

Getting Rid of Stomach Fat

By Lauren Parsons

Ever wondered which is the best exercise to get rid of stomach fat?

You are not going to want to hear this...but there is **no one specific exercise** that will help you get rid of abdominal fat. You see, localised fat reduction is not possible. In fact, infomercials promising **localised fat reduction** frustrate fitness professionals no end as we know that what's being promised **is just impossible!**

What happens during say, an abdominal crunch, is that your muscles need to use energy to work. But there is no direct line from the abdominal muscles to the abdominal fat cells surrounding them. When fat is used from any particular area, it is first sent to the liver to be routed towards the muscles for usage. But that fat could have been sent from anywhere in the body.

So doing abdominal crunches does not mean you are burning stomach fat! If your abdominal fat is very resistant then it will be stubborn and will probably be the last area of body fat to be used. So you will likely notice greater changes to your arms and other areas and start to wonder when the fat around your stomach will start co-operating!

Be patient, it is just going to take a little longer!

Doing specific body part exercises will definitely strengthen that muscle but unfortunately, you cannot "spot reduce" fat.

So as far as one best exercise to tone your stomach...there is no such thing. In fact we all have perfect tone already...its just that some of us hide our 'six-pack' under more of a duvet or a pillow, rather than a sheet. So the real key is reducing the excess body fat.

If you want a flatter leaner stomach the best plan is to follow a balanced program including weight training exercises to increase metabolism & strengthen lean muscle, cardiovascular exercise to burn loads of calories & balanced nutrition to ensure body fat is being burnt.

If you are reading this and would like some help with your exercise or nutrition in order to reach YOUR goals, call Lauren for a chat!

