

TRUE? OR FALSE?

DOING LOTS OF AB SITUPS AND CRUNCHES GETS RID OF BELLY FAT.

I am asked this constantly.

FALSE

Unfortunately, even if you do 100 crunches a day, you won't lose the fat from your belly or any other specific part of your body.

“Spot reducing” is a myth.

Forget about the belly-busting contraptions and gimmicks. There's no getting around the fact that a healthy diet, nutrition, and a consistent workout program is the key to getting flat abs.

To reduce your overall percentage body fat, Aerobic exercise is most effective. Exercise at a high intensity, then down to a lower one and back up.

Beginners and advanced exercisers, come take my classes. You can reach your flat belly goal.

I'm open to answer any questions. Beatrice, Ballancebodywoks.com

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