

Published based on [How To Lose Weight And Belly Fat](#)

How To Lose Weight And Belly Fat

Women often ask how they can lose few inches around the belly. They sometimes are not interested in losing weight; they just want to get rid of that fat around their stomachs. Dear, ladies, remember that it is impossible to lose weight in one particular part of the body

So what to do in order to lose weight and thus to get rid of abdominal fat?

The first thing is to stop drinking everything except plain water and pure orange juice. Water as you may or may not have heard is a natural purifier. Drinking lots of water you will eliminate wastes from your body. This will be the best place to start removing all beverages except water and orange juice.

Exercise! Do not go get a gym or buy a new exercise machine. Simply wake up in the morning roll right out of bed, lie on the floor and do set-ups or crunches for about 3-5 minutes. Yes sit-ups and crunches are old-fashioned and seem to give no results but if you do them regularly and not less than 5 times a week you will feel the difference, and soon see the difference.

Walk a lot. Walking is best exercise in the world, and when you do brisk walking, you increase heart rate. The walking movements train almost all big muscles and also abdomen. Walk from 20 to 30 minutes at least 3 times a week.

Daily eat three solid foods and fruits such as grapefruit and bananas. You will be amazed at how these two fruits work on your belly. People do not believe when they hear that if they eat 3 grapefruits a day that will help to lose 5 kilos in a week. Three solid foods do not mean loading and eating like a pig. We must remember that we are trying to learn how to lose belly fat. So our way of life should be healthy and active. Bananas and grapefruits is an amazing combination. Make them work for you, as they are not only healthy but tasty.

Last but not least thing you can do is to tell yourself what you're doing. So every morning take time to visualize your body. Look at yourself and at least 3 times a day at different times of day and tell yourself that you have a firm flat tummy. This in itself will do wonders for you.

These are several tips on how to lose extra weight and to get flat and attractive abdomen. These tips have worked for hundreds of people and are still working. It may sound simple, so put them into action and you will soon see first positive results. Take the simplicity and lose tummy fat. Make people admire you.

For more assistance in the sphere of [fast weight loss diets](#) - you are highly recommended to visit this site.

And as a bonus - some general tips. Today the Internet technologies give you a truly unique chance to choose exactly what you need at the best terms which are available on the market. Strange, but most of the people don't use this chance. In real life it means that you must use all the tools of today to get the information that you need.

Search Google or other search engines for questions like "[how to lose weight fast](#)". Visit social networks and check the accounts that are relevant to your topic. Go to the niche forums and participate in the online discussion. All this will help you to create a true vision of this market. Thus, giving you a real opportunity to make a wise and nicely balanced decision.

P.S. And also sign up to the RSS feed on this blog, because we will everything possible to keep this blog tuned up to the day with new posts about the planet of [lose weight fast](#) topics.

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