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About belly fat and the ways to reduce it by Annphilip

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Fat depositions in a womenâ€™s body can be divided into two types. They are abdominal fat, or visceral fat, and subcutaneous fat. The fat located in the lower part of the body can be called as the subcutaneous fat and the fat deposited on the bellies can be called as the visceral fat. Heredity and hormones play a key role in accumulating fat.

Some of the recent studies pointed out certain genes that help in determining the number of fat cells an individual can have and how they are stored. Meanwhile, another research showed that the reduction in the estrogen level increased the level of cortisol, a stress hormone. When the level of cortisol increases from the normal level, it will promote the accumulation of the abdominal fat.

Different ways to check the link between health risk and body weight are Body mass index, or BMI, method, waist-to-hip ratio and by checking waist circumference.

BMI is the ratio of weight in kilograms to the square of height in meters. In a normal level, people with BMI in the 25 to 25.9 range are considered to be overweight. Those with BMI of 30 or above that will come under the obese category. BMI help people to know their risk of infecting with diseases like stroke, diabetes and hearth ailments. In the waist-hip-ratio method, you have to divide your waist measurement by your hip measurement at its widest point. Those who have waist-hip-ratio of nearly 0.8 are more prone to heart diseases and stroke. The simplest way to check abdominal fat is the waist circumference. With a tape, just measure around your torso and note it down. Women with waist circumference above 35 inches and BMI in the range of 35-35, belongs to the high risk category.

Why you have to reduce belly fat? Some of the diseases that become your constant companion due to tummy fat are as follows:-

Type 2 diabetes- This type of diabetes occurs when glucose level in the blood go higher than normal level. Excess fat welcomes Type 2 diabetes.

Heart disease â€“ Another major ailment due to tummy fat is heart disease. According to researches, even a pot belly can increase the chance for heart disease.

Various types of cancers - Obesity can cause cancerous cells to grow inside the body. The tummy fat also slows down the rate of your activities and calls for gallbladder and liver diseases. Some other ailments related to obesity are hypertension, high blood pressure, osteoarthritis, respiratory problems and dyslipidemia.

Two methods to reduce belly fat are dieting and exercise.

Dieting can be successful, if we concentrate on the portion of food size. Other than carbohydrates, we have to include fruits and gains in our daily diet. Drastic slash of calories is not a good diet strategy. Just like the proverb, slow and steady wins the race, have a slow and steady diet pattern. Even some small changes in the diet pattern can make a difference; you are trying to lose weight. So donâ€™t follow a strict diet by cutting the entire food groups. By following a standard diet, we have to replace saturated fats and trans fats with polyunsaturated fats.

Another effective way to reduce belly fat is exercise. Some of the abdominal exercises that can help you to reach your goal are abdominal crunches, vaccum pose and belly rubs, stomach twisting,

belly resting exercise, Russian twist, hip raise exercise, dumbbell side bends and trunk rotation. Nowadays, so many exercise and yoga programs are coming in different television channels connected with service from providers like Charter Cable. You just have to watch such shows and implement it in your daily exercise. Some other ways to reduce weight are avoiding aerated drinks and controlling stress.

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Obesity is one of the dangerous conditions of the body that can lead to so many diseases. As a freelancer, Ann likes to write about it. As a fitness conscious, she watches fitness shows on her television powered by a Charter Cable and follow it.

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