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## What is the best exercise to lose weight in your stomach

Belly fat is becoming more and more common among men than it was before. It is easier to find men with belly fat than flat tummies. This is not to say that it is only men who can get belly fat, even women are victims to this. The best part is that belly fat does not have to be a permanent thing for you. If you've been googling 'exercise to lose belly fat for men' or something along those lines, then you are in luck. We will highlight all you need to know about belly fat and ways to lose that spare tire. Belly fat is the accumulation of abdominal fat that results in increased waist size. It is also known as central adiposity or abdominal obesity (11). Belly fat can be stubborn and hard to lose. This is from the fact that you cannot tell your body where to lose fat (12). In other words, you cannot target where to lose fat. Men are often the victims of belly fat. This is because the default storage for extra fat for men is in the tummy (14). This is not the case for women as their default storage for extra fat is in the lower body. Since it is not possible to target where to lose fat, in order to get rid of the tummy fat you have to lose fat all through your body. Successful fat loss occurs when you are able to maintain as much fat free mass as possible while cutting away the extra storage of body fat you have. A flat tummy is something you should always aim for as it makes you stronger, and reduces the likelihood of getting certain diseases. Types Of Belly Fat There are two types of belly fat (5): Subcutaneous belly fat Visceral belly fat Shutterstock Subcutaneous Belly Fat This type of belly fat is found just underneath the skin (5). This is that visible bulge that juts out and drives you up the wall. Subcutaneous fat is not only found in the stomach. It can be found in other parts of your body like your butt, your hands, your legs and so on. It is any fat that you can pinch between your fingers. This is the fat most people see, and decide to lose weight. This type of fat is not particularly dangerous. Visceral Belly Fat This type of belly fat is located inside your body (5). Unlike subcutaneous fat, you cannot see it. It usually surrounds most of your internal body organs. This includes your heart, your lungs, your intestines, your liver, and other major organs (15). This type of fat is very dangerous. This is because it pumps substances called cytokines into your bloodstream. These substances cause inflammation and are known to lead to health conditions such as diabetes, colorectal cancer, high blood pressure, cardiovascular diseases, high cholesterol, inflammation throughout your entire body, liver problems etc. Read More: Detox Smoothies To Shed Belly Weight: Supercharging Your Weight Loss With Vitamin-Packed Beverages Shutterstock How To Measure Belly Fat It is important to know how to measure belly fat. This enables you to know if you have belly fat that is dangerous for you. How do you measure your belly fat? You do this by measuring your waist. To measure your belly fat you (3): Take a tape measure and place it around your naked stomach. You should place your tape measure in the area between your belly button and your hip bone. You then pull the tape measure until it fits snugly around you. Make sure not to push it into your skin. You should also make sure that the tape measure is level all the way around your stomach. Relax, exhale and measure your waist. Resist any urge you might have to suck in your stomach as this will interfere with the measurement. If you are a man and your waist measurement is more than 40 inches (102 centimeters) it is time to lose that extra fat (10). This number indicates an unhealthy concentration of belly fat and a risk of getting the health problems mentioned before. Shutterstock Causes Of Belly Fat Knowing what foods and habits cause belly fat lets you be in control. Sugary Foods And Drinks Examples of these kinds of foods are cakes, muffins, soda, flavored coffee drinks and so on. Most of these foods have a high fructose content. A ten week study was done on overweight and obese people who consumed 25% of their calories as fructose sweetened beverages (2). The people experienced a decrease in insulin sensitivity as well as an increase in belly fat. High fructose intake is also known to reduce fat burning and the metabolic rate in people. It is for these reasons sugary foods and drinks are not encouraged if you want to lose that stomach overhang. Alcohol When alcohol is taken in small moderate amounts, it does not affect our health. When you take alcohol in high amounts it may lead to inflammation, liver disease and other health conditions (6). It is not a surprise that a fat belly is sometimes called beer belly. This is because alcohol is known to suppress fat burning in our bodies. In addition to that, the excess calories from alcohol are usually partly stored as belly fat. Men who consume more than three drinks in a single day have an eighty percent more likelihood of growing a beer belly than men who consume less alcohol (2). If you want to lose tummy fat, you have to reduce your alcohol intake. At least you don't have to do away with alcohol completely. Shutterstock Trans Fats These are fats that are usually created by adding hydrogen to unsaturated fats in order to make the fats more stable. They are usually used on packaged foods so that they can extend how long the foods can stay (2). These fats are quite unhealthy and known to cause inflammation. Inflammation leads to a big belly as well as other conditions such as insulin resistance, cardiovascular diseases and many other health conditions (2). Lack Of Exercising People nowadays rarely exercise or are just plainly inactive (13). We spend most of our days seated. We may be seated in the office, seated at school, seated during our commutes, seated in front of the television when we get home etc. This leads to people gaining extra weight as they are not using all the calories they are taking in. This leads to people having tummy fat, as well as an increase in body fat. BetterMe app is a foolproof way to go from zero to a weight loss hero in a safe and sustainable way! What are you waiting for? Start transforming your body now! Shutterstock Diets With Low Protein High protein intake is key to preventing weight gain. This is because proteins make you feel as if you are full and satisfied. Proteins also increase your metabolic rate and in the long run cause a reduction in your calorie intake (2). When your diet has less protein, you are more likely to gain weight and most importantly belly fat compared to a person whose diet has lots of proteins. In addition to this, when you have high levels of a hormone known as neuropeptide, you have more appetite which in the long run leads to gaining belly fat. This hormone increases when your protein intake is low (2). Stress Stress is a common feature in our lives. There are so many things that can stress us out. Work, school, relationships, and finances, are all examples of things that can make us feel wired. When you are stressed, your body produces a hormone known as cortisol. This hormone helps your body to respond to stress. When it is produced in large amounts, it can lead to weight gain. This is because when most people are stressed they tend to overeat. Instead of the excess calories being stored throughout the entire body as fat, cortisol promotes fat storage in the belly (2). Shutterstock Low-Fiber Diets Fiber is very important in your diet. This is because fiber helps you feel full, helps stabilize the hunger hormones and helps reduce calorie absorption from food. All this helps reduce weight gain and belly fat gain (2). Your Genes Your genes have a say in whether you are likely to have tummy fat or not (6). There are people who have genes that influence the tendency to store fat in the abdomen. Genes are known to influence behavior, metabolism and the risk of developing obesity-related conditions. Poor Sleeping Habits If you are not sleeping well, you might be at risk of gaining belly fat (6). Not getting enough quality sleep may lead to unhealthy eating habits, which may in the long run cause weight gain. These are some factors that are known to cause belly fat. If you don't want to have belly fat, you should take a hard look at your lifestyle and start making changes. Read More: Is 6 Hours Of Sleep Enough To Build Muscle: How Lack Of Sleep Hinders Your Gains Shutterstock Best Exercise To Lose Belly Fat For Men Here are some exercises that will help you lose that tummy fat. Exercise To Lose Belly Fat For Men: Planks How they are done (4): Kneel down on a mat. Place your elbows on the mat. Extend your right leg back, then your left leg. Keep your neck, back, and hips in the same line. Keep your core engaged. Hold this pose for at least 30 seconds. You should do 3 sets of 30-60 seconds hold. Shutterstock Exercise To Lose Belly Fat For Men: Crunches How they are done (4): You first lie down on a mat, flex your knees, and place your feet on the floor. Place your hands at the back of your head and lift your head off the floor. Initiate the movement by curling up and trying to reach your knees with your head. Go back to the original position. You should make sure you inhale while curling up and exhale while going down. You should do 2 sets of 12 reps. Exercise To Lose Belly Fat For Men: Leg In And Out How to do it (4): The first thing you need to do is sit on a mat and put your hands behind you. Then lift your legs from the ground and lean back a little. Tuck both your legs in. Simultaneously, bring your upper body close to your knees. Go back to the original position. You should do 2 sets of 20 reps. Shutterstock Exercise To Lose Belly Fat For Men: Scissor Kicks How they are done (4): First lie down on a mat and place your palms under your hips. Then lift your head, your upper back, as well as your legs from the ground. Lower your left leg, and just when it is about to touch the ground, lift it and lower your right leg. You should do 3 sets of 12 reps while taking a 20-second break before moving on to the next exercise. Exercise To Lose Belly Fat For Men: Bicycle Crunches How they are done (4): Lie down on a mat, flex your knees, and lift your feet off the ground. Place your hands at the back of your head and lift your head off the floor. Push your left leg down and extend it straight. Simultaneously, curl up and twist to your right. Try to touch your left elbow with your right knee. Curl back down and bring your left leg back to the flexed position. Do the same with the other leg. You should do 2 sets of 12 reps. Intense sweat sessions, working weight loss tips, lip-smacking recipes come in one package with the BetterMe app. And all of it is at your fingertips, start transforming your life now! Shutterstock Exercise To Lose Belly Fat For Men: Half Seated Reverse Crunch How to do it (4): Sit on a mat, flex your knees, and place your feet flat on the ground. Lean back and support your body on your elbows. Lift both your legs off the ground and bring your knees almost close to your nose. Gently, lower your legs to the original position. You should do 3 sets of 15 reps. Exercise To Lose Belly Fat For Men: Sit-ups How they are done (4): Lie on a mat, flex your knees, and place your heels on the mat. Engage your core and place your hands at the back of your head. Lift your head and shoulders off the ground and look at the sky. Use your core strength to lift your body off the ground and come to a sitting position. Go back down gently to the original position. You should do 2 sets of 12 reps. Shutterstock Exercise To Lose Belly Fat For Men: Lying Leg Raises How to do them (4): Lie flat on your yoga mat. Take your thumbs and place them under your hips. Partially lift your feet from the ground, and look up to the sky. Make sure to engage your core. Gently raise your legs to a 90-degree angle and then bring them back down again. When you are about to touch the ground, raise your legs again. You should do 3 sets of 15 reps of this exercise. Exercise To Lose Belly Fat For Men: Jackknife Crunch How to do it (4): Lie down on a mat and extend your hands over your head. Keeping your back and neck in the same line, lift your upper body. Simultaneously, lift both your feet off the floor. Try touching your knees with your hands. Go back to the original position. You should do 3 sets of 12 reps. Shutterstock Exercise To Lose Belly Fat For Men: Lying Alternate Toe Taps How they are done: Lie on the mat and lift both your legs. Extend your hand up, lift your head and upper back off the floor, and engage your core. Curl up and try to touch your left foot with your right hand. Than, curl back down. Curl up again and try to touch your right foot with your left hand. You should do 2 sets of 15 reps. Exercise To Lose Belly Fat For Men: Crossbody Mountain Climbers How they are done (4): Get into a plank position. Make sure your elbows are directly below your shoulders. Keep your neck, back, and hips in a straight line. Lift your right foot off the floor, flex your knee and bring it close to the right side of your chest. Place the right foot back to its original position. Lift your left foot off the floor, flex your knee and bring it close to the left side of your chest. Add some speed and do this as if you are running. You should do 2 sets of 25 reps. Shutterstock Exercise To Lose Belly Fat For Men: Russian Twist How to do it (4): Sit on the mat, lift both your legs, keep your knees flexed, and lean back a little. Join your palms to balance your body. Twist your upper body to the left and then to the right. Exercise To Lose Belly Fat For Men: Sit-ups How they are done (4): Stand straight with your feet shoulder-width apart. Bend your knees and place your hands on the floor. Let's call this the "frog" position for clarity. Then, jump and push both your legs back and get into a plank or push-up position. Hop and get back to the "frog" position. Jump vertically and extend your hands above your head. Land softly on the floor. Get into the frog position again, then go back to the plank position. You should do 3 sets of 8 reps while taking a 10-second break between the sets. Shutterstock Exercise To Lose Belly Fat For Men: Running or Walking Running, jogging or walking are also important exercises that can help you lose weight and in turn lose belly fat (1). You have not worked out for a long time, you can start by walking as you progress to jogging and finally running. These are some easy home exercises to lose belly fat for men. Diet And Belly Fat In order to lose belly fat, you have to combine both exercising and proper dieting. You can only lose belly fat by losing weight generally. There is a reason people say you can't out-train a bad diet. Hence, even though you are working out, you should make sure to check what you eat. The first thing to do is to cut your calories (9). In order to do this, you need to know how many calories your body needs to function properly. From that number, you can cut 500 calories from your diet. This is just the right number to cut as it ensures you still have enough calories to carry out daily activities. You should also avoid fast foods, highly processed foods, sugary foods and junk food. Make sure to consume healthy foods that will provide your body with the necessary nutrients it needs. Eat more vegetables and fruits, eat lean proteins, and drink a lot of water (7). When it comes to snacks, go for healthy snacks like nuts. This will all help you lose that extra fat. The Bottom Line Exercise to lose belly fat for men helps give you that flat tummy you want. It is always advisable to consult an expert before you try a new workout or a new diet. Experts know what is best for you. To avoid getting belly fat, you should avoid sugary foods and drinks, reduce your alcohol consumption, make sure you get enough quality sleep, try as much as possible to reduce the stress you undergo on a daily basis, try to be active, try to incorporate exercise into your schedule even if it's jam-packed with things to do. Check up this 20 Min Full Body Workout at Home challenge! 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