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How to Burn Belly Fat Fast - 2 Proven Ways by [Delon John](#)

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Are you looking for ways to burn belly fat fast? While it is true that there are no real shortcuts to burning belly fat quickly, there are a few tips and tricks you can try to trim down your tummy faster. Mind you, you will need hard work and determination for them to be effective. Ready? Determined? Let's go!

The Right Exercise is the Key to How to Burn Stomach Fat Fast

If you've tried to burn stomach fat fast before, chances are you've gone the way of the hundred or so crunches a day. This does not work. It is far more effective to incorporate a cardio routine that uses all of your muscle groups in your daily - yes, daily - workout. Cardio exercises raise your heart rate to a level where fat burning is at a maximum, and it is much more effective to exercise your entire body. Running is a good example of a cardio work out that will burn stomach fat fast.

Strength training also goes a long way to burning belly fat fast. Don't be afraid of bulking up too much: you won't. Building muscle actually helps you burn fat more efficiently, so it follows that you will burn stomach fat faster with weight training. Strengthening your core will also help, just make sure that it's not the only thing you do. Doing sit-ups, crunches, and push-ups will help make your abdominal muscles stronger, as will yoga and other stability-related exercises.

How to Lose Belly Fat Fast by Eating and Living Right

Aside from regular exercise, you need a healthy diet to burn belly fat quickly. Include fiber-rich foods in your diet, and stay away from oily, too-salty or too-sweet junk food. It helps if you have meals in smaller portions three to four hours apart as the constant intake of food will help you metabolize things faster. Eat your heaviest meal with high starch foods in the morning so that you burn the carbs during the day instead of having them sit in your system while you sleep at night. And, remember, starving yourself is not how to burn tummy fat fast. Lessening your food intake to dangerously small portions will only do you harm.

A healthy lifestyle is necessary if you want to lose belly fat quickly and keep belly fat off for good. Maintain good posture, keeping your back straight and your tummy pulled in. This will give an instant slimming effect as well as decreasing the risk of back problems. Don't drink excessively (remember that beer bellies happen!) and avoid smoking (a good cardio workout won't work if you can't breathe properly). Above all, keep yourself motivated when you're working on how to burn stomach fat quickly. Keep track of your progress, but don't stress out over not having washboard abs in a matter of weeks. You'll start to see results in a couple of weeks, and congratulate yourself for a job well done while continuing to work on burning your belly fat!

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