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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

7 Things You Can Do Today To Get Rid Of A Beer Gut

By Peter Webber

There is much hype and misinformation surrounding the subject of how to get rid of a beer gut. If

you can get past the infomercials selling their ab machines, diet supplements and magic pills you'll have a much better chance of actually seeing some proper results and holding on to the money in your pocket.

Like anything in life that involves hard work and desirable results there are no shortcuts. A task such as this requires some fundamental changes in how you live your life and exchanging bad habits for good ones.

Here are 7 small life changes you can make to your every day routine to help to get rid of a beer gut:

1. Park the car a few blocks from work forcing you to walk the rest of the journey every day to incorporate some exercise into your daily routine. If you take the bus or train try and get off a stop or 2 early (take a change of shoes for this).
2. Try and avoid taking lifts and escalators if there are stairs you can take instead.
3. Swap coffee for green tea.
4. Split your meals up into 5 or 6 smaller meals throughout the day, this will increase your metabolism and therefore burn more fat.
5. Drink lots of water, particularly when you get up and before you go to bed.
6. Eat larger meals earlier in the day when you need the energy and smaller ones in the evening when extra energy will only end up being stored as fat. Remember this expression;- "Breakfast like a king, lunch like a prince and sup like a pauper" but try and split this into 5 or 6 meals instead of the usual 3.
7. Be conscious of how you sit at your desk or how you hold yourself during your day to day routine. One of the best ways to develop a flat tummy is to exercise your transverse abdominus. You do this by

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holding in your stomach (without holding your breath). Aim to see how long you can hold it in for and better your time every day.

Drawing your belly button into your spine is sometimes referred to as 'activating your core'. If you work at a computer set a calendar reminder to 'activate your core' several times a day. If you don't work at a computer set your watch or phone alarm to remind you to do this. Tensing your stomach muscles and drawing your naval into your spine is something you can do sitting or standing and in almost any situation.

These 7 tips can make a world of difference to helping you get rid of a beer gut if you add them to your daily routine. Proper diet and exercise play an important part as well, however it is possible to `multitask' and lose your beer gut when you're at work and even at play.

If you combine these routine changes with a solid exercise and diet system you'll start seeing results a

lot quicker than you thought possible. Of course you'll want to make sure you're using the right diet and exercise system.

For more every day diet and exercise tips be sure to check out my site for in depth info on how to most effectively get rid of a beer gut and develop rock hard 6-pack abs.

Peter Webber is the author and webmaster of

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home of no

nonsense info on abdominal training and fat loss.

Best Recipes: Root Beer Float Milkshake

By Donna Monday

Make this cool, frosty Root Beer Float Milkshake for a real walk down memory lane. Did you enjoy root beer float as a kid? Maybe you drank them in high school when you went out to eat with your friends at the local burger hang out?

Maybe you've never even had a root beer float but you've heard about them and want to try one. Well, here's a great recipe on how to make a classic root beer float that will have your taste buds rockin around the clock!

Root Beer Float Milkshake Root beer 3 tablespoons chocolate syrup 2 – 3 scoops vanilla ice cream

Directions

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Blend all ingredients until smooth.

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Donna Monday

Easy to make - fun to drink

<http://www.1st-milkshake-n-smoothie-recipes.com>

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