

How To Lose Body Fat And Get In Shape

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By Matt Chang

Here's how to lose your belly fat fast. I'm going to give you 2 exercises that you should do daily. They don't require much of your time. Besides that, I'll show you a trick on how to do these so that you save some time. Take the next 2 minutes to read this article so that you can get rid of your stomach fat quickly.

The easiest exercise that fulfills the criteria would be to jump rope. Try to do this for 2 minutes and be careful so that you do not land badly on your feet. Besides that, you could also do a simple exercise by slowly squatting down with your head forward and in one movement push your leg back and out, ending with a push up position.

This is called the squat thrust to push up. When you are in push up position, perform a push up and jump back to squat position and stand up. That would be one rotation. Repeat these for 2 or 3 minutes.

These 2 sets of exercises can be performed repeatedly in order to see the effect. Of course, besides having a good routine, the correct food would certainly boost the speed of your weight losing process. Try to consume low calorie food at the same time avoid fast food and oily food.

Practice healthy diet by including lots of fresh fruits and vegetables into your daily balanced diet. A normal 2 servings of fruits and 5 servings of vegetables are recommended. Drink a lot of water to replace your lost water and electrolytes.

Generally, practice healthy diet and lifestyle in order to see the effect quickly. Once you managed to shed some pounds, you have to work harder or at least maintain the effort to be able to shed additional weight.

This is a quick way to drop inches from your belly within weeks. All you do is suck in your tummy and hold the tension for a few seconds (3-5 is ideal). Do this a bunch of times for a total of no less than 5 minutes everyday. Before you start this, I want you to measure your waist.

While many of us believe that sit ups are the best option to work out the fat on the stomach area, the real fact is that cardio exercises such as walking & swimming target the entire body weight as a whole and that is why these are quite effective. Other cardio exercises that are helpful in reducing the fat deposits are crunches, etc.

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Weight Loss

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