

Get Rid of Belly Fat: What Actually Works

A healthy lifestyle enables sustainable fat loss. Aim to incorporate as many of these strategies as possible into your daily routine.

Nutrition

- Healthy protein in every meal
 - 5 handful of vegetables
 - 1 handful of healthy fats
 - No sweets
 - No fast food or highly processed foods
 - No alcohol
 - No processed meat
- ← Tick off at least 5 per day

Movement & Exercise

- >7,000 steps
 - 1 workout (strength or cardio)
 - 1 post-meal stroll
 - All stairs taken
- ← Tick off at least 2 per day

Sleep & Stress Management

- At least 7 hours of sleep
 - In bed before 11 pm
 - Breathing exercise / Meditation
 - Keep a journal
 - No caffeine after 2 pm
- ← Tick off at least 4 per day