

## 5 Tips for Burning Belly Fat

By Amanda Moxley

During a week of fun in NYC and Rhode Island visiting friends and attending my alma mater the Institute for Integrative Nutrition I had the pleasure of having heard Dr. Deepak Chopra, Dr. Iyanla Vanzant and Dr. Mercola all very energizing speakers. I returned home very inspired and rejuvenated and at the same time, I noticed that my body had attracted an extra 5 pounds of belly fat! As you can imagine I really do not like feeling this way!

I had to pull in the reins and cut out the 3 C's (chocolate, chips and crackers) for a few days and focus more on home cooking and riding my bike. It's so easy to let go of your health and eating well when you feel stressed or when you are traveling, but it's just as easy to get back on track. In this article, I'll share with you my top 5 tips for burning belly fat. I believe if you follow these simple steps you too can feel really great in your body! Try it and let me know how you feel. I love hearing from you!

1. **Make up your mind** that you are ready to change and then commit to giving it your 100% effort!
2. **Stop eating chocolate, cookies, muffins** (to avoid a muffin top waist), candy bars and other sweet processed treats for a week or two.
3. **Replace processed crackers** with gluten free flax crackers, the brand I like is "Mary's Gone Crackers", eat more crunchy vegetables like carrots, celery (boring I know but they are crunchy), and crunchy apples, organic of course.
4. **Stop eating all chips at least for a week or two.** Chips are nothing but fried corn or potatoes, chemicals, additives and salt. Replace chips with other salty crunchy alternatives such as sea vegetables like nori and dulse or snack on olives and raw nuts.
5. **Exercise! Seriously you gotta use it or you'll lose it.** You may be thinking that you do not have time to exercise but that is just an excuse. I recommend getting your calendar, palm pilot or day planner out right now and scheduling in exactly when you can exercise this week, ask a friend to hold you to your promise to yourself. As a side note just because you exercised today does not give you an excuse to eat more or eat "whatever" you want.

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