

Published based on [Work At Yourself If You Want To Be Fit.](#)

# **Work At Yourself If You Want To Be Fit.**

Be engaged in physical exercises in your own pace. Knee-bends help to raise a tone of belly muscles. But to remove a deep fat, you should strengthen all muscles of a body. Perhaps, you do not feel how your belly becomes more flat when you train humeral or button muscles or hip muscles, but it is so. Among experts there is no common opinion about what exercises are more effective. Some prefer power exercises, a rising of dumbbells and training on gym apparatus; others recommend running, riding a bicycle and swimming at which the oxygen exchange strengthens.

Having heard plenty of inconsistent advices, you can decide to combine exercises of both types to achieve the maximum effect. But for beginners it is important simply to start to move. During researches at Royal University in Ontario, Canada, two groups of women, suffering from adiposity, received identical, poor in fat diet. One group was losing weight by running and swimming, another one was training in the gym. In 16 weeks it has appeared that the quantity of fat of women in both groups has decreased approximately equally.

Pay attention to bad habits. The weight increase in stressful conditions is a common case and concerns not only men. When scientists from Jelsky University surveyed a group of 41 women with excess weight at the age from 18 till 40 years, they have found out that depot fat is concentrated in the belly area; much more of hormone cortisone was developed at stresses with which they could not cope with. "We know that the stressful hormone cortisone in a combination with adrenaline stimulates depot fat in an abdominal cavity, - Dr. Redford Williams, the professor of psychiatry at Duke University says. Probably, the stress forces our organism to redistribute fat, to transfer it from other sites, for example from hips to the stomach". Attempts to cope with the stress by means of smoking or binge can lead to double troubles. In comparison with non-smoking people smokers of the same growth and weight have more factors of a waist-hip and they have more dangerous, and deeply lying down fat." The majority of thin smokers will tell: "I cannot give up smoking, because then I will grow fat and I will die", - Dr. William Kastelli, the director of Fremingemsky cardiovascular institute speaks. But even if, having given up smoking, they really become stout; they all the same will prolong their lives, having refused smoking. Death rate among thin smokers is nine times higher, than among thin non-smoking ".

In the same way strongly drinking people have a higher waist-hip indicator and more deeply lying down fat than nondrinkers. But it is impossible to tell that each glass of wine drunk by you hides danger. "If you drink no more than two portions of alcohol a day it will hardly lead to the increase of depot fat in an abdominal cavity", - Dr. Scott Vass, the senior lecturer of medical faculty of the Harvard University speaks.

Do not search for justifications to yourself.

They only are dangerous for your health. There is a common opinion that "some people inevitably get fat with the years ". It is simply ridiculous: a person cannot be too old to remove a fatty belly. At medical school of University of Washington in Saint Louis the group of men and women at the age of 60-70 years for the first time for many years has started to be engaged in physical culture. In 9-12 months men have grown thin more than women, but in a proportion to weight of a body both those and others have lost identical quantity of fat, especially in a waist area.

Nowadays the weight issue has gained in popularity very much. The matter is that losing [abdominal fat](#) is not only the question of beauty but also healthy life. Those who are looking how to get rid of [abdominal fat](#), please visit this site.

Besides, to reach the desired results one has to use all the means available. And this is where the online technologies might be of great help. Learn to use blogs, thematic forums, search Google and other searching engines for "[get rid of abdominal fat](#)". Sign up for the RSS feed on this and other blogs. All this will help you to make a wise and nicely balanced decision, and select precisely what you search at the best terms which are available on the market.

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