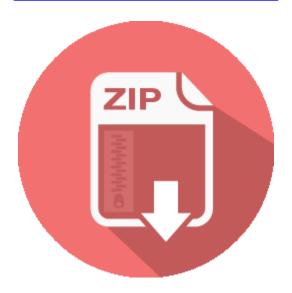
WHAT HELPS BURN FAT



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Running is an efficient tool for burning fat, including around your belly, because you lose fat throughout your body. While running helps keep your fat to a minimum, adding strength training and a lower-calorie diet will improve your chances of slimming down.

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According to Pratik, you will burn more fat doing low-intensity exercises since fat has more calories per gram than one carb, but when it comes to optimal calorie burn, it's not about the amount

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How to Burn Belly Fat Fast. Many people struggle with weight loss issues. Losing belly fat in particular is about more than just aesthetics: visceral fat, the kind of fat that tends to settle around the midsection, can cause an increase in

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3. Sugar is your Enemy. Fighting belly fat is 80% healthy diet. Reduce calories by filling yourself up with protein, vegetables, whole grains, and replacing bad habit snacks with good ones.

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About Tom Venuto. Tom Venuto is a lifetime natural (steroid-free) bodybuilder, fitness writer and author of Burn The Fat, Feed The Muscle: Fat Burning Secrets of Bodybuilders and Fitness Models and the national bestseller, The Body Fat Solution, which was an Oprah Magazine and Men's Fitness Magazine pick. Tom has appeared in The New York Times, Wall Street Journal, Huffington Post, Oprah

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