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# FLAT BELLY BENEFITS AND TIPS



## Flat Belly Benefits and Tips

When it comes to the struggle of weight gain, one area most men and women alike are concerned with is their stomach. Belly fat can be unsightly, difficult in terms of fitting into clothes you like, and a true health hazard as well.

While you can't specifically target one area of your body to lose weight in, there are strategies you can implement that helps the bloat in your belly deflate. This can happen through a mix of specific nutrition and exercise plans.

### The Many Health Dangers of Harboring Belly Fat

There's good fat and bad fat when it comes to the fat you have in your body. Brown fat is helpful with thermogenesis in your body, assisting you in burning calories. But it's typically stored around your neck and shoulder area.

The fat in your midsection is what's known as white fat (it actually appears yellow, though). This is the kind of fat that accumulates around your body, including the stomach.

A little of it is helpful – it insulates your major organs. But when you overdo it and accumulate too much of this type of fat, problems start to appear. It becomes too much for your body to handle.

Obesity with white fat contributes to diabetes and heart disease as well as cancer and other issues such as sleep apnea. So you want to whittle down your fat deposits and keep your midsection free and clear of this burden.

When it gets out of control, it's no longer an insulation for your organs, but something that essentially strangles them. People who struggle with belly fat include both men and women, primarily as they get older.

Middle age makes it harder to shed the fat around your midsection. Your genes may play a role, too. In fact, some people call a woman's belly fat during middle age, a menopot belly – for menopausal belly fat.

You're not resigned to live with belly fat forever, though. You have the power to control how much fat is stored around your midsection, but you have to be willing to take action to make that happen.

What you need to do is analyze your waist to see whether or not belly fat is a real problem for you. You don't have to have washboard abs to have a healthy stomach. But if it's bulging, it's a sign that you need to work on this area for your health.

If you're a woman, studies show that belly fat might pose a greater cardiovascular risk for you if you're harboring fat deposits around the middle section of your body. Make sure that regardless of your gender and age, you take measurements and see where you stand – don't just go by what you see in the mirror.

There are some people who consider themselves skinny who struggle with fat only around their midsection. So no one is immune to this kind of physical fitness dilemma. Some just have a proactive way of addressing it.

## **Belly Fat Is Unsightly and Embarrassing for Many**

Belly fat may be a health hazard, but for many people, it's one of the things that decimates their self-esteem, causing them to dress in oversized clothes that hide their figure.

You don't want to have to live with a stomach that makes you embarrassed. This is a problem for people in different situations. Some people hate having to shop in plus-size stores and buy clothes they feel don't flatter their figure.

Some hate the muffin top that a fat belly creates. You can have a flattering figure above the waist, and even toned legs, but if your belly hangs over your pants, it can make you feel uneasy and ashamed.

If people have issues when they're fully clothed, you can imagine how they feel when they're not. Besides intimacy issues it can create with a spouse or significant other, even going to the beach in a bikini or one piece can be traumatic.

Aside from being unsightly, belly fat can be very uncomfortable. The stuffed, bloated feeling you get when there's just no more room for the food you're taking in can cause cramps, acid reflux, and discomfort in other ways.

Belly fat is jokingly called a spare tire or love handles. But for many, there's nothing more serious than their desire to get rid of this unsightly (and dangerous) accumulation of fat in their body.

There are many ways you can do this, but you have to first create the mindset that you're going to approach this as a health condition that must be eradicated for your well-being.

You can create a plan that works best according to how much you have to lose, what's causing your belly fat, and personal preferences on how to tackle it. For example, if you drink beer every day, you might consider eliminating those extra calories to help whittle down your waist.

Everyone's body will respond differently to certain tactics, so don't be afraid to try different things until something works best for you. You might even try a combination of ideas to make the pounds fall off faster.

## **Watching Your Calories and Carbs to Cut Belly Fat**

The calories you take in are sure to contribute to your obesity, if you're struggling with extra weight around the middle of your body. If you're free-eating all day, snacking incessantly, it can be difficult to track just how much you're consuming.

You want to begin taking in fewer calories than your body is burning so that your body begins burning fat all around your body, including your stomach area. A pound of fat is equal to 3,500 calories.

So in order to lose one pound of fat per week, you'd need to cut that over the course of a week. Shaving 500 calories a day off your diet could be the difference between getting a small drink instead of a large one when you order fast food.

Or, if your diet is already pretty tight, you might have to do a little more careful nutrition planning to find ways you can eliminate those 500 calories per day. If you want to lose 2 pounds of fat per week, you'd have to cut 1,000 calories a day.

This sounds like a lot, but many people who are struggling with a bunch of belly fat eat thousands of calories per day, so this could be as simple as cutting out snacks or making a few healthier choices.

If you want to work on it long-term, you can figure out how long you want to give yourself and calculate it from there. For example, if you want to give yourself a year to cut 25 pounds, then you'd need to cut 87,500 calories that year to achieve your goal.

That equates to cutting out about 240 calories per day. That's not hard to do. You could go without that Snickers bar you routinely have after lunch and achieve that one goal. But it all depends on how fast and how much you want to lose.

You might also want to consider watching your carb count when it comes to losing fat around the middle. Many of these refined carbs like white breads and sugars pack on the fat in your body because they're high in calories, too.

You don't get the satiated feeling like you would eating a meal packed with whole grains, protein or fiber. Instead, sugary foods leave you hungry shortly after eating them, and if you're using them for energy, it won't last, causing a crash where you crave even more of them.

To help you lose belly fat, consider sticking to anywhere from 50-150 carbs per day. If you want to attack the fat quickly, you can even adhere to a keto diet and go for net 20 carbs daily.

## **Increase Cardio for Increased Burning of Belly Fat**

Nothing helps you burn belly fat when it comes to exercise as cardio does. Cranking up the internal thermometer in your fat burning body is essential to melting the pounds away.

Fortunately, there are many ways you can perform cardio. You can aerobic exercise that burns the most calories for the amount of time you put into your workouts. You want to assess your body to see how much it can take.

For example, someone with severe obesity and joint pain wouldn't do well running on a track. But they would do well using a stationary bike, and even being able to apply resistance on the bike.

They could also do swimming exercises without suffering during their workout. Even though you don't see the same type of intense, sweaty workout, it doesn't mean your body isn't performing well to assist you in burning belly fat.

You can start by picking something you're both capable of and that you enjoy doing. Some people love to incorporate simple walking, jogging or running routines into their day.

Not only does it help burn body fat, but getting out in nature is a refreshing mental escape from the 9-5 grind. You can put in your earphones and listen to music or an audiobook and stroll in an area that brings you peace.

You can also join a gym or order equipment for your home that allows you to do things like an elliptical or rowing machine. These machines burn a lot of calories during your workout and help you shed belly fat easily.

You can also do other things for cardio, such as jumping rope, walking up the stairs, boxing and more. You may want to introduce yourself to a high intensity interval training routine, too.

Ideally you want to adhere to a workout regimen consistently and with as much endurance as possible. The longer you go, the better. Some say you can do shorter workouts, as long as you increase the intensity.

It's not all about cardio, though. Strength training and building muscle helps burn fat, too. It's even more important for those who are middle aged or older, because as you age, you lose muscle mass.

That means your ability to burn calories decreases, so it's important to build a physique that is capable of taking the calories you consume and preventing them from being turned into stagnant fat that spreads across your body.

## What Is Okinawa Flat Belly Tonic?

There are times when, no matter how much effort you put into it, the weight is stubbornly not coming off. This happens to those, especially over the age of 30. If this resembles your situation, you may want to try a supplement to help give you a boost.

The Okinawa Flat Belly Tonic is a supplement based on a Japanese tonic. This is not a pill, but rather a liquid supplement that's easy to consume. This tonic is said to help people curb their cravings.

It offers a sense of satiety that many supplements don't provide. Plus, the body gets the nutrients it needs from this breakfast tonic to help keep you healthy and performing to the best of your abilities.

You simply consume the Okinawa tonic before 10 o'clock in the morning and it helps activate a fat burning hormone in your body. This can help you without adding any exercise or dietary changes, but of course if you combine all aspects of these fat burning activities, you'll see success that much sooner.

This tonic is said to destroy fat cells by shrinking them, so they don't contribute to unsightly pounds around your midsection. The fat-burning hormone is helps is called adiponectin, which helps clear out the toxins in your gut.

There are other things you can do to ensure you're not burdened with a fat belly. Even getting enough sleep can affect how well your body is capable of controlling your weight.

You want to be mindful about everything you're doing to help or hurt your physical health. It's not just about what you put in your body or how much you move. It's a total mental and physical approach that supports your body in its natural quest to stay fit and functional.

When it comes to achieving your health goals, nothing is more important than trimming the fat from your body. Excess fat contributes to so many health problems, mobility complications, and confidence issues.

The sooner you can chip away at it, the more you'll begin to see that you're freeing yourself up for the life you deserve to live. One with fewer health difficulties and an increased sense of self.

This is also a wonder baseline for you to work with that's less confusing and intimidating than measuring your entire body and tracking all stats. Start with your belly. Focus your efforts on trimming and toning it with a multi-pronged approach that works for you.