

Rapid Fat Loss - Shoot for the Sky

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by JoseLoni

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Stress and belly fat have been linked. Stress causes the Cortisol hormone to be secreted into our system and store fat onto our abdomen. This stored belly fat increases our chances of getting diabetes, high blood pressure, heart disease and stroke.

Stress management techniques such as mediation, yoga, tai chi and deep breathing have been effective at decreasing stress and giving us a better way to handle stressful situations.

Healthy habits in eating are great ways to control our caloric intake. By controlling and avoiding fatty foods, processed foods and sodas, we are better able to avoid the high calories of these foods and not overeat. If our body is not able to burn the calories of the high calorie foods, it is converted to body fat and stored away on the body.

Eating 5-6 times a day helps provide you with energy throughout the day and give you a way to watch your caloric intake. By watching your calories, you will be better able to burn the calories and burn fat.

Interval training helps boost our metabolism. The quick bursts of activity increase our body's activity and makes the muscles require more energy to function. As a result, the body burns more fat due to the increased muscle metabolic activity.

The demanding nature of interval training causes the muscles to burn more fat, as it delivers more oxygen to the muscle to repair, remove waste products and replenish the muscle tissue. This results in greater metabolic activity throughout the day and night.

Rapid fat loss success is dependent upon reducing your stress, watching your diet and incorporating interval training into your exercise program. These factors will allow your body to kick-start its metabolism and make your body into a fat burning machine.

More Information

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