

## **DIETS TO BURN FAT**



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We know that belly fat, or visceral fat, can set you up for serious health trouble. It can also be stubborn to lose. But these science-backed lifestyle changes can help.  
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### **A Beginner's Guide To Losing Body Fat bodybuilding com**

You burn body fat when you work out, and you keep on burning it at a higher rate than normal for hours afterward. A mixture of both strength training and cardio can help with weight loss. Here's a list of the most common strength-building exercises, followed by a short explanation of how to approach cardio.  
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### **6 Simple Ways to Lose Belly Fat Based on Science**

There are also studies comparing low-carb and low-fat diets, showing that low-carb diets specifically target the fat in the belly, and around the organs and liver (23, 24).  
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### **The Basics of the Belly Fat Diet Plan dummies**

If you are ready to burn off belly fat and make lifestyle changes that will help you maintain a healthy weight, the belly fat diet plan can help. The belly fat diet plan isn't some crazy fad, it's a comprehensive plan. These are the main principles of the belly fat diet plan (which you should follow for a lifetime): Eat!  
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