

13 Belly Fat Burning Challenge Tips



By KR Goswami

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Scientifically Proven Tips

Burning the belly fat is not easy but if you want to take challenge here are some scientifically proven tips. If your belly is 1:1 its ok gentleman, but not advisable for ladies. I did not like a motivational speaker on stage because he had protruding belly. My middle distance running coach did not inspire me much because he must have not worked out and his stomach looked uglier to due induced fats. You may be a caring mother or loving father but if you are ailing due to extra fats, how can you inspire your children to be healthy and happy? Have you seen yourself in the mirror without upper cloths on your body? Its not that you look ugly but your body languages also make you shabby and your speech also may express a foolish zombie if your stomach is bulging out. You are disliked by most of your friends and relatives although they may not tell you face by face. Here are amazing tips for you..



Step 1

Warm Water

1. Start taking look worm water and take it sip by sip just like your food. Never take the liquid during standing position, always take water or liquid in sitting position. One of my doctor friend said, "We should always take food just like liquid and liquid just like food!"



Step 2

Aerobic exercises

These are few of the best ways to reduce tummy fat. It is said that physical activity contributes to only 30% in weight loss. The remaining aid of 70% weight reduction (including belly fat reduction) is by the dietary plan.





Step 3

Yoga And Meditation

During your victory hours i.e. 5am to 7 am in the morning, take up some yoga exercise and meditate at least for 5 minutes to make you physically and emotionally fit. This may withstand your body and mind for forth coming stresses which may be induced during rest of your day. Surya Namaskar is the best yoga asana for all age groups to perform to have a fit healthy life!





Step 4

Brisk Walk

At least 40 minutes simple walking thrice a week is adequate. A brisk walk may be an added advantage. My coach always said, "Jog if you can not run. Walk if you can not jog. Crawl if you can not walk but for heavens sake, do not skip your day without sweat."





Step 5

Lamon Water

Make habit of taking lemon water at least twice a day. Avoid sugar in it and add black salt as per taste. The vitamin C is vital for burning not only extra fats but also useful to increase chances of weight loss and boosts metabolism.



Step 6

Avoid Sugar and Sweetened Drinks

Various studies have indicated that excess sugar, mostly due to the large amounts of fructose lead to fat building up around abdomen and liver. Check the contents in product to make sure those do not contain refined sugars. Even foods marketed as health foods can contain significant amounts of sugar.





Step 7

Prefer the food which contains plenty of fibres.

Mostly the soluble and viscous fibbers have an effect on your weight. The best way to get more fibres is to eat a lot of plant foods, including vegetables and fruit.





Step 8

Gym and Weight Training Exercises

You may opt for the gym and the best routine for the gym is one that is flexible with your schedule and you actually enjoy. Contribute greatly to your ability to be consistent with your workouts. Consistency with your workouts and progressing as you perform them is what will lead to results. If you want to build strength, you'll want a program that is strength specific for the lifts you want to improve such as the bench press, squat and deadlift.





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