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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!

How To Lose Belly Fat Fast And Lose Love Handles Fast

By Chris Chew

As we age, our metabolism starts to slow down and we start to gain fat in all the wrong places. To

make matters worse, it is known that the older we get, the more sedentary our lifestyle will be. This will be translated to less fat getting burnt off and more fat being accumulated. For men, fat is often gained around the belly. If you are lucky, only your waistline will bulge which is commonly being referred to as love handles. But for most of us, fat will build up on the tummy or what is commonly called, belly fat. The ladies tend to accumulate fat around the thigh and butt. That is not to say they will not have belly fat or love handles. In fact, women have it worse than men and are more inclined to gain fat all over. All of us want to own an attractive flat belly and a slim waistline. We will not only look attractive, we will also have less risk to fat related diseases such as heart attacks, strokes and other medical complications.

So how do we get rid of belly fat and love handles fast? First, let the truth be out. There is no such thing as spot reduction short of invasive medical procedures such as mesotherapy which actually inject drugs into your fat to supposedly melt them away. This treatment still has its controversy at the time of this writing. The other is liposuction. A very excruciatingly painful and expensive medical procedure. But do these procedures as well as others such as body wraps, slimming pills, diets etc keep your waistline slim and belly fat at bay? Well, perhaps initially, but to keep fat off permanently, they are questionable unless you keep popping pills or on a diet for the rest of your life.

To keep belly fat and your love handle off permanently, you will need to incorporate regular cardio exercises, weight training and a healthy eating habit into your life style. No starvation diet is required. Cardio exercises will burn fat fast. Weight training which will build you some muscles will also burn body fat. The added advantage is that when you pack on more muscles, your metabolism skyrockets and you burn fat round the clock, not just your belly fat and love handle but body fat from all over you. You will also have the benefit of owning an attractive flat belly and a slim waistline with beautiful muscle tone and that fabulous six pack abs for the guys. Added to your healthy eating habit such as avoiding too much dietary fat, sugar, simple carbohydrate, you will not only lose your belly fat and love handle, you will lose them forever. And if you have other fat deposit in other parts of your body, the same routine will also burn away those fat fast too.

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So the if you want to own an attractive flat belly and a slim waist line fast, add cardio and weight exercises along with a healthy eating habit. Then watch the massive improvement to your health and fitness and watch your belly fat and love handle melt away quickly.

Well, it may take some effort getting used to the new routine at first but when you start to see your belly fat and love handle melting away and when you are forced to change you wardrobe because of your new slim waistline, you will enjoy and appreciate your new healthy lifestyle and attractive body. Try it.

Chris Chew is a personal trainer who counts top fashion models, international male pageant winners and actors as his clients. He is the author of "Burn Fat Build Muscles Fast!"

For more free fitness tips check out his sites at

www.sgfitness.com

and

www.sgfitnessonline.com

The Truth About Losing Fat On Your Stomach

By Melanie Mendelson

Do you know anybody who does not wish to get rid of the fat on one particular area of their body? I have not met anybody like that!

"If I could only get rid of my big belly"! "Oh, I wish my thighs were slimmer"! Does it sound familiar?

Even skinny people are often unhappy with the excess fat in some areas of their body. We've all seen those skinny men with huge bellies!

This common problem is accompanied by a widespread belief that you can lose the fat on a "problem area" by exercising that particular area. Some people do hundreds of crunches in attempts to flatten their stomachs, others buy the "miracle" ab gadgets and bulky "hip slimming" machines from TV.

Were you about to call the 800 number to buy the "latest and greatest" ab roller?

Hold on to your hard-earned money!

The belief that you can lose fat on a specific part of your body by exercising that area is a myth! Targeting the "spots" of your body for fat loss is called "spot reducing", and it simply does not work.

Exercising certain areas of your body will strengthen the muscles there, but it will not remove the fat from them. Your newly developed muscles will be hidden under the layer of fat.

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What about those heavily pitched creams, wraps and rubber belts that supposedly "melt the fat away"? Those are just plainly scams.

The creams and body wraps can temporarily give your skin smoother appearance, but they will do absolutely nothing for fat loss. All kinds of weight loss belts, pants and other clothing will make you sweat, thereby causing some loss of water weight which is mistaken by most people for fat loss. But they will not help you lose even one gram of the actual fat!

There is no way to tell your body where exactly it should lose its fat.

Each person's body has its own unique shape and fat distribution pattern. The places where the fat goes first are, unfortunately, where it comes off last. So the only way to lose that fat is by losing weight in general.

The only healthy permanent way to lose weight is by making lifestyle changes to incorporate healthy eating and increased activity. When you do that, the fat will come off everywhere on your body, including those "trouble spots". And yes, you will then have that body that you always dreamed of!

Melanie Mendelson

Author of "Practical Weight Loss"

A Guaranteed Way To Lose Fat For Good

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<http://www.practical-weight-loss.com>

Melanie Mendelson is one of those select few people who succeeded in losing weight and keeping it off. She lost 23 lbs and got down to her ideal weight, and she reveals all her weight loss secrets in her special guide. Visit Melanie's site at

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