



How to Lose Stomach/Hip Fat

We are often asked for tips on how to lose fat from stubborn areas like the stomach and hips.

Calcium Pyruvate:

Taking your Calcium Pyruvate twice a day helps to remove stubborn areas of fat as well as following the FIT Medical Weight Loss Protocol and a good exercise program.

Cardiovascular Exercises:

Contrary to popular belief, doing abdominal exercises does not target the fat around your mid-section. Lunges and squats alone won't take the fat off your hips. There is no way to target specific areas of fat. For best results, you must do aerobic cardio activity. Your body burns the fat as a whole, not from specific areas. Doing cardio 4-5 times a week is a great way to burn body fat. This means keeping your heart rate in your target heart rate zone for 30 minutes or longer per workout. Aim for a target heart rate of 70 to 85 percent of your maximum heart rate (MHR). Your MHR (roughly calculated as 220 minus your age) is the upper limit of what your cardiovascular system can handle during physical activity.

Example: Age 40. MHR is $220 - 40 = 180$. $70 - 85\%$ of $180 = 126 - 144$ or the Target Heart Rate for cardio exercise. If you're looking for more than an estimate, consider discussing your target range with an exercise physiologist or personal trainer. Walking, jogging, running, swimming, cycling, step aerobics, rowing, rock climbing, are all fun and effective exercises.

Weight Resistance Exercises:

Resistance training exercise generally involves lifting weights, all or part of one's body weight, or moving the body against some externally imposed resistance such as elastic resistance bands or a strength-training machine. These exercises are important as they help to increase muscle mass, which enables you to burn more calories and fat all the time, even if you are at rest.

Abdominal Exercises:

Ab exercises that specifically target the abs are crucial when it comes to building six-pack abs. However to see those muscles in your Abs you must do cardio exercises to burn the fat off around the muscles.

These all work well together but the single most effective exercise to lose that stubborn belly or hip fat is cardiovascular exercises so be sure you get your cardio workouts in every week.