DRINKS & SMOOTHIES

# Lose Beer Belly with these Ultimate 4 Tactics

By bestfolkmedicine · 28/05/2019 · 2 min read



*After years of constant beer consumption on bar outings and summer parties, one may wake up one day to realize that their belly is far from flat and that they now have a beer belly. Oh, no!*

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

*Every consumed beer is around 150 calories that add up fast after hours, days, and weeks of chronic beer consumption. Moreover, when we drink alcoholic beverages, the liver prioritizes the alcohol burning rather than the burning of fat and thus, you end up having surplus abdominal fat.*

*The visceral fat, the fat gained from beer, is a more harmful fat than other fat in the body. So, it is time to learn how to get rid of it!*

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**Why Is Visceral Fat so Dangerous?**

Having surplus visceral fat between internal organs like the intestines, liver, and pancreas has been linked with higher risk of serious health issues, including breast cancer, Alzheimer's, type 2 diabetes, and heart illness.

The best way to know if you have surplus amount of visceral fat is with magnetic resonance scan or to simply measure your waist circumference at home.

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Luckily, you need not say goodbye to beer for good or to your social life to get rid of that annoying belly.

Check out the 4 tips shown below to start reducing beer belly today.

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**4 Tips to Reduce Beer Belly**

- **Assess your alcohol intake**

For a lot of people, giving up on alcohol entirely can be quite difficult. But, researchers have discovered that moderate beer consumers have a 42 percent lower risk of heart illness in comparison to non drinkers. So, have one or two days in the week to enjoy a glass of beer. You need not consume it daily. Be more cautious about how many drinks you are having at the next barbecue or get-together with friends and slow down your drinking. You need not chug it all at once. Sip the beer slowly and gradually.

- **Improve your diet**

A healthy diet rich in fresh veggies and fruits, lean protein, and good fats is pivotal for a slim belly. Some methods like intermittent fasting can also be good when you are reducing belly fat. Since beer is caloric and contains carbs, reducing it can help speed up the burning of fat. Opt for a higher intake of protein and lower intake of carbs for optimal results.

- **Introduce physical activity**

Physical activity is a must for those that want to fight off visceral fat. This will help you burn calories and speed up your metabolism. Opt for a 10-minute cardio workout or walk on a daily basis. Do not perform crunches- they will make your stomach muscles stronger; however, they do not help burn the fat that covers the abs.

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- **Strengthen the core**

Building the core muscles through yoga or some other workout is a crucial aspect of belly fat loss. You need not any expensive equipment to perform them- you can do them at home.

Sources:

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