

Lose Belly Fat in 5 Easy Steps

There are many reasons you have a bit of extra fat around your belly. You may have overindulged during the holidays or missed your regular fitness routine while working overtime. To add to these factors, your metabolism naturally slows down as you get older. In fact, starting at the age 25, our metabolism declines about five percent each decade. So how do we burn off this unwanted fat? There are several natural, easy ways to lose belly fat for good:

Eat Breakfast As simple as it sounds, eating breakfast every morning is important because it actually “turns on” your metabolism. The earlier you eat, the quicker your metabolism will run to burn off fat.

Work Out in the Morning If you work out at least 30 minutes right after you wake up in the morning, you can burn off up to three times more fat. Because your body burns most of the previous day's carbohydrates during the night, working out in the morning burns fat instead of carbohydrates for energy. Remember, don't eat breakfast first – that will give your body additional carbohydrates to burn. Work out and then eat breakfast for the perfect fat burning routine each day.

Sleep Another simple but necessary step to burning fat is regular sleep. A study done by the University of Chicago revealed that losing sleep affects how our bodies metabolize carbohydrates, resulting in glucose intolerance, a slowed metabolism and possible increased hunger. Not getting enough sleep can also make you feel “too tired” to exercise. At least six to eight hours of sleep every night is essential to keep the body's metabolism functioning properly and give you enough energy to function properly.

Be Active Engage in regular exercise routines, such as a half hour power walk before breakfast. Remain active all day by taking the stairs, cleaning, gardening, standing while you talk on the telephone, sitting up rather than lounging as you watch television and periodic stretching when for extended periods of time. Staying active throughout the day in small ways is a beneficial, easy way to burn fat all day.

Protein The building blocks for muscle are proteins and without protein you can actually lose muscle mass. A person should consume .4 -.5 grams of protein per pound of body weight. Having muscle is important because it burns up to 90 percent more calories than fat.

With a few easy lifestyle changes, you can lose belly fat and build muscle. The benefits of burning fat include improved overall health and a more attractive body.

About the Author

Save you money by teaching you exactly which muscle building supplements work and are worth spending hard earned money on and which are pure hype.

Source: <http://www.productsherbal.com>