

WEIGHT LOSS

Along with good nutrition and resistance training, cardiovascular training is part of the solution to reducing belly fat. In my opinion, the best cardio exercise is fartlek sprint training (a running session comprising a variety of speeds over a variety of distances). However, in practice, the best cardio is whatever you enjoy most – be it running, dancing, boxing or spinning classes – because if you enjoy it, you'll do it more often and will push yourself harder. Here's how to make your cardio sessions work for you...

HOW OFTEN SHOULD YOU EXERCISE TO BEAT BELLY FAT?

When training to burn fat, you can train every day. If you don't exercise much, start slowly and add an extra day every week. Plan training activities in your diary, but if you miss a session, don't be too hard on yourself. Life does sometimes get in the way of training!

IF YOU EXERCISE REGULARLY AND WATCH WHAT YOU EAT, BUT YOU'RE NOT LOSING FAT, ARE YOU DOING SOMETHING WRONG?

If you're training to lose weight then yes, you're doing something wrong. Usually the solution lies in being stricter with your diet, and adding intensity and variety to your training programme. Losing weight isn't easy. Often you're trying to undo years of inactivity and bad eating habits. Losing one to two pounds a week is a safe and realistic goal. There's no way of controlling where fat will disappear from first. Be patient and focus on activities you enjoy, not just on the results.

WHAT EXERCISES SHOULD YOU TRY IF SOMETHING ISN'T WORKING FOR YOU?

Regularly changing the type of training you do is essential, not only psychologically but also physiologically. The idea behind training is to put your body under stress, and your body will soon adapt, hence the need to challenge yourself differently. There is no perfect exercise. The best exercises are the ones you actually do!

HOW HARD DO YOU HAVE TO WORK TO BEAT BELLY FAT?



GET A FLAT TUM!

EATING THE RIGHT FOODS CAN REDUCE BELLY FAT – BUT CARDIO WILL HELP, TOO. PERSONAL TRAINER DAN ROBERTS EXPLAINS HOW TO MAKE EXERCISE WORK FOR YOU

fat – fartlek training, in particular, as your body won't get into a rhythm, so it will have to constantly re-adapt. Running definitely helps in fat loss, but if you want to focus on optimising fat loss around your belly, you have to do more.

Eating meals within 90 minutes after training is the right time for fat burning. Eating little and often, and making your last meal of the day protein-based, also helps. The quickest and most effective way for a woman to lose fat is by adding regular resistance training to your running programme. Exercises such as sumo squats, deadlifts, bench press and assisted pull-ups will not only tone your entire body, but (if done properly) will

help your body stay firm and burn fat. Also, the more muscle you have, the fewer carbs that you eat turn into belly fat. Gaining a flat stomach is about 50 per cent nutrition, 30 per cent weights and 20 per cent cardio. ■



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