

q fitness: with CHRIS GREGORIOU

20 Ways to lose your gut

Want to lose the love handles? Look no further, with a variety of grab sized tips to get rid of the bulge.

It's very common for people to be unhappy with their tummy. No matter how hard you try to change it, do you find that there is a stubborn layer that just does not want to leave you? So how can you part ways with that stubborn tummy, without taking a drastic approach and going on a fancy diet, detox or performing over the top workouts? With the right types of exercise, a simple food plan, and a handful of these tips, you will have a flatter stomach in no time.

Exercising

Strength training with compound exercises are a fantastic combination for you! Strength training is exercise that uses resistance to strengthen and condition your musculoskeletal system. Apart from helping you look great you gain an increase in metabolic efficiency (your ability to burn excess calories). Even after several hours of this kind of training, (even while you sleep), your body continues to burn off excess calories.

Compound exercises are resistance exercises that target more than just a single body part.

Saving you lots of time, this method of training also improves balance and co-ordination, works core stabiliser muscles (for more abs and lower back strength) and helps provide a better posture

Some of these include:

- 1) Squats
- 2) Dead lifts
- 3) Step ups
- 4) Chin ups
- 5) Push ups
- 6) Push ups

Leg based exercises are terrific due to the large amount of muscle volume utilised in a single exercise (such as squats), burning you lots of calories while performing the exercise. Oh a word of caution, be very careful when performing squats as you must have your technique correct otherwise its easy to sustain an injury.

It's important to note some of the least effective exercises. These include:

- 8) sit ups
- 9) crunches
- 10) ab machines (like the ones on TV)

Also, don't want to waste your time and money on:

- 11) "extreme fat burning pills"
- 12) fancy shakes
- 13) fad diets
- 14) detox programs.

So if you want to lose fat or change your body, one of the most important things you can do is strength train. What you consume is equally just as important.

Your Diet

A healthy balanced diet contains a variety of food types, including fruit, vegetables, starchy foods such as wholemeal bread, wholegrain cereals, protein rich foods such as meat, fish, eggs, lentils and some dairy.

Aim to:

- 15) Reduce your sugar and saturated fats
- 16) Consume complex carb's (these are necessary for your health, because every cell in your body uses them for energy. In fact, your brain can only use carbohydrates for energy. Starve yourself of carb's and your not only starving your body but your brain. Looking at it simply, these are foods in wholegrain form such as wholegrain breads, oats, muesli and brown rice.
- 17) Eat more fish and lean meat
- 18) Drink plenty of water (8 glasses a day as a guide)
- 19) Don't skip breakfast (kick start your metabolism, energy for the morning, fuel for your brain)

Overall, aim to: 20) Burn off more than you consume

The healthiest way to lose weight is neither via crash diets nor bursts of exercise. The body likes slow changes in terms of food and exercise.

Quite simply, become more active and follow these tips. It wont take long until you feel all the benefits! Enjoy your summer!

