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The 5 Best Ways to Lose and Reduce Belly Fat wikiHow

Cardio activity is the quickest way to lose belly fat- actually, it's the quickest way to lose any fat! These exercises help your body burn calories quickly and are best when combined with other types of exercise.
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Drink 1-2 cups of black coffee within two hours of working out, and emphasize healthy fats and protein if you're drinking it with a meal or snack. Skip the cream and sugar (which add unwanted calories and fat), and avoid drinking coffee at other times of the day; doing so can desensitize you to the fat-burning effects of caffeine.
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5 Fat-Burning Strategies. Here's how to work out, eat right -- and lose fat.
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44 Ways To Lose 4 Inches Of Body Fat With Nutrition and

There is no possible way to spot-reduce fat, so it s important to train the entire body to lose fat overall. Performing moves like burpees, jump squats, mountain climbers and fast push-ups are great examples. If you have 40 minutes to work out, do twenty minutes of cardio and twenty minutes of circuit resistance training. You re sure to see the difference in your body.
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