

Victoria Humbert

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5 Amazing Secrets Of Fat Burning

1. Eat 4-6 small, frequent meals & never miss any meals.

Most people think that if they want to lose weight, they should just eat less and the weight will come off. That's not exactly true. When there are long gaps between meals, your body moves from a fat burning mode to a fat preservation mode.

2. Include small amounts of beneficial fatty acids.

There are many benefits of fatty acid food:-

- 1.Regulation of blood pressure, liver function, immune.
- 2.Regulation of blood clotting.
- 3.Formation of healthy cell membranes.
- 4.Hormone production.
5. Development of brain.

3. Eat natural meals; keep away from processed & refined food items.

Eating processed food in moderation is fine, but it has sugar, sodium and fat. So always try to eat healthy and nutritive food.

4. Eat more fresh fruits & veggies.

Most vegetables are naturally low in fat and calories. None have cholesterol. Vegetable are sources of potassium like potato, kidney beans, etc. Veggies contains various vitamins with different role model. Vitamin A keeps eyes and skin healthy. Vitamin C helps healing cuts and wounds. Eating foods such as vegetables that are lower in calories. Veggies have fibers which protect against obesity and fat. Also include candle nuts which are rich in carbohydrate and fiber, it increases body metabolism more faster.

5. Do mild cardio exercise training. Never Diet! Eat fewer calories daily.

Dieting never helps to lose weight instead of that it increases our weight. Doing Cardio on regular basis have many benefits:-

- 1.It helps to Weight loss.
- 2.Stronger lungs.
3. Increased bone density.
4. Reduced stress.
5. Reduced risk of heart disease.
6. Relief from stress.
7. Better sleep.

**STAY FIT!
STAY HEALTHY!**

Source: www.nuez-dela-india.com
Resource: <https://ezinearticles.com/?You-Cant-Get-Super-Model-Skinny-Without-This-Fat-Burning-Secret&id=6546957>