

How To Reduce

Visceral Fat

SPEEDFIT
THE SMARTER WORKOUT

So, your goal is to reduce your Visceral fat. This is a really good goal to have if you are focused on living longer and being healthy. Visceral fat is hard to track without technology because we can't see this with our eyes. It is the fat that surrounds our organs and can be deadly if we are not focused on it. Below you will find a list of main focus points that directly correlate to this goal. The aim here is to consistently follow every aspect to increase your likelihood of succeeding in this goal. Understanding each component is important as you may become aware of areas you are less confident in or lack knowledge in, this gives you an area that needs to be focused on and that is where we come into it. Please ask questions when you feel like you need more information.

Cardio and Regular Activity:

- Why: Visceral fat (fat stored around the organs) is particularly responsive to aerobic exercise. Cardio helps reduce overall body fat, including visceral fat.
- How: Incorporate 2-3 sessions of low- to moderate-intensity cardio (like walking or cycling) or high-intensity interval training (SpeedFit Cardio Sessions), which can burn fat while preserving muscle.

Diet (Lower Processed Foods and Added Sugars):

- Why: Diets high in processed foods and sugars lead to insulin resistance and fat storage, particularly around the abdomen.
- How: Focus on whole foods like fruits, vegetables, lean proteins, and whole grains. Avoid sugary snacks, fizzy drinks, and processed foods. Instead, opt for complex carbs like sweet potatoes or quinoa and healthy fats from sources like olive oil and nuts.

Healthy Fats (Omega-3s):

- Why: Healthy fats can help reduce inflammation and promote fat loss, especially around the abdominal area. Not all fats are bad!
- How: Include sources of omega-3 fatty acids like fish (salmon, sardines), chia seeds, flaxseeds, and walnuts. Replace unhealthy fats (trans fats, fried foods) with these healthier options.

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Strength Training:

- Why: Building muscle through strength training not only burns calories but also improves your body's ability to regulate blood sugar, which can help prevent fat accumulation around the organs.
- How: Focus on coming to ALL of your sessions, to fast track results consider upping your sessions to two sessions a week. When you are training you need to be pushing your limits and not just going through the motions. It needs to be hard, if you finish a session and feel like you could go again you have not pushed hard enough. In your Sessions you will utilise EVERY muscle in your body, which can't be done by doing generic training. Your SpeedFit sessions work multiple muscle groups, making your workouts more efficient.

Stress Management:

- Why: High stress increases cortisol, a hormone that can lead to fat accumulation around the abdomen (visceral fat).
- How: Engage in stress-reducing activities like yoga, meditation, deep breathing exercises, or hobbies that help you relax. Prioritise sleep (7-8 hours a night) as well since poor sleep also increases cortisol and belly fat.

Track Your Progress:

- Why: Regular tracking helps you stay on course and make adjustments when necessary.
- How: Measure your waist circumference or use body composition tests (like our EVOLT body scanner in the studio) to track visceral fat. Focus on making steady progress, rather than quick fixes. Ask your trainers if you need guidance on this and if you need to reassess and break down your results to ensure you're on the right path.