

Fat Loss Guide - Eating And Exercise

When people are planning to start on a fat-loss program the very first thing they want to attack is their belly. They all have a dream of turning a beer gut into a rock hard six-pack. But after only a few weeks of hard work, nothing seems to happen and soon they will give up. In this article I will try to explain, why this always happens and that you may also be using the wrong exercises, or the right exercises but in the wrong manner. Either way you are not doing yourself any good. But you must never give up - it's only for losers to quit! Remember that! The very first thing you must always have in your mind is: All abdominal exercises strengthen abdominal muscles, and only that! Your abdominal muscles are covered by a thick layer of fat when you begin - then they still will be covered by the very same layer of fat when you finish. Yes, of course you will have stronger abdominal muscles but you will still have the same look. If you want to have visible abdominal muscle, you will first have to lose fat! And you do that by dieting and aerobic exercises, that way you will burn more calories than you take in. When you have reduced your waistline a bit, then you are ready to move on to those abdominal six-pack exercises. All you have to do, is to reduce calorie intake and do some light exercise to burn calories. Losing fat can only be done by exercising more and eating less - it's very simple, nothing complicated about that! Do some light exercise 30-minutes every day, if you want to you can even break the 30-minutes down to 3 10-minutes exercise sessions - doing whatever you like to do, biking, walking, light jogging, rowing or even climbing stairs! Anything will burn calories! It seems to make sense to eat five to six meals every day, instead of the regular three meals. That's because your body can handle small meals much better than big ones - your digestive system simply cannot absorb those big meals, therefore much of it will turn into fat! It will take your brain about twenty minutes to get the message that your stomach is full, so be careful to eat slowly as well. How often have you eaten beyond the capacity that is required simply because the message hasn't got through? NOTE: Diet or exercise regimes should not be embarked on without seeking the advice of a health care professional.

About the Author

If you are a runner who is trying to lose some weight while remaining healthy and active, try these guidelines for the basic information.

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