

# 10 Rules For a Flat belly

By: Savneet Singh

*Vanity and good health make most of us very concerned about the belly fat hanging over our waistbands. The frustrating reality is that the midsection is one of the trickiest and the most difficult areas to tone. Even people dedicated to regular exercise often can't iron out their abs. You need to have some kind of a tummy flattening plan. The "inch you can pinch" around your belly may be harmful. A moderate amount of fat is essential for life since it keeps you warm in the winter. Too much of it, however, can be bad, starting with the fact that fat functions as a visible sign of being overweight or obese. Worse, it makes us lose confidence in our body image.*



Excess fat has been linked to a long list of adverse health conditions, including:

- High blood pressure, stroke, and heart disease
- High cholesterol
- Diabetes
- Breast cancer
- Dementia

One of the main reasons fat is so deadly is the role it plays in inflammation, a natural immune response that has lately been tied to almost every chronic disease there is. Fat also contributes to insulin resistance, an early precursor to diabetes.

In order to have a flat belly you may want to try the following:

**Maintain calorie level of your body:** there is a calorie level which can be maintained in the way that you neither gain weight nor lose weight. Observe your body. You can also find it by multiplying your body weight (lbs) by 11. You can figure this out by the trial and error method. This gives you a rough estimate of your daily calorie requirements. Once you find out your maintenance calorie level, start reducing your food consumption very gradually which must not be more than 10% of the calories consumed.

You may be tempted to drastically cut down on food consumption but that will not prove to be effective in getting a flat stomach since this may send the body into starvation mode where the body thinks that it is starving and it initiates the body's starvation response by storing fat.

## **Make an Exercise Regime that focuses on Weight Resistance Training**

Lifting weight to shed 'weight' is a good way to go. Weight training tells you how fast you will burn fat. Strength training helps with both, building muscle and increasing the efficiency in burning calories burning. For each pound of trained muscle on your body, you can burn 35 to 50 calories of energy per day. Each pound of fat requires only 7 to 10 calories to maintain it. When you lift weights, you need more calories to feed those hungry muscle cells. That's why weight training is key for trimming fat around the belly.

## **Core strength training**

It is very essential to have core strength training to eliminate fat around the belly. Become aware of your abdomen. This mental awareness helps you stay focused on your goal - to eliminate the excess inner abdominal fat and achieve your goal of a trimmer waistline. Core training also builds a stronger calorie burning furnace when you build more muscles. Having a strong core is key to all kinds of daily activities like sitting down, picking things up, carrying groceries and even walking. The abs and the back work together as a team. The stronger the abs - the stronger the back.



## **Tighten up your abs**

sit on the chair and pull your stomach inside as if you are trying to pull up a tight pair of jeans. Hold for 10 seconds. Repeat at least 25

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## 6. Limitation on the Period of Authorized Stay

There is a 7-year maximum for managers and executives and a 5-year maximum for specialized knowledge.

## 7. Availability of Premium Processing

CIS will take action on an L petition within 15 days of receipt upon the filing of a Request for Premium Processing (Form I-907) and payment of the Premium Processing fee of \$1,000. Form I-907 may be filed with the petition or separately at a later time while the petition is pending.

## 8. L-1 Blanket Petitions

Normally, the U.S. employer files the petition with CIS, obtains an

approval, and then the foreign national applies at the U.S. Consulate for an L-1 visa based upon the approved petition. Large companies with U.S. subsidiaries or affiliates and combined annual sales of at least \$24 million or a U.S. work force of at least 1,000 employees, or companies that have previously obtained approval for at least ten "L" managers, executives, or specialized knowledge professionals during the previous 12 months, may apply for blanket certification. If approved, the foreign nationals can go directly to a U.S. Consulate for visa issuance without obtaining prior CIS approval.

Hopefully this article will help a lot of readers needing a clearer understanding of the requirements for an L-1 visa.

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## Flat Belly

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times a day to see the results.

**Add MUFA to your diet-** Studies have shown that a core group of healthy fats--monounsaturated fat known as

MUFAs can prove to be effective in shedding fat. Those good-for-you fats help protect you from chronic disease and, according to new research, can help you get a slim waistline. There are five major categories of MUFAs- oil, avocado, nuts and seeds, chocolates and olives. Eating one serving of any of these foods at every meal will help reduce accumulation of dangerous belly fat.

### Include fat burning food in your diet

This includes bananas, apples, beans, citrus fruits, broccoli, grains and grain products, cabbage, melon, pasta, tomato, zucchini, pineapple, root vegetables and peppers.

### Commit to your target

If you start a diet and exercise regime, make it for good. Eating healthy foods and exercising only until you hit your target weight will not result in long lasting happiness. Getting healthy is a lifestyle choice that needs to last.

### Picture yourself

Stick a "before and now" picture of yourself on your refrigerator door or you can have a picture of someone who inspires you. This will help remind you of why you should stick with healthy foods, exercise and an overall healthier lifestyle.

### Meal Replacements for Weight Control

For losing weight, we need to reduce the intake of the calories be-

low the daily activity needs. When we reduce the number of the calories, we draw from our fat stores to obtain energy. By replacing meals with specialized complete meal formula, we lose fat and weight.

Substituting meals for regular snacks can increase your meal frequency and control the weight, since the low-calorie meal replacements limit calorie intake. Meal replacements have become a popular way of helping many people successfully start losing weight. Meal replacements can be a good therapeutic approach to weight loss but only if, they are used in combination with lifestyle and diet education and professional support.

### Have a positive attitude

Instead of focusing on the failure of your past habits, consider focusing on 30 minutes to a flat stomach. Set attainable goals. This means goals that you have control over. If you set a goal to lose five pounds in a week, which you may have no control over, you are setting yourself up for failure. Instead, set a goal to exercise 30 minutes a day five days a week. Along with that set a goal to stay within your calorie count. As you achieve these goals each week, your motivation will increase. Other tips include:

### Measure DON'T weigh

Measure your waist and stomach before you start the weight loss program and continue to do so every six weeks since weight can fluctuate as fat gets replaced by water or muscle. A tape measure shows the inches melting off your midsection.

### Dont shop when hungry

Never go food shopping when you are hungry or you will end up buying more fattening food. The best thing to do is to eat before you go food shopping and always have a grocery list. Only buy food that relates to your weekly diet program.

