

Did You Know?

A woman who has a waist of more than 35 inches or a man who has one of more than 40 is at greater risk of a heart attack, a stroke, or possibly cancer.

Belly fat is dangerous because it can wrap around major organs, like your liver and pancreas, making you more susceptible to serious diseases.



Best Ways to Beat Belly Fat

Get More Fiber: Eating more fiber fills you up and makes you less likely to fill up on less nutritious foods. Leafy greens, whole grains, nuts, and beans are great choices.

Get More Fat: Believe it or not, fat may be the better choice for your belly than too many carbohydrates. When fat calories replace carbohydrate calories in a balanced weight-loss diet, people gain less fat around the middle. But stick to the healthy fats like olive and canola oils and avoid fried foods.

Stop Trying to Outrun It: Trying to “burn off” that belly fat by pounding the pavement hour upon hour? Research shows that a few quick bursts of high-intensity exercise -- a 30-second sprint or intense pull-up set may be more effective. But check with your doctor first.

Sleep: Too little, less than 5 hours, or too much, more than 8 hours can increase belly fat. “Just right” seems to be around 6 or 7 hours.

Keep Calm: Are you stressed out? Stress may make you want to eat more fat and sugar, and unleash the “stress hormone” cortisol, which can boost belly fat. Stress also can make you sleep less, exercise less, and drink more alcohol. Instead, take a deep breath, unwind, and relax.

Lift Weights: 20 minutes of daily weight training may be more beneficial than running or biking in keeping off belly fat. More muscle helps to increase your metabolism. But check with your doctor first before you lift something heavy.

