

Can You Get Six Pack Abs And Still Eat Burgers?

It's an easy assumption to make that if you want to get six pack abs, you have to live a dedicated lifestyle, which means no more burgers or other fast foods. Without doubt you do have to make a commitment, you will never get a six pack without it, but you certainly *can* still enjoy burgers and fast foods. Here's why... It's a question of proportion and sustainability. Proportion-wise it depends how much the burger makes up of your diet, and how much exercise you do. A large burger will contain around 500 calories. In order to get a six pack, you will need to go on an all round fitness regime to get rid of the layer of fat around your abs, otherwise they will never be seen no matter how many crunches you do! As you embark on this fitness regime, your need for calories will increase as you burn more with the exercise. Your diet should be moderated to a healthier one, with less fat and sugar. So, you have less calories coming in, and more calories being used. It's the tried-and-tested, will-not-fail technique. So, let's go back to the burger. There is nothing wrong with having a burger a week, as long as those calories are taken into account. If you eat 3 burgers a week, that's a different story, and you should cut down to one. Why do I say cut down, rather than cut out? This is where sustainability comes in. Lifestyle-wise I always go for the 'everything in moderation' school of thought. If you tell yourself you will *never* have a burger again, you'll either cave in and fail, which gives all sorts of bad messages to your subconscious, or if you stick to it you will be permanently denying yourself a treat when you don't need to. Would you be better off cutting out the burgers altogether? Well, yes you would. Any positive nutrition is outweighed by the negative, particularly things like trans fatty acids. However, if you view burgers as an infrequent treat, and maintain full awareness of the calorie count, there is no reason why you can't get six pack abs and still enjoy burgers!

About the Author

Large collection of articles on food safety, safe food handling, nutrition, meat storage guidelines and many other food related.

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