choice to mate with either.

Excess abdominal fat increases our risk for cardiovascular diseases. If we have a very rich fat deposit in our body, we run the risk of increasing our bad cholesterol in our blood and it might cause harmful physical and/or physiological conditions.

Now, the best thing to do in this scenario is to prevent such conditions from happening to us, rather than waiting passively for the first signs to appear before doing something about it.

Have you ever been looking for the best and most effective ways to [lose belly fat fast](#) without the risk of relapse?

There are lots of ways to lose the excess bulge, from crash [dieting](#) techniques to fad work out [exercises](#).

But how do you keep yourself mentally focused to achieve your goal?

Here, we will share some tips on how to do just that.

## Let's look at ways to help you stay focused when you want to lose belly fat.

### 1. Focus on the positive effects of your health regimen for your overall physiological wellbeing.

Remember that it is never a burden to do something for your own benefit. The road to a healthy body is a healthy [diet](#) and constant [exercise](#). If you want to [lose belly fat](#), you should acknowledge that beyond the aesthetic purpose of your so-called sacrifice, you also help your body achieve its optimal healthy state.

### 2. Count your food's calories and read the nutritional fact sheet on the label.

Excess [calories](#) (all forms of simple sugar) that you don't get to burn, build up in your belly area, causing them to be stored there for a while. Counting the [calories](#) on the label of your food is a very helpful practice if you really want to be strict on your diet.

Nutrition Facts / Valeurs nutritives	
Per 1/2 package (85 g) / pour 1/2 emballage	
1/2 package prepared / 1/2 emballage préparé	
Amount / Teneur	% Daily Value
Calories / Calories	
Fat / Lipides 4.5 g*	
Saturates / saturés 2.5 g + Trans / trans 0.2 g	
Cholesterol / Cholestérol 15 mg	
Sodium / Sodium 870 mg	
Carbohydrate / Glucides 55 g	
Fibre / Fibres 3 g	
Sugars / Sucres	

**3. Stay away from the processed foods aisle in the grocery store. Instead, head to the fresh foods section first.**

Nothing beats fresh fruits and vegetables. The less processed your food is, the healthier it is for your body. If you want to [lose belly fat](#), always keep in mind this very helpful bit of information in mind.



**4. Seek the help of a medical professional such as a dietician to coach you throughout the process.**

After some time, it gets difficult to sustain the level of commitment that you require for your [diet](#) and [exercises](#). Having a dietician or a health coach beside you makes it easier for you to keep track of your progress. They can encourage you with more reasons why you should stick with your diet plan and provide you with better plans and tips.

**5. Look for an exercise buddy.**

It is always easier to achieve things when other people are there to support you. An [exercise](#) buddy or trainer would do just that. Not only would you be more determined to finish and reach your goal, it would also be a good avenue to foster good relationships between you and this friend.

