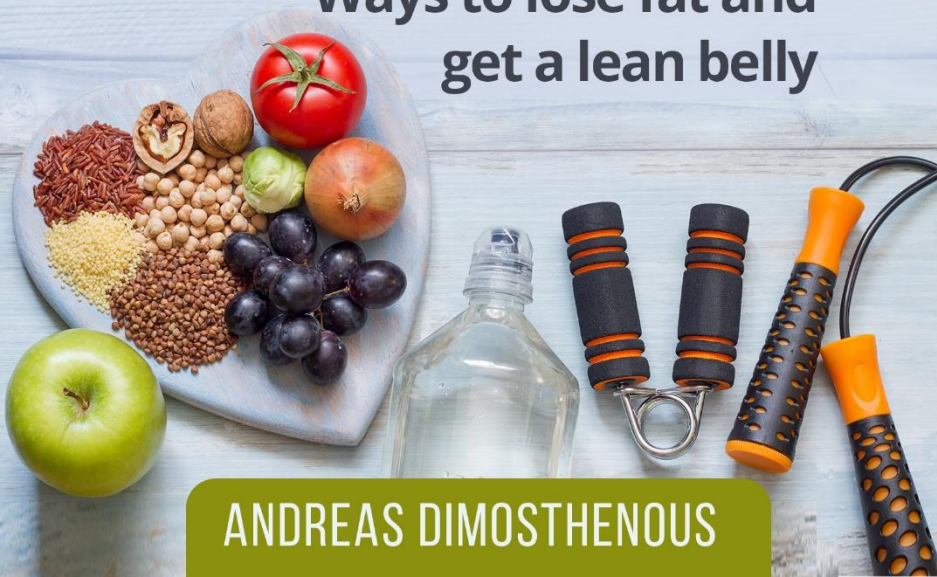


LEAN

BELLY

Ways to lose fat and
get a lean belly



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INTRODUCTION

For many people who go on a weight control diet, the change to healthy food choices is not enough to be able to lose fat and get fit. So what is the best way to lose belly fat and get lean?

FIVE STEP ACTION PLAN TO GET RID OF BELLY FAT FAST

Losing belly fat has become a big dream for millions of people all over the world, because according to current stats, weight loss has become a multi-BILLION industry. And why do people need to lose weight? Mostly because they want to get rid of belly fat or the love handles or finally to get to see their own FEET!

In this article I am going to show you 5 easy steps that will easily get you on track and get rid of those love handles and get a tight belly in no time.

Step 1:

Nutrition

The first and most important step is to control your nutrition. No matter how hard you work out, you need to give your body the proper input. A car running on petrol won't run on water. In the same way, giving your body the wrong nutrition can have adverse effects to whatever you do, no matter how many hours of cardio you do or how many Ab crunches you do. If you want to get things in perspective concerning your belly fat situation, then you need to feed your body with the proper input at the proper time. Eg: more lean protein, frequent glasses of water, fruits and vegetables etc.

Step 2:

Meal Plan

This goes along with the nutrition when it comes to importance. In order to get your body ultra fat burning

mode, you need to prevent your body from entering starvation mode. This does not mean barging into food all at once. You need to feed your body a maximum of 350-500 calories every three hours or so. Remember; if your body gets no input for more than four hours, your body will assume that you are fasting and it will enter starvation mode, which means your body will be storing all the fat instead of burning them. So BE AWARE of your meal frequency which should be a minimum of five short meals a day.

Step 3:

Training

In order to get rid of belly fat, you need to burn the entire fat all over your body. A guy with flabby arms and gigantic thighs cannot have a six pack. You get me? Hope so. Nutrition and Meal plan do 50% of the fat loss work for you. But weight training or Bodyweight Training help improve your fat loss progress. Every single pound of Muscle added to your body helps burn an extra 35 calories every day. That's 3.7 pounds of fat loss per year on autopilot. By training your body with the goal to add muscle, that's by working your major muscles like the chest, back, legs at a repetition range of 8-12 reps, 3 sets each with a slow tempo of 3-1-2. [Three seconds at the

hard part of the movement, 1 second at the peak, and 2 seconds on return].

Step 4:

Cardio

As much as you don't like to hear the word cardio, you need to do cardio right AFTER Step 3 because after your workout, your body will be flushing the glycogen [That's a good thing], which means you can take advantage of it by doing cardio to put the extreme touch on fat burning process. By flushin on glycogen means, your body has used up all the energy, and is now gonna pull out the fat to be used as energy. So doing cardio now will make you happy because you know you are burning the fat.

Now I know Cardio is boring, and according to recent research, an idea used in the 1980's called HIIT has now become very popular in the fat loss industry because High Intensity Interval Training lets you take your body beyond the normal Fat Burning Zone into gasping for air zone, which is good because the more your body gasps your air, the more oxygen sucked in

by your body, and more fresh blood to boost up the fat loss.

Step 5:

Core Training

As much as it is important to lose fat all around the body, if you don't have a strong core, you won't see those strong abs. In order to achieve that tight and firm belly fat, you need to do a couple of exercises for your core. This simply means your abs, but a deeper version. Doing hundreds of Ab Crunches won't work. A few core exercises like Planks, Ab curl ups, Spiderman Climbers, Mountain Climbers etc.. Will do the trick. 8 to 10 reps of three sets each.

How To Lose Weight And Feel Good

Isn't It Time To Learn How To Lose Belly Fat?

Let's talk about creating a diet plan, losing weight, and especially how to lose fat. A sensible diet plan that is safe and easy to follow using common sense and a little time learning about dieting. Let's start with "what is belly fat" and learn about the different ways and how to lose fat and overall weight in general, and do it safely. No feeding tubes or dangerous rapid loss diet plans should be considered. Lately more and more people are trying to find a safe way and how to lose belly fat. What is belly fat? Belly fat, technically termed visceral fat, refers to excess fat around the middle. Having some fat is considered healthy because it cushions the area around your organs and bones. The problem comes in when you develop more fat than is needed to protect this area. That's when it is time to weight.

Fat accumulates around the middle because of external and internal factors related to genetic disposition, stress, and depression, hormonal changes and simply eating more food than the body needs. Women who have never experienced weight problems can gain sudden pounds with the onslaught menopause. Reduced amounts of estrogen can point to weight gain in those over 40.

Traditional Diets

Traditional diets often don't work because people try too hard to maintain them. You wind up burnt out; not wanting to continue on. This pattern leads to eating more food. Which, in turn, leads to gaining back weight and putting on more belly fat. Eating healthy includes cutting down on portion sizes. Some people can eat the foods they want but reduce the amount they consume at one time. Also breaking up meals into 4 or 5 that are spread throughout your day helps lose belly fat.

Exercise

Some people like to work out by engaging in aerobic exercise to whittle down those extra pounds stuck around the middle. Many people take part in a regular exercise program that combines strength training with cardiovascular exercise. A word of caution. It is important that those under 18, seniors, and those with health problems first talk to their physician about any diet or exercise program.

They start by walking for 15 minutes a day and then increase the amount of time of exercise, after they

build up endurance. Strength training reduces the amount of fat accumulated in your body. It allows you to burn calories more effectively and increases your lean muscle mass. Ease into a strength training regimen by using your body to produce results. This type of exercise involves push-ups, leg squats and abdominal crunches

Supplements

You may consider adding healthy supplements to your weight loss program. Supplements and additives that have a proven track record behind them include incorporating fiber in your diet, taking green tea extract and some meal replacements. Fiber works well as a fat reduction aid because it makes you feel full after eating it. Feeling fuller leads to less food consumption overall. Meal replacements, in the form of dietary shakes, takes off excess pounds because you limit the amount of calories you take in throughout the day. Many people find success in this type of weight loss aid mainly because you can still eat a hearty dinner. Stick to the directions when using the plan to up your chances of reducing fat around your middle. There are many different ways to lose belly fat and finding the right one may take a little time but it is sure worth it when you become healthy, feel good, and look good.

Losing weight and belly fat has a lot to do with your mental state. If you look at it as drudgery it will be difficult. If you look at it as starting something new and really good, it will be a lot easier. Especially when you imagine yourself slim and thin without that belly fat hanging out. You can make it a game or a fun project. You can use your will power and amaze yourself by being the person you really want to be. Isn't it time to get serious about learning how to lose belly fat?

Not Just For Females

OK guys, it's time for you to lose belly fat too. Sometimes called a "beer belly" it's time to get rid of it. Get back in shape. Get slim and trim. Check out everything on this site and get going. Like the man said; "gitterdone!" Time to lose belly fat and get ready for the summer, at the beach, swimming, night clubs, friends cookouts, and all the fun things and all the places you want to look good at. Women like a good set of defined abs. Just like the guys like a woman in good shape, women like men who are in shape even though they don't talk as much about them. Or do they? They might joke about their guy's beer belly but deep down they don't like it. Just like you want her to look good, she wants you to look good. That means it is time to get serious about putting a plan together to

lose belly fat and all other extra fat that has accumulated. Go ahead and create a formal diet plan and an exercise plan and perhaps even a little weight lifting. Yeah I know it's tough to lose belly fat and it may have cost quite a bit to acquire that beer belly but when you see her reaction to the new you, it will be well worth it. And, she'll want to make sure she has done her best to look good for you. So keep these words in your mind all the time; "lose belly fat." And follow through with your plan to lose belly fat.

FIVE NUTRITION MUSTS TO GET RID OF BELLY FAT

How do you eat healthy to get rid of the fat around your belly? You know what they say... You can't out-train a poor diet! Your fitness is definitely an important part of the process, but let's face it... you can't out-run a jelly doughnut in terms of how long it takes to eat the calories verses how long it takes to run them off.

Following these 5 basic nutrition rules are the best way to lose belly fat.

This does not have to seem like you are turning your kitchen into a science laboratory. If all this seems to overwhelm you, I can coach you through it, by virtually watching over your shoulder every day for 30-days to make certain you get your nutrition on the right track.

By the end of 30 days, you will make the right food choices, eat the right portion size, and find out the exact nutrient proportions (Proteins/Carbs/Fats) that are right for you.

You will learn this in a short time... so it lasts a life-time. Here are the 5 nutrition musts to fuel your success:

1. Eat 5-6 meals a day or about every 2-3 hours. Now eating 5 or 6 times may seem like a lot, but some of those meals can be snacks, or you can divide your total daily calories by 5 or 6. For example, if you have figured out you need to be eating 1500 calories a day to lose fat, then you need to eat 5-300 calorie per meal a day. The reason for eating frequent meals throughout the day is to increase your metabolism or the amount of calories you burn at rest. It will also

help you by not going too long between meals causing you to over consume.

2. Always include a lean protein with each meal or snack. You want to choose something that has high protein but is low in fat. Complete lean proteins are mostly foods that come from animals (Chicken, lean beef, fish, dairy, eggs). If you are a vegetarian including lean protein with each meal still applies, but obviously you will have to find your protein from a different source. Many people are not getting enough protein in their diets. Protein will keep you satiated so you won't feel hungry between meals.

3. Most of your carbohydrates should come from high fiber sources like vegetables and fruits. Including these foods in every meal is one of the healthiest things you can do. For most people that is a big change, but it is an important one. Eating modified or processed carbohydrates such as breads, pasta, breakfast cereal, muffins, granola bars, or anything like it that comes out of a bag or a box will slow your results. It may likely be the cause of lack of mental clarity or feeling sleepy after meals. A healthier choice for non-fruit or vegetable carbohydrates would be brown rice, oats, whole grains, sweet potatoes or white potatoes with the skin eaten. The best time to eat these kinds of carbohydrates is after you have

exercised. Stick to the vegetables and fruits the other times of the day if you are trying to lose weight.

4. Eliminate or reduce bad fats but increase monounsaturated fat. Eating fat is essential for you but usually you get plenty of it in your foods without adding more to it. If you are eating lean protein, you will get some saturated fat... some is good for you but you don't need to pile on more. Avoid eating trans-fat all together. Read food labels to make sure you aren't getting any. Polyunsaturated fat should come from flax seed oil, and mixed nuts.

Monounsaturated fat also comes from mixed nuts and also olive oil and fish oil. One supplement that is important for everyone's heart health is fish oil.

5. Always have a healthy eating PLAN. Follow a PLAN where 90% of what you eat is helping you meet your goals. You can eat whatever you want as much as 10% of your food, but make sure this "cheat" is also planned. What this means is: Your 10% meal or snack of eating whatever you want does not mean eating an entire pizza or cake, obviously you would not succeed in reaching your goals if you did. You still have to do the math. Save those "eat whatever you want" times for special events, or social situations that you know might be challenging. Great food is a joy in

life and you should never feel you are being deprived. But eating unhealthy foods too often or in large portions will make you sick, overweight, and/or less energetic and that is no way to live. Eating 90% healthy and in correct portions will help you lose fat, give you the most energy and keep you in the best shape of your life.

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THE 10 BEST WAYS TO LOSE BELLY FAT - FAST AND HEALTHY STARTING TODAY

If you're interested in the best way to lose belly fat you're definitely not alone. Many people out there who have some extra flab around the stomach are constantly asking this same question daily. Out of all of the approaches out there what exactly is the best one to take? People resort to sit-ups, severe calorie cutting, too much cardio and fat burner supplements.

Clearly if you're struggling to lose belly fat you're using the wrong method. You don't need to starve yourself, endless crunches or even surgery to lose fat off your stomach. First off, it's not going to be a walk through the park but if you're committed to losing belly fat then it's possible. Many times people want to put the effort into it but it's just a matter of having the right plan.

1. Forget about the crunches - Look, crunches work the stomach muscles but they're not going to attack the belly fat over the abs to the extent you're wanting. The biggest thing you're doing is wasting your time.

2. Build overall strength - This helps build some muscle and promote fat loss with increased metabolic rate after you're done working out. Please don't take this as you need to be a body builder, you don't. This just implies doing some full body exercises that increase the heart rate a bit and attack your core strength. Exercises like the squat and deadlift work great for this.

The great things about these exercises are they make your workout time very efficient and work the body from head to toe. This is important so you're not wasting valuable time in your busy day. Remember

working the core body and becoming stronger helps promote losing belly fat.

3. Eat Healthy - this is as straight forward as can be. The old saying goes your abs are built in the kitchen and this is entirely true. You can do all the training and exercises you want but if you're eating like a slob and not putting value into what you put into your body don't expect to lose belly fat. There's a good chance since you're interested in how to lose belly fat that for your particular body type all fat tends towards the stomach. For some people it's the butt, arms, thighs etc. If that's the case then look more towards whole foods and stay away from sugary carbonated beverages.

No need to be perfect. Eating junk food actually helps fat loss by keeping your hormones sharp. Don't overdo it though. Eat junk food 10% of the time max. That's 4 junk meals/week if you eat 6 meals/day.

You don't need to be a perfectionist with it but keep it to a lower minimum when you do have junk food. That could be 4 total junk meals per week if you eat 6 meals a day.

4. Must Limit Your Alcohol Intake - If you're expecting to lose belly fat what you drink is just as important if not more important than what you eat. Alcohol in moderation is OK but if you drink beer and liquors often then don't expect to see your abs anytime soon.

Limit your alcohol consumption to once a week and that's not saying the drunk type. It's have a couple drinks but limit it. Outside of that drink water and unsweetened teas if you want to know the best way to lose belly fat.

5. Consume less Carbs - You need carbs for energy of course but the issue is people eat way more than they actually need. Remember, you're not bulking up to be a pro athlete. Any carbs your body doesn't need it will store it up as fat. And for you that seems it may be in the belly. Stick to fruits and veggies in support of your lean meats and you should be good. The potatoes, pasta, rice and breads should be limited.

6. Eat More! - Contrary to common belief eating a lot of healthy food won't make you fat. If you're exercising routinely and starving yourself this is the wrong approach and a huge mistake. Healthy nutrition with your working out is key. If you starve yourself your body is going to burn muscle and NOT fat. This

is not what you're going for if you want to lose belly fat.

If you're hungry this means you're not eating enough but don't fill yourself up on junk. If you eat healthy food then you can't give your body a reason.

7. Increase Protein - Protein has a higher thermic effect than other foods meaning that your body burns more energy processing protein than it does processing your carbs and fats. So if you increase your protein with lean meats like organic chicken and wild caught fish this will help you lose belly fat. If you're working out a few times a week try to get 0.5 to 1 grams of protein per body weight.

8. Eat More Fat - Wait, more fat? What gives you a fat belly is bad nutrition and lack of exercise. Eating fat can actually help promote fat loss. Your body won't stock fat as much if you give it the healthy fats.

Fish oil is a great source of healthy fat to lose your belly fat. It will help increase testosterone levels and if you can begin your day with about 6 grams of omega-3 per day that's a good place to start off with.

Definitely stay away from the Trans fats in things like margarine. These are absolutely bad for your health and should be avoided. Eat unprocessed foods 90% of your time too.

9. Lower Your Overall Body Fat - You have to realize that your belly is one of the last places that you're going to lose fat. If you have fat in other places you're going to need to focus on losing overall fat before you can really attack your stomach.

Here are some ways to do this:

- Get Stronger - strength training builds muscle and increases fat loss.
- Eat Healthy - Apply these rules of eating breakfast, eat every 3 or so hours, protein/veggies/fruits and carbs after your workout. Make sure to drink plenty of water.
- Add cardio - think about sprints and interval training to maximize your gym time as opposed to long dull running.

10. Motivation - Look at your belly often and make it a commitment to yourself that you will get rid of belly fat. Measure your body fat so you're aware of

progress. Even take pictures if you have to so you're reminded of goals and where you were and where you want to be.

Only you can control if you lose belly fat and if you want to know the best ways to lose belly fat just read this chapter again if you need to. Taking action on these 10 steps will greatly aid in losing stomach fat over the long term.

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THE 5 MOST MISLEADING "FACTS" ABOUT FAT LOSS

Why Does It Seem SO Hard to Achieve Fat Loss?

Fat loss... everyone wants it, but it seems like we can't ever get enough of it. You've been working REALLY hard in the gym. You feel like you eat NOTHING tasty, delicious and bad for you. You even lift weights. BUT, you still look at yourself in the mirror and see little or no definition, flabby upper arms, love

handles and thighs you're embarrassed to show off. What gives? Why is the fat clinging on for dear life even though you're working so hard?

Fat loss is a funny, scratch that, **FRUSTRATING** thing. A lot needs to go right to lose fat while maintaining that lean, hard muscle mass. Most people don't know the first thing about fat loss. For example, when I ask people what their plan is for losing fat, so many of them tell me all about how they're going to eat salads and run every day (sigh). While a diet change is likely in the near future, and cardio does burn calories, it's not that simple. Fat loss is as much a hormonal thing as it is a calorie thing, and hormones can be **VERY** complicated. With that said, there are some known facts about fat loss that you **NEED** to know. They're crucial to your transformation and your tone and definition depends on them! Read on to learn more about the 5 most misleading facts about fat loss!

The 5 Most Misleading Facts about Fat Loss

1. Creating a calorie deficit of 500 calories per day will result in 1lb of fat loss per week - Losing fat isn't as simple as calories in and calories out. While you do need to create a calorie deficit, too many other factors come into play, like hormones and your macronutrient

ratio. Your body releases hormones all the time for different reasons. The type of exercise you perform, the foods you eat, and your daily activities all play into which hormones are flowing through your body. Rather than focusing on 500 calories per day, focus on activities that produce fat burning hormones. Activities like weight training, High Intensity Interval Training and leisure paced cardio (walking, cycling, etc) all have a positive hormonal effect. Similarly, non-starchy carbs like veggies, high protein foods and high fibers foods are all great options for keeping fat storage turned off.

2. Doing Ab Exercises Leads to a Six Pack -

Resistance training does burn calories and over time can help lead to fat loss. In fact, heavy weight lifting can induce Excess Post Exercise Oxygen Consumption. However, in order for your six pack to show through, you need to lose the body fat that covers it. Research has proven that you can't target a specific area for fat loss. While ab exercises like crunches, planks and leg raises do burn calories, the quickest way to a six pack is through the right nutrition program. We all actually have a six pack already (score!). It just happens to be covered by a layer of body fat. If your goal is a six pack and your body fat percentage is over 20%, focus more on your diet than doing crunches and other ab exercises. You'll see a lot more progress.

With that said, having a strong core is important for overall health. Full body exercises like planks are great for developing a stable core. Multi-joint exercises like deadlifts and squats also give a killer core workout while working a lot of other muscle groups as well.

3. Running Every Day is the Best Way to Lose Fat - Steady state cardio, whether on the treadmill, elliptical, stepper, etc, is a good way to burn calories. There's no doubt about that. But is it the best way to burn fat? Definitely not. Think about marathon runners and sprinters. Which one would you rather look like? They're both elite athletes in incredible shape, but the type of training they do is vastly different. If you're very de-conditioned, cardio is important to help you burn calories and improve your cardiovascular capacity. It reduces risks for things like heart disease and stroke, but it isn't all that effective for losing stubborn fat. The reason is hormones, more specifically, Cortisol. Steady state cardio increases Cortisol levels which puts your body into a fat storing state. This is why so many people spend hours and hours running but still have the belly, arm and thigh fat. The reason sprinters don't experience the same thing is because high intensity exercise like sprinting releases anabolic hormones. These hormones include growth hormone and testosterone.

Steady state cardio is fine to mix in for a good calorie burn, but when it comes to fat loss, it might be holding you back. Try some interval training and be sure to do a lot of leisure paced cardio as well.

4. Just Eat Healthy - For a lot of people, the problem isn't knowing which foods are good or bad for you. The problem lies in overeating them. If you're already overweight or you eat a lot of processed, sugary, high-starch foods, then you'll see good results from changing your eating habits. This change should include moving towards foods like fruits, vegetables, lean meats and natural, "from the Earth" foods. Avoiding things like processed foods, artificial sweeteners, and fast absorbing carbs will be a great way to start your transformation.

With that said, eating too much healthy food is still too much when it comes to fat loss, especially if your body fat percentage is fairly low. Clean eating is important for having a healthy body, but too much clean eating is still too much. This goes back to the simplest part of fat loss - creating a calorie deficit. If you eat too many calories, it's going to be near impossible to lose a lot of body fat. So eat healthy, but in the APPROPRIATE amount of healthy food.

5. Fat Loss Aids - Fat loss supplements need to be thought of as an accelerator, not a crutch. There are A LOT of fat loss supplements out there. Many of them are useless, but many of them do provide fat loss benefits. However, NONE of them will magically make you lose fat by just popping a pill, mixing up a drink, or putting on some kind of wrap. None of them will be beneficial without a great exercise program and the right nutrition program for you. If you have these two things, a fat loss supplement may accelerate your progress. Many of them rely on hormonal changes to help your body burn more fat, but if you're not working out efficiently and eating for fat loss, no amount of pills can help you long term.

Focus on learning how to lift weights correctly and efficiently, and learning how to eat properly for your body. Once you have these two things down, you can start considering supplements.

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CONCLUSION

Action!

If you just sit on the couch reading hundreds of books and articles on how to lose fat without actually putting them into action, you are not going to reach anywhere. READING how to drive a car won't help you reach your destination. You need to actually DRIVE it..!

So use the information you have read right now without fail, and I promise you that if you follow the exact guidelines provided in this book, you are going to be smiling wide in four weeks!

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