

Discover The Simple Tips to Cure Your Belly Fat Problem



7 Shortcuts

To Destroy belly Fat

How to Destroy Belly Fat Instantly and Naturally

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Introduction

As you know, obesity can potentially be fatal, which is why it's so important for us to get our weight under control as quickly as we possibly can.

The sooner we act, the longer we will hopefully live. If you're serious about losing weight, it's vital that you stick with the plan for the long-haul.

There are no shortcuts when it comes to losing weight, nor are there any quick fixes. If you're serious about losing weight, it's important to set yourself goals. Goal setting however, is easier said than done. To stick to your goals, you need to ensure that you are motivated and driven.

“Weight loss is not a physical challenge. It's a mental one.”

Before you even set any weight loss goals it's time for a reality check. Here are a few things you need to know and be aware of.

- Losing 1 or 2 pounds of fat a week is normal.
- The more overweight you are, the more fat you will lose in the initial stages. As you progress, your weight loss results will start tapering down.
- There may be a week or two when the numbers on the scale just don't change... or might even go up a pound.
- Your caloric deficit is the most important factor.
- It takes time to lose weight.

Now that we've got that out of the way, here's a look at how to set goals and stay motivated.

Set realistic goals – When losing weight, the temptation is always there to set yourself an outrageous weight loss goal in a bid to help keep yourself driven and focussed.

At first this technique may prove beneficial, but as time goes by and reality sets in, you'll begin to realise that, actually, the goals you set are not really viable.

Losing 3 pounds in a week for example, is quite tough, but it is realistic. Setting a goal of losing 10 pounds in a week though, is not realistic or practical. If for example, you lost 4 pounds that week, ordinarily that would be an extraordinary loss. Because you set a goal of 10, as you would be 6 pounds light, you'd view it as a failure.

This would then result in you adopting much more of a negative mindset. When you set weight loss goals, always be realistic.

Visualise –When we attempt to lose weight and get in shape, we will experience highs and lows.

Some days we'll find ourselves full of energy and motivation, and ready to tackle whatever the day throws at us. Other days however, we find ourselves tired, unmotivated, and questioning why we're even bothering.

When you feel like this, visualise your goals and targets and remember why you're losing weight in the first place. Visualise yourself leaner, fitter, healthier, and happier and focus on how much better you will look and feel.

Make small goals and meet them. Once you start cleaning up your diet and eating wholesome, nutritious food, your goal can be to slowly eliminate the detrimental foods over time.

As far as your training regimen goes, your goal may be to get to the gym 3 or 4 times a week or walk daily. It doesn't have to be

huge goals. Aim for ones that you can manage and each week, make small improvements.

While we've just introduced setting goals & motivation, the real work is about to begin. In the next part we will look at 7 shortcuts to drop fat quickly, easily & permanently!

7 Shortcuts

The goal of losing weight once and for all is definitely achievable. Some people may take longer than others but know that countless of ordinary, everyday people have been able to shed the excess weight and never put it back on.

Whatever the case may be, if you follow the steps in this short, easy to follow guide, you will lose weight. These are simple steps that anyone can follow.

The changes are gradual and will not require you to suffer just to lose weight. As long as your compliance rate is at 90 percent, positive results are inevitable.

Read and apply.

Shortcut 1–30 Minutes of Fasted Cardio

This is a very simple tip to follow but it makes a world of difference. When you wake up in the morning, your body is in a fasted state. Your body's glycogen levels will be low and it will burn fat for fuel since there is no food present in your stomach.

You should aim to walk briskly for 20 to 30 minutes upon waking on an empty stomach. The intensity doesn't have to be high. In fact, you should be able to hold a conversation while walking but it should also be fast enough for you to break a sweat after 10 minutes.

During these 30 minutes, your body will be burning fat from its fat stores. When done daily over a period of 10 weeks, you would have lost a significant amount of weight just through this method alone.

If you have other exercise programs that involve HIIT training, etc. then you may not need to use this tip. However, if you do

have the time and wish to get faster results, a 30 minute walk to start your day is always a good idea.

Shortcut 2 – Consume Water Before Meals

One of the biggest problems that most people face when trying to lose weight is curbing their diet. The brain takes about 20 to 30 minutes to register that the stomach is full.

Because of this delay, many people carry on eating even when they've eaten their fill. They do not realize that their hunger has been satiated.

People who are overweight generally tend to overeat too. This will slow down your progress or even bring it to a halt if you're trying to lose weight.

One of the best tricks to follow is to drink a glass or two of water before any meal. The water will fill your stomach to a certain extent. Once you start eating, your brain will register that you're full much quicker and you will eat less.

Sometimes people mistakenly think that they're hungry when in reality, they're thirsty. It happens and you might notice that you lose your hunger once you've drunk water. This is the reason why.

Shortcut 3 – Limit Your Carb Intake

If you neglected all the tips in this short report and just adopted this tip, you would lose the 10 pounds in no time at all.

Many people are carb sensitive. When you consume simple carbs like white bread, pasta, white rice, etc. your blood sugar levels get spiked.

Your body releases insulin to cope with this. When this happens often, your body becomes insulin insensitive and body releases more insulin to cope with the blood sugar levels.

Insulin starts off a chain of processes in the body that cause it to store more fat. As a result, you keep getting fatter even though you're eating the same amount.

This is the reason why some people say that eating a slice of cake adds 20 pounds to their body. While this is an exaggeration, there is some truth to it.

The insulin insensitivity of the body causes it to store fat more often and more easily.

Aim to consume no more than 50 grams of carbs for 3 to 4 days in a row. After this restrictive carb diet, have one carb day where you eat carbs normally throughout the day.

Follow that with another 3 to 4 days of minimal carbs. This is known as carb cycling and it's a technique employed by fitness models throughout the year to stay lean.

If you are obese or overweight, you may wish to go for 5 or six days without carbs and have 1 carb re-feed day after this period. You must monitor your body's progress and see what works for you.

Shortcut 4 – Get Your Dose of Coconut Oil

This little tip is a gem that many people do not know about. Coconut oil has received a bad rep for years because people were saying that it caused high cholesterol levels and other health problems.

The truth is that coconut oil is one of the most beneficial foods that you can consume. Try and consume 1 tablespoon of pure coconut oil once a day.

This is the type of good fat and good cholesterol that the body needs. Coconut oil is just as potent as extra virgin olive oil.

The body needs to eat fat for it to lose fat. If you reduce your intake of fat drastically, the body will panic and stubbornly retain its fat stores as a means of self-preservation.

By consuming some coconut oil daily, your body will realize that it is getting a daily dose of fat. This will encourage it to burn its fat stores more readily and you will lose weight faster.

Shortcut 5– Do HIIT Workouts Twice a Week

If you've been exercising for the first 3 or 4 weeks, it would be a great idea to do 2 or 3 high intensity interval training workouts every week.

These are short workouts that may last anywhere from 10 to 20 minutes depending on your level of fitness. Since they are done at high intensity and you're going all out, you will be exhausted by the end of the session.

Your metabolic rate will get a boost and even though the workout may be short, you will burn calories for up to 12 hours or even 14 hours after the workout.

This is one of the best ways to lose as much weight as possible during a given period of time. Furthermore, if you do not have much time to exercise, these short workouts will still give you all the fat burning benefits that the long 45 minute workouts give.

Shortcut 6 – Do Not Drink Your Calories

Do not drink anything other than water during these 10 weeks. No sodas, no packaged fruit juices, no alcohol, no sports drinks... only plain water.

By avoiding all other beverages other than water, you will be cutting out many calories and sugar from your diet. If you must have your daily coffee, try and have it black and without sugar.

This will not only reduce your sugar addiction but you'll also stay hydrated since all you're drinking is water.

Shortcut 7 – Be at a Caloric Deficit

This is the cardinal rule to all weight loss. You need to consume fewer calories than you expend. You always want to aim for a caloric deficit of about 500 calories a day. 600 or 700 calories is better... but 500 is all you need to aim for in order to lose a pound a week.

You can check your calorie numbers at

http://www.freedieting.com/tools/calorie_calculator.htm

This site will give you all the numbers you need in order to consume the right amount of calories daily. Do not assume that just because you're exercising, you can eat whatever you want or be lax occasionally.

One slice of pizza can cancel out an entire workout. Eating is easy... training is difficult. It's not fair but that's the way it is.

Focus most of your attention on eating clean and not exceeding your caloric deficit. This will determine if you lose weight successfully or fail.

This is the most important tip of the lot. Most people who exercise and do all the other things that help with weight loss still fail to reach their weight loss goal because they never stay at a caloric deficit.

Track your numbers closely.

Conclusion – Step By Step Progress

Weight loss is a journey. It doesn't happen overnight and this journey is fraught with obstacles, detours and struggles.

You will need to stay focused and persevere. On some days, it may seem like you've not made any progress... and on certain days you'll be jubilant when you look back and see how far you've come.

This emotional roller coaster is par for the course. There will times when you slip up on your diet or skip a workout that you were supposed to do. What really matters is that you pick yourself up, correct your mistake and keep moving forward.

As long as you make positive changes for the better and keep going, you will lose all the excess pounds and reach your ideal weight. Always remember that weight loss is not a physical challenge... it's a mental one.

Resources:



If you want to **QUIT** dreaming of losing stubborn belly fat and start seeing pounds melt of your waistline in 21 days or less.

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