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# How To Lose Weight And Reduce Belly Fat

Are you one of those people who care about their waist size? If so, you may want to learn simple tips that can help you lose abdominal fat forever. Not only because a flabby belly is unattractive, but because it can endanger your health and lead to such diseases as diabetes, heart disease and high blood pressure. So what can you do to reduce the size of your stomach more quickly and easily? In this article we will share the latest tips that research has proved to be very effective when it comes to firming your waistline.

Adopt these 5 useful habits to lose extra weight and belly fat!

#### 1. Get enough sleep:

People often overlook this change of lifestyle and consider it to be simple. An average person needs from 7 to 8 hours of sleep so you can digest food, and recover from our busy day. Low level of sleep also affects our levels of leptin. Leptin is a protein that signals our body that we are full. Studies show that 60-80% of people who do not get enough sleep are obese.

#### 2. Reduce stress:

Take any kind of healthy stress reducers, such as walking, resting, reading, meditating or performing simple exercises. A stressed body has an excess of cortisol. Cortisol tells the body to retain fat to save your life!

#### 3. Drink more water:

Drink plenty of water, since all the fats that are lost must be purged from the body to lose extra weight. Drink at least 6 or 8 glasses of water every day, and possibly more. Some experts recommend to drink an additional glass for every 25 kilos you want to lose. In order to lose weight you should always stay hydrated.

#### 4. Eat healthy foods:

Fruits and vegetables should be consumed every day. Make sure you eat five servings per day. Consume healthy fats that are concentrated in olive oil, nuts, seeds, avocados, soybeans, and chocolate, this will reduce the risk of heart diseases. Eating more whole grains you will provide your body with fiber. Fiber helps to keep your insulin from addition storage of fat and also prevents you from feeling hungry.

#### 5. Just move!

You should perform cardio training and weight training. Cardio training boosts up your metabolism, which in turn helps to burn fat. There is a great number of options. You can run, jump, swim, cycle and even dance. Do what you like the most.

Now you know how to lose extra weight and thus abdominal fat. Our best advice is to stick to a healthy and balanced diet and adopt these five healthy habits. Following all these tips you will easily lose extra weight and thus stubborn abdominal fat.

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

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Search Google or other search engines for queries 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 join the 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.

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