

## **How To Lose Baby Belly Fat After Pregnancy**

After you have a child, you may want to lose baby belly fat. After you recover from your pregnancy and delivery, getting back in shape takes focus and determination. But you can lose the pregnancy pounds quickly if you follow this simple plan. This plan incorporates strength training using a stability ball, high intensity cardio, and a modified diet program. In just two weeks, you can lose baby belly fat.

First, to lose baby belly fat, you need to buy a stability ball. These retail for about \$30 in a sporting goods store. Most women will want a 22 inch ball. If you are under 5'1, buy the 18 inch and if you are over 5'8, go for the 26 incher.

A study at Sacramento State University found that people who used stability balls to lose belly fat had developed twice the number of muscle fibers as those who did normal crunches. As you can see, this will help you lose baby belly fat quickly, so you'll want to get one.

There will be a number of exercises in the manual that comes with the stability ball, but I want to feature a couple here that are especially helpful when you want to lose baby belly fat.

The first is the reverse crunch. Lying on your back, press your legs into the ball and lift it 3 to 6 inches off the floor. Hold it for one second, lower and repeat.

The second is the rock and roll. Get on your knees and put your elbows on the ball. Then lift your body until you are on your tippy toes at a 45 degree angle to the floor. Hold this position for one second, relax, and repeat.

Cardio is important in this plan as well. Try to get a 45 minute heart healthy workout at least 3 times a week to lose baby belly fat. This can include swift walking, jogging, cycling, or using any cardio machine at the gym.

The final component is to modify your eating habits. Try to eat 500 calories less than what you would need to maintain your weight. For instance, a 5'4 140 pound active 28 year old woman would need 2400 calories to maintain her weight. She should have a diet of just 1900 calories for the two weeks she is on this program.

Finding ways to reduce calories for a short period of time is actually easier than you might imagine. For instance, making your latte with skim rather than whole milk saves 120 calories. You can live with that for two weeks, can't you? Other swaps include eating air popped popcorn instead of potato chips (saves 95 calories) and substituting ½ cup of sliced strawberries and ½ cup fat free vanilla yogurt for your traditional "fruit on the bottom" yogurt cup (saves 105 calories). Make 4 to 5 of these substitutions a day and you're on your way to lose baby belly fat.

When you have a new child in the house, it can be hard to find the time and energy to put into a new exercise and diet program. But, if you really want to lose baby belly fat, you can follow this routine and be back in shape in just 2 weeks.

## **Exercise To Lose Stomach Fat-Working Thigh Muscles Can Help The Most**

Despite the claims of many diets that say they can burn away fat off your belly, you have to exercise to lose stomach fat. And that's even an inaccurate statement. Because exercise won't target stomach fat. It will only tighten stomach muscles to make your belly look smaller.

Exercise will help you lose stomach fat, however. But not just your stomach. Exercise will help you burn fat over your entire body. Unfortunately there's no switch you can flip that makes fat burning around your belly go faster or slower than anywhere else.

Just rest assured that if you're burning fat, the fat around your belly will burn off too. But you have to exercise to really make it look like you lost fat around your stomach. By doing fat burning exercises to slim yourself down overall, and focusing on your stomach with muscle tightening exercise, you can look much better...

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