

Lose Belly Fat Women

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Women, losing belly fat isn't difficult despite what you might think. I'm going to show you exactly how to shrink your belly. What it requires is time, and dedication. Most people start some elaborate fat loss plan with extremely high expectations and when they don't see the results they want in a couple days they give up. This is wrong, being fit and in shape is not a three week training program, it's a lifestyle.

Start counting calories

It's going to suck but if you want to lose belly fat then you will do it. The good news is it doesn't have to be indefinite. Once you have a good idea on the amount of calories in certain foods you can basically guesstimate. But until then, check the labels and make sure you're taking in less calories than you burn a day.

Eat foods that help burn belly fat

Many women when trying to lose belly fat think that eating virtually nothing all day

will help them. This is the exact opposite from the truth. In order to lose that belly you need to eat small frequent meals. Preferably every two to three hours. Don't make them huge meals either, portion control is important.

Take
up cardio or aerobics

Whatever
kind of fitness you enjoy, get out there and do it. Cardio several times a week will help you increase your metabolism and keep you feeling energized.

Understand
this is long term

Losing
belly fat in women is slightly different than men. You will lose weight at different rates and you will lose fat in different places. Usually fat comes off the midsection last. You will notice your legs getting thinner, your arms, your back and generally the last place is your stomach. As long as you are committed to the long term and you have the desire to get thinner then it's no problem.

Women,
in order to lose belly fat as fast as possible you want to combine great nutrition with cardio. Intake less calories than you need to maintain and eat healthy foods. Don't forget to count those calories, I know it's a pain but you'll get the hang of it quickly.

Find out more information
about getting Ripped Abs.