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## 2 ways to a flat belly

Posted by Aaronmac - 2009/12/22 14:07

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Okay, listen up! You want a flat belly, don't you? I am sure that these different ways will help you lose that extra weight you have been complaining for a while ago now. I have no magical tricks to make the belly fat disappear but some different ways that will help you be a healthier person and I am sure you will feel happier with yourself and with the results of hard work; YES you heard well!! HARD WORK! It is very easy to gain belly fat but it is very hard to lose it so my first advice is:

1- Be careful with what you eat: To most of people food goes to belly so the healthiest you eat the better for you. Chips, sodas, cookies, chocolates: what are they? FAT to your belly so avoid taking them. Be healthy and have snacks between meals. It will definitely help you avoid eating extra food. Take water instead of any kind of sugar or sodas and include vegetables and fruits in your daily diet. It is very important to do so since there will be more nutrients for your body and much less to convert to fat.

2- Exercise: weight lifting is so helpful to decrease the body fat, and it is important for the belly fat as well. Try to lift weight at least 2 or 3 times a day and also do some cardio exercises that will help you burn fat easier. Exercise is important since want it or not your organism will always store fat in your body.

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## Re:2 ways to a flat belly

Posted by Vega - 2010/03/03 06:48

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The thing to remember is that when you gain weight, the first place you gain weight is in your belly, thighs and butt. These places are also the last and most difficult areas to lose weight. As far as exercise, any cardio like walking or jogging will help to burn calories and lose weight.

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## Re:2 ways to a flat belly

Posted by lizagill - 2010/03/05 02:47

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I always love to learn more about natural treatment for medical conditions.Thanks for information.

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## Re:2 ways to a flat belly

Posted by hari001 - 2010/03/19 02:24

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Hi,

Jimmy this side from Arizona. This is a wonderful opinion. The things mentioned are unanimous and needs to be appreciated by everyone.

Thanks  
Jimmy

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## Re:2 ways to a flat belly

Posted by kelly\_s - 2010/07/09 10:17

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Great tips. I definitely think that exercise and diet are 2 great ways to lose weight. I have achieved good results by jogging regularly and using Bistro MD diet food recommended by my trainer. Jogging burns a lot of calories. Bistro MD diet food worked really well too. Its low on calories, tastes good and they even deliver to my place.

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