

39 Secrets To Lose Belly Fat



If you've made a vow to lose those extra pounds this year, here are some fresh approaches. A few food swaps, a bit more movement, and some easy behavioral changes can make a big difference.

1. Don't Sit Still

Make a conscious effort to move more on a daily basis, whether it is cleaning the house or taking the stairs.

Researchers at the Mayo Clinic call this type of energy expenditure "Non-Exercise Activity Thermogenesis," or NEAT, and speculate that it's more important than formal exercise when it comes to losing weight.

For instance, the average 140-pound woman expends only 32 calories per half hour watching TV. Ironing for the same amount of time burn 73 calories and vacuuming burns 111 calories.

2. Stop Eating After 6 PM

The "after-six diet" is the modern version of the old saying "eat breakfast like a king, lunch like a prince, and dinner like a pauper". The premise of the diet is that an individual can eat whatever they want and not gain weight as long as it is done before 6:00 PM because calories eaten during the day are not stored in the same manner as calories eaten at night.

The "after-six diet" was made famous by sports and TV celebrity, Christine Jacobs, when she lost a substantial amount of weight a few years ago.

3. Don't Lean

Mostly people lean against their cars while waiting for someone. Stop leaning against walls while standing in a queue. Avoid leaning against any object and try to stand straight. Change this habit of yours and you'll definitely find positive results.

You should never take support of anything while climbing stairs unless you are ill. Try to move without support for

shedding those extra pounds from your body. You may sit but never ever lean for shedding those abnormal fats from your body.

4. Make Easy Food Swaps

Try lower-cal food substitutions that mimic the originals' taste. At lunch, nix the roll and mayo in favor of sandwiches made with whole-wheat bread and mustard to cut at least 130 calories. Snack on baked potato chips instead of fried and you'll shave off 45 calories per ounce. Indulge in half a cup of chocolate ice cream instead of vanilla topped with hot fudge for a 140-calorie deficit.

5. Learn The Habits Of Successful Losers

The National Weight Control Registry has collected data on people who've lost a significant amount of weight and kept it off.

Here are some of their secrets :

- 78 percent eat breakfast every day. This doesn't mean grabbing a donut on the way to work. The successful dieters ate a healthy meal, such as an egg-white omelet and whole-wheat toast.
- 62 percent watch less than 10 hours of TV per week.

- 90 percent exercise about one hour per day.
- 75 percent weigh themselves at least once a week.
- If a bad weigh-in sends you to the cookie jar for comfort instead of to the gym for revenge, skip the scale and keep an eye on how your clothes fit.

7. Ban Mindless Nibbling

Calories from those little tastes you take without even thinking about it can add up over the course of a day. Break the habit with this technique: "Plate it, sit with it, own it." Anything you're tempted to pop into your mouth—whether it's the dregs of your 2-year-old's PBJ sandwich or a single kernel of popcorn—must first be put on a plate and eaten while sitting down. Try this for a day or two and your nibbling habit will be a thing of the past.

7. Don't eat while Watching T.V

In order to lose those excess pounds from your body, you should avoid watching T.V. You should finish your eating sessions quickly for boosting your metabolism.

8. Walk While You Talk

You should preferably keep walking while talking over the phone. This technique mainly helps in burning calories.

9. Drink Water Like A Thirsty Soldier

You should drink at least 10- 12 glasses of water daily. Water mainly keeps your digestive tract hydrated. Water Intake also maintains your body temperature. If you're not drinking enough water, your body will let you know. Thirst is an amazing sensation, quench it. If you're not hydrated, your body won't be working at peak level. Most of your body happens to be water, by the way.

If you're worried about "water weight," remember that you're likely to retain more water when you're not giving your body enough of it in the first place.

Besides, that's what those workout sessions are supposed to help with every other morning. I'm not going to dictate how many glasses you should drink as that's going to vary from person to person.

10. Eat Green, Stay Healthy

One should include green veggies in his or her diet plan for losing weight naturally. Green vegetables contain fibers and anti-oxidants that mainly help in flushing out toxic substances from your body.

11. Hasta La Pasta, Baby

Much like its cousin, white bread, refined pasta can damage your health and pinch your weight loss plans. I'm not saying you should quit pasta altogether, but I will suggest that you change your pasta pusher to Barilla. They have new wheat pasta that's a dead ringer for the ol' crappy white stuff you used to eat. "Barilla PLUS" is absolutely fantastic, as well as a good source of fiber and protein. You're usually going to be better off with a "wheat" option, although traditional wheat pasta has a texture that you might not like (even though I find it perfectly acceptable to my plate).

12. Become Your Own Snack Fairy

It's okay to snack between meals, really. Small meals throughout the day are enough to keep you satisfied, as (much like the sensation of being full) you never want to feel hungry. Let your body know it's going to get a

regular regimen of calories. Plus, if you starve yourself for the regular meals, you're probably going to eat more before your brain tells your mouth to stop. Think about it: breakfast, lunch, and dinner are social constructs at their very core.

13. Vitamins Are Good For You

If you're going to take any pills, let them be natural supplements (like Essential Fatty Acids or multivitamins). Be careful about overdoing it, though especially with herbal remedies. Too much of anything is a bad thing. You can consult a nutritionist, but always buy on your own – and keep these supplements to a minimum. Remember, too, that specific vitamins are no good without specific minerals.

14. Video Games Helped Me Lose Weight

I can keep my balance on the Gazelle (which some might find difficult to do). As such, I plugged an Xbox 360 into the TV and started to play it while I was working out. Immediately, I found that I was sweating more than I was when I was only watching TV passively! The reason boils down to a single word: adrenalin. Now, the only way I'm able to work up a sweat is when I play a fast-paced game on the game console. Yes, even game genre is important; avoid any diversions that require long

pauses between tasks. Racing games (like Burnout) have worked very well for me. The more mindless the game, the better your burn, the faster the exercise session will go.

15. Change Your Lifestyle

If you're calling this a "diet," then you're going to gain all the weight back (and more) within a few months of losing it. Diets do not work. Diets are temporary. When you change your dietary lifestyle you're actually changing your habits. For a continued weight loss success you have to maintain a wise diet all the time. Don't ever tell anybody you're on a diet ever. I'm speaking from experience, here a reformed low-carber.

16. Join The Soda Club

Like most people, I love carbonated beverages. However, unlike most people, I love unflavored carbonated beverages – and if your tongue is attuned to sugary-sweet drinks, you're also the kind of person who believes that club soda tastes salty (even when it contains no sodium). Make the move to an unflavored drink sooner rather than later.

If you need help along the way, lemons and limes can be your best friends. If you're going to drink something more than water, at least make sure it's not going to hinder your metabolic progress.

If you're a sugary-soda drinker, dropping it from your daily routine altogether will help you drop 5 or more pounds in a single week without nix effort.

17. Cardio Is Fun

Regular exercise is important for burning calories. You should perform light cardio workouts such as brisk walking, jogging, aerobics etc, for shedding those pounds and inches.

18. Get Rid of Your Office Chair

And replace it with a stability ball. You may get strange looks at first but be confident in your reasons for getting rid of the office chair. Right away you'll notice your posture improve.

By sitting on a stability ball, you'll burn tons of calories than you were in the old office chair. You'll be surprised how quickly this can catch on with your co-workers.

19. Skip The Movie And Dinner

Instead of eating buttered popcorn and sucking down a soda before a high-calorie dinner at a restaurant, consider a more creative date. Go for a hike and a picnic. Be entertained by nature and truly enjoy the company. Bring your own picnic lunch, and not only will you be saving money but you are actually burning calories.

20. Grow a Garden

By growing and eating your own vegetables you'll be getting good exercise, a satisfaction and improving your diet. You're more likely to eat vegetables if you just have to step into the back yard to buy them. This is a great way to squeeze in more exercise, eat healthier and save money.

21. Smaller Plates

Do you have a stack of salad plates in the cupboard that rarely get used? Start using them as your entrée plates. The less you have on your plate, the less you will eat. Even if you go back for seconds you'll end up eating less than if you piled up the food on one of your giant plates.

22. Surround Yourself With Blue

According to the article in Newsday, “Orange You Glad You Aren’t Blue?” studies have shown that the color blue tends to suppress appetite. Research has also shown that vibrant colors like red and orange stimulate the appetite. And what are McDonalds’ main colors? So wear blue and eat off blue plates if you have them. Avoid those vibrant colors that will only serve to increase your appetite.

23. Don’t Compare Yourself To Others

Every body is different. It stands to reason that everybody will lose weight differently. Even if you do the exact same things that I do, you won’t lose weight at the same rate. The key is in finding your triggers. Keep your goal in sight, and do whatever you have to do to meet that goal. When you start looking at someone else’s habits, you’re only going to become discouraged and quit without even realizing that it’s physically impossible to be anybody but yourself.

24. Tell Your Family

You’re not going to lose the weight alone, even if you ARE alone in losing the weight. If you’ve got a family at home, talk to them about it initially, not incessantly. Let them know what you’re going to do, and that

you want their support. If you don't let them know, you're running the risk of them inadvertently sabotaging your efforts. You want them to help you get to your weight loss goals.

You want them to share your happiness when you've made it past a certain mark. Who knows? Maybe some of your new habits will rub off on them and they'll become healthier people, too?

25. Go Public

I didn't want to admit that I had screwed up, but admitting the problem in public was the first step on the path to eventual success. I was now accountable for my actions, and all my friends knew what I was doing.

There was no turning back; otherwise I'd be risk damaging my integrity. I didn't want to disappoint the people who read me on a regular or semi-regular basis. Plus, it's an easy way to find out which of your friends have gone through the process before and glean tips from their own experiences.

Then other friends might become inspired to do the same thing you're doing once they see that you've taken the first step.

26. Women Aren't Men

It's been proven that men can lose weight more rapidly than women can, which is likely due to our physiological makeup (women are supposed to have more fat than men, because they're the birthing gender). This isn't a sexist statement to make; it's pretty much the truth. As such, females should expect to set separate goals than males especially if you're working on losing weight together, side by side.

27. Counteract The "Rainy Day" Principle

If you decrease your calorie count without necessarily increasing your physical activity level, your body is going to crash. It is better to store these calories as fat because the body at times might want lipids to function well. When you exercise, you set your body's process to "burn" instead of "save."

28. Don't Overdo It

If you change something in your lifestyle you're probably going to see results but there's a law of diminishing returns at play. You can exercise for an extra hour a day for a week and still lose the same amount as you had when you were only exercising half as much. Give your body time to adjust don't push yourself too hard or you're just going to spend

your energy on something that's not necessarily going to give you immediate and direct benefit. This, of course, only applies to those of you wanting to lose fat not for those who are training for a triathlon.

29. Patterns Are Good

Once you've found your workout groove, do your best to stick with it. Exercise no less than three times a week for 40 – 60 minutes each time, but don't feel the "need" to do it more than five times over a seven day period. Your body will likely appreciate a burn-off in the morning more but if you need to relieve stress in the evening don't be afraid to adjust your workout schedule accordingly. Schedule making and keeping are important for other areas of your life as well.

30. Sleep It Off

To be an efficient fat-burning machine, your body requires at least eight hours of sleep a night. If you think that you're doing yourself a favor by sleeping less, you're mistaken.

Give your body its time to rest, both mentally and physically. Sleep is very, very important (if only for mental alertness for the following day). If you feel tired, that's when your body gives hint to have some sleep.

31. Remember That The Fork Is Not A Shovel

I eat fast (I swear I can't help it). Even if I'm not hungry, I want to shovel everything into my mouth in less than a minute. But my brain doesn't know that my stomach is full until twenty minutes after it actually is. As such, I could stuff myself silly before realizing I didn't need to consume as much as I did. Try eating half of what's on your plate, wait ten minutes and then continue to eat if you're still hungry. You never want to feel full ever. That's when you know you've eaten too much. If you want a real hunger-stopper try an Omega 3 and Omega 6 supplement (EFAs) twenty minutes before a meal.

32. Love The Oil Companies

Just like your car needs high-quality oil, so does your body. Not all oils were created equal, though it's hotly contested which ones are better for you than others. Personally, I love a good olive oil – it's 100% natural and is rich with Omega 9 fatty acids.

Enova is another one that we've found to work quite well in our lifestyle at home. Choose your oil wisely though your weight loss goal should be more than simply cosmetic. It's a good rule of thumb when it comes to food: the more natural you consume, more you remain healthy.

33. Fat Is Where It's

If you think you can lose weight and keep it off by avoiding all fats, you're sadly mistaken. In fact, if you think that low fat eating is the only way to go, you might as well just quit now.

Your body and your brain need fat to survive! This is why the scientists call "them" essential fatty acids Omegas 3, 6, and 9. These fats have been stripped from many supermarket shelf items, and it's your responsibility to put fat back into your dietary plan. Don't avoid eating fat, embrace it equally.

34. Bring Balance To The Force

If you eat the same foods over and over again, you're going to get bored – unless they're foods you really, really like. Feel free to change it up and keep your tongue happy. Balance carbs with proteins with fats, though. If you have more of one nutrient for one meal, try more of another nutrient for the next.

And for heaven's sake, don't just shop in the "diet" section of the store. You can still (likely) eat the same things you've always eaten but now more wisely.

35. Know Your Daily Calorie Limit

When I was in the process of losing weight, it was suggested that I stay under 1700 calories a day. Knowing that number was half the battle, I could eat anything I wanted throughout the day, so long as I would stay at or beneath that number. While I couldn't track 100% of the items I ate, I was able to make intake estimates and adjust my schedule and ration my remaining calories accordingly. In this sense, you're given extreme freedom so long as you stay at or beneath that suggested calorie level for your plan.

If you don't know how much you're supposed to take in, how are you going to know where to stop? So a fat free diet must be there but do not shun high calorie food items at all.

36. Fiber Good

When you start to lose fat, you're probably going to get constipated. Yeah, it happens more frequently than we care to admit (or share). You should have a good amount of fiber every day, anyway. Fiber is very important to your health (and your weight loss goals). Try the Metamucil snack wafers for a quick fiber infusion. Then magnesium citrate is also helpful for those obstructing moments in which you'll find yourself from

time to time. Keep a bottle or two of that in your fridge for safekeeping, and don't plan on going anywhere for 24 hours after taking a dose (trust me, trust me, trust me).

37. Walk The Walk

You burn calories when you walk, did you know that? Certainly, you don't expend as much energy as you do when you run, but you burn it nonetheless. Consider picking up a good pedometer, if only to gauge how many steps you take in the average day.

According to others, the Omron HJ112 Premium Pedometer is the one to beat. If nothing else, knowing how many steps you take on the average day will give you a better idea as to your regular activity level around the home or in office. Plus, you can count those steps as calorie deficits in certain programs (like Calorie King).

38. Train Wrecks Will Happen

One of these nights, you're going to go out with friends and eat your weight in steak (likely blowing any kind of progress you had made for that day). Instead of repeating the overindulgence, just put yourself back on track the next day. You're allowed to "mess up" every now and

again, so long as you don't make a habit out of consuming an excessive amount of food. Just do extra workouts keeping in mind the steaks you consumed last night!

39. Satisfy Cravings With Extreme Prejudice

If you're hungry for something, eat it. Don't deny yourself the simple pleasures. If it's possible, eat only half of it. Is your craving satisfied, or are you addicted to the flavor? Losing weight shouldn't be torture for anybody.

You have to ask yourself: Is it more important for me to eat this entire case of chocolate pie or to look good for my brother's wedding? Only you have the answer to that question, and if you ignore logic, you're going to hurt yourself in the long run. This logical practice every time will really shed some pounds from your body.