

# 17

# Simple Exercises To Reduce BELLY FAT

**ARE YOU FINDING  
IT DIFFICULT TO FIT  
INTO YOUR LITTLE  
BLACK NUMBER?  
IS BELLY FAT GIVING  
YOU SLEEPLESS NIGHTS?**



## Simple Exercises To Reduce Belly Fat

### *Food To Reduce Belly Fat*

#### a. Almonds

It is rich in vitamin E and is high on dietary fiber...



#### b. Apples

This attractive looking fruit will help you to lose belly fat effectively...



#### c. Avocado

The monounsaturated fatty acids present in avocados....



#### d. Cucumber

Stay cool with cucumber! The water content in cucumber.....



#### e. Watermelon

This yummy fruit contains 82% of water and it is really low on calories...



### *Stomach Weight Loss*

#### 1. Crunches

Nothing burns belly fat faster than crunches! Crunches occupy...



#### 2. Side Crunch

This is same as the twist crunch exercise. The only thing that you need ...



#### 3. Vertical Leg Crunch

Lie flat on the floor or on the mat with your legs extended upwards towards...



#### 4. Lunge Twist

This is a beginners' workout for beginners who want to reduce belly fat quickly...



#### 5. Captain's Chair

Sit on the chair with your spine straight and shoulders relaxed...



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# How To Lose Belly Fat For Women

**RC Schank**



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