



I'm not robot



**Next**

## What easy exercises burn belly fat

Page 2 Excess belly fat can have a negative impact on your health. These cardio exercises are great for burning belly fat. Leg raises are great for your abs and the obliques. Cycling is an effective way to burn belly fat. Reducing belly fat is a problem that bothers many. Belly fat is the stored fat around your waist. Excess belly fat can have a negative impact on your health. It could lead to some serious diseases like high blood sugar, high cholesterol, high blood pressure and several heart diseases. Therefore, it is important to melt belly fat. To cut down belly fat, you need to limit the calories you intake or only consume the amount of calories you can burn each day. For this, you need to keep a constant check on the calorie intake and regular exercise to burn more calories. Also, a healthy and a balanced diet can be effective to melt belly fat fast. Reducing belly fat is a problem that bothers many. Photo Credit: iStock. Also read: 6 Exercises Which Burn Maximum Calories In Minimum Time. Simple yet effective exercises to melt belly fat. 1. Crunches: The most effective exercise to burn stomach fat is crunches. Crunches rank top when we talk of fat-burning exercises. You can start by lying down flat with your knees bent and your feet on the ground. Lift your hands and then place them behind the head. You can also keep them crossed on the chest. Keep a check on your breathing pattern. This exercise will also help in building abs while melting belly fat. 2. Walking: A very simple cardio exercise which helps you lose the belly fat and stay fit. Walking along with a balanced diet can do wonders if you are trying to shed off the extra kilos. A brisk walk for even thirty minutes in the fresh air brings can help reduce fat around the belly. In addition, it also has a positive effect on your metabolism and heart rate. Even running is beneficial for fat-burning. All the more, you do not need any equipment for this exercise. It also helps in shedding fat from other areas of the body. A very simple cardio exercise which helps you lose the belly fat and stay fit. Photo Credit: iStock. 3. Zumba: Workouts are not a punishment and therefore, some fun workouts can also do wonders for your health. Zumba workouts are high-intensity exercise. It helps in improved cardiovascular fitness, lowered cholesterol and lowers blood sugar levels and melts belly fat quickly. The 2012 ACE study followed 19 healthy females between the age of 18 and 22 as they participated in a Zumba class wearing a heart monitor. On an average, the women burned 9.5 calories per minute which is more than the calories-per-minute burned in previous testing of advanced Pilates classes, power yoga, step aerobics and cardio kickboxing. So, put some music and start with some zumba workout right now! Also read: Leg Day At The Gym Done Right With These 7 Exercises. 4. Vertical leg exercises: Leg raises are great for your abs and the obliques. It helps in building stronger abs, increase stability and strength, melt belly fat and tone your body. Leg raises completely isolates the rectus abdominis muscle which helps in toning your stomach. Lie down on your back with your palms placed below your hips. Then slowly lift your legs to a 90-degree angle. Keep your knees straight and feet pointing the roof. Pause for a moment, and then lower your legs back down while exhaling out. Hurry and try this super-effective exercise! 5. Cycling: Cycling is an effective way to burn belly fat. Cycling helps gets your heart rate up and also has the capacity to burn the significant number of calories. Cycling helps you to lose weight in your thighs and waist. So start commuting with your bike to nearby places. Be regular and this exercise can be really effective in cutting down belly fat. 6. Aerobics: If you want to lose belly fat without going to the gym, you can do some high-intensity aerobic workouts. These workouts are effective, simple, fun and great for burning maximum amount of calories. Also read: Kick Start Your Day With These Quick Exercises On Bed. Disclaimer: This content including advice provides generic information only. It is in no way a substitute for qualified medical opinion. Always consult a specialist or your own doctor for more information. NDTV does not claim responsibility for this information. Exercises to Help Belly Fat Safety Considerations As people get older, it's common to see an increase of belly fat collect along the waistline. This is usually because muscle mass decreases with age as fat increases. Belly fat can make you feel self-conscious or can cause difficulty fitting into your favorite pair of pants. However, there are also some health risks associated with excess belly fat, including: Because of these risks, it's a good idea to try to control your belly fat. There are three types of belly fat: subcutaneous, intramuscular, and visceral. Visceral fat is the type that sits between your organs and is known as belly fat. Even if you have a normal weight and body mass index (BMI), too much visceral belly fat can still lead to a variety of health problems. There are many exercises out there, but not all are created equal when it comes to banishing belly fat. However, scientists and doctors alike agree that incorporating physical activity into your daily routine is a great way to burn off unwanted belly fat. Here are some exercises for belly fat that you can try to help you slim down your waistline. Aerobic or Cardio Exercise Your first step in burning off visceral fat is including at least 30 minutes of aerobic exercise or cardio into your daily routine. Studies show that aerobic exercises for belly fat help to reduce belly fat and liver fat. Some great cardio of aerobic exercises for belly fat include: Walking, especially at a quick pace Running Biking Rowing Swimming Cycling Group fitness classes When choosing a cardio activity, make sure it's something that you enjoy doing. This way, you're more motivated and will look forward to your exercise routine. HIIT or Interval Training High-intensity interval training (HIIT) and interval training are exercise routines that incorporate short bursts of intense exercise mixed in with lower intensity moves and rest periods. Research shows that HIIT exercises for belly fat help control weight and improve your overall physical condition. These routines aren't very time-consuming but still get your heart pumping and work your entire body. Each routine has a selection of activities that include the following movements: Pushing Pulling Squatting Deadlifting Loaded carries Typically, a HIIT routine pairs 30 seconds of intense activity with 30 seconds of rest right after before moving on to the next activity. The sequence can be repeated a few times to get the maximum benefit. Some HIIT exercises that people of all fitness levels and ages can try are: Jumping jacks Burpees Push-ups Jump squats High knees To get started, choose a handful of HIIT exercises for belly fat. Perform one activity for 30 seconds, then rest for 30 seconds. Do the next activity, and then rest. When you finish all the activities, you can repeat the cycle a few more times. Abdominal Exercises Because belly fat sticks to the waistline and stomach region, doing some abdominal exercises can help to combat it. They can help to tone and flatten the stomach while providing you with a good source of exercise. These exercises are great for men and women of any age. Some abdominal exercises for belly fat that you can try at home include: 60-second planks Bicycle crunches Abdominal crunches Leg lifts Weight and Resistance Training Weight training is also an important component of burning off belly fat. Since muscles burn off more calories than fat does when the body is at rest, having more muscle tone can help you to burn off more fat. Researchers have also found that resistance training, which includes weight training, can increase lean weight while decreasing fat, and it can boost metabolism at the same time. Some weight training exercises for belly fat to include in your routine are: Bicep curls Lunges Squats Tricep kick-backs With these exercises, you can do 12 repetitions with lighter weights, between five and eight pounds. Another option is to use heavier weights with fewer repetitions and rest time between sets. While it's important to get at least 30 minutes of moderate exercise a day, you don't want to overtrain and push yourself too hard. Sometimes when you overtrain, your body can produce too much cortisol. This is a stress hormone that is associated with belly fat, so overtraining may actually make it more difficult to burn off belly fat. Just keep in mind the recommendations for moderate regular exercise, and talk with your doctor if you have questions about how else your exercise routine can benefit your waistline. SOURCES: Current sports medicine reports: "Resistance training is medicine: effects of strength training on health." For Care, Education, and Research: "The 12 Best Exercises to Lose Belly Fat for Men and Women." Journal of hepatology: "Effect of aerobic exercise training dose on liver fat and visceral adiposity." Mayo Clinic: "Belly fat in women: Taking — and keeping — it off." Rush University: "Losing Belly Fat." Texas Health: "Fit After 40: How to Fight Stubborn Belly Fat." © 2020 WebMD, LLC. All rights reserved.







