“7 Secrets to Blast Belly Fat Fast”

By Becky Fox

As Seen On...

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INTRODUCTION

Hi there! I’m Becky Fox and I help women just like you lose fat, tone up, and get foxy fast so they can feel confident and fit back into their skinny jeans.

In this e-book I’m going to share with you 7 of my Top Secrets to Blast Belly Fat Fast. I’m going to show you how you can get the abs you really want and fit back into that tiny bikini without

• spending hours at the gym or slaving away in the kitchen
• giving up the foods you love
• or having to totally rearrange your already hectic schedule

In 2007, I weighed more than I ever did. I felt like a cow. I was embarrassed to wear a bikini and all my clothes were starting to feel way too tight. Not only did I lack confidence in how I looked but I also wasn’t healthy and my energy levels suffered dramatically. I was eating all the wrong foods and due to my hectic schedule weeks would go by without a single workout. One morning I woke up and my jeans were suddenly too tight to be buttoned. I knew something needed to change and quick! I felt absolutely disgusting and refused to buy a new wardrobe.

So, that’s when I made the decision to start eating better and start working out regularly. I told myself NO MORE EXCUSES! Not only did I lose 19 pounds, but I also entered a fitness competition getting in the best shape I’ve ever been in. I felt amazing and had so much more energy. I was no longer embarrassed to be seen in a bikini or a short sexy dress!

So you may have heard of all these tips separately and probably even tried a few of them, but the power to really getting the results you want and those flat abs is putting all these tips together, not just picking and choosing the ones you want to do or the ones that are easier.

So let’s get started blasting that belly fat!

You don’t have to spend hours in the gym or give up the foods you love.

NO MORE EXCUSES!

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SECRET #1: EAT LIKE A CAVEWOMAN

Let’s go back in time. Back before donuts, soda, fast food, and grocery stores existed.

What types of food did people eat? I can tell you they didn’t eat processed, packaged, sugar laden food such as doughnuts, cereal, soda, candy, mac and cheese, or TV dinners.

Rather these cavewomen ate whole nutritious foods such as veggies, meat, fish, nuts, and seeds.

Sweets, especially sugar, were a rarity usually in the form of seasonal fruit or honey. They drank water not sodas.

Think natural, not in a box with 20 ingredients you can’t even pronounce if you tried. And on top of it all I can assure you these cavewoman did not have fat tummies.

So don’t you think it would make sense that to get rid of belly fat we should eat a similar diet of natural and healthy foods? Makes sense to me!

The diet sounds limiting I know but there’s still PLENTY of options!

- **Fill up on lean protein.** Lean protein sources such as chicken or fish fill you up so you tend to eat less calories. They also help you maintain muscle mass which is a great thing for keeping that metabolism roaring.
- **Eat lots of fresh veggies.** Veggies are full of healthy antioxidants and fiber, and they are also low in calories. Be sure to stick to the produce section or visit your local farmer’s market. Frozen veggies work too in a pinch but make sure the label doesn’t have added ingredients like butter sauce, sugars, or unpronounceable chemicals.
- **Get your fats.** Eating fat will not make you fat, unless you are eating way too much and the wrong kinds (a big fatty steak vs. a healthy avocado or coconut oil). Some fat is necessary and needed for our bodies to function properly. Fats also increase fat burning in the body.
- **Don’t shy a way from carbs.** Just like fats, carbs are a necessary part of our diet and important form of energy for the body and the brain. It’s important to get quality carbs such as sweet potatoes, rice, or fruit rather than eating sugary foods or processed foods and eat small quantities rather than the usual supersized quantities most people eat.

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### Apple Pie Oatmeal

1 serving of oats and water according to package

1 small apple, chopped

1 tsp pumpkin pie spice (or cinnamon and allspice)

Honey or stevia to taste

Cook according to directions on oatmeal package except add apples, spices, and honey at the same time as the oatmeal.
SECRET #2: IT’S OK TO CHEAT.
THE 85-15 RULE.

You’re probably wondering…Do I really have to eat that healthy ALL the time? Impossible! My answer is NO!! Eating healthy shouldn’t be a short-term unrealistic diet that you’ll never stick to.

Yes, it may be tough initially but in the long run it gives you the energy your body needs and as you adapt you won’t crave the unhealthy foods so much.

Eating healthy should be a long-term lifestyle so not only will you get the unwanted weight off but you’ll also keep it off and be a whole lot healthier.

It’s important to get the chance to eat those foods we love each week such as chocolate, pizza, or French fries. Your goal should be to eat healthy 85% of the time and the other 15% of the time it’s ok to eat not so healthy (without going totally overboard).

So a cheat meal or two as well as small not so healthy snack here or there will help you keep your sanity and allow you to stick to a lifestyle of healthy eating.

So if you’re like me and LOVE chocolate or pizza, you don’t have to give it up completely, just limit how often and how much you of these unhealthy foods you eat.

Your goal should be to eat healthy 85% and the other 15% of the time it’s ok to eat no so healthy.

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Nutty Chocolate Banana Smoothie

1 cup almond milk
1 frozen banana, sliced
1 heaping tbsp of almond butter or peanut butter
1 ½ scoops of chocolate protein

Mix all ingredients in a blender.

Now enjoy a healthy and satisfying treat!

SECRET #3: SKIP BREAKFAST.

What?! Skip breakfast…but that’s the most important meal of the day! Sorry eating first thing in the morning is not the fastest way to blast belly fat.

Actually, research does not support the common beliefs that it’s necessary to eat 6 small meals a day or that eating first thing when you get up will ramp up our metabolism. In reality we are actually eating too much too often which is causing our bodies to store fat, not release it.

Instead having a long break from eating can work in our favor. Intermittent fasting causes you to increase fat burning in the body, which will ultimately burn off that belly fat.

Research shows that the body burns significantly more fat 4-8 hours after your last meal and that fat burning hormones are increased during periods of fasting, so the last thing you want to do is sit down, have a big meal and ruin all that!

Additionally, fasting allows your body to release toxins, generate more energy, and regulate blood sugar so you are healthier and feel better.

So instead of eating first thing when you get up, wait approximately 14-16 hours after your last meal. So say you ate dinner at 7 pm, then wait until 9 or 11am to eat “breakfast” the next day.

This also means NO snacking late at night! You’ll spend a good amount of time during that sleeping so it won’t be too torturous, and after doing it for awhile you’ll get used to it.
SECRET #4: DUST OFF THOSE WEIGHTS TO BOOST CALORIE BURN

No if’s, and’s, or but’s. Weight training is a necessary part of burning fat, getting a shapely tummy, and toning the rest of your body too. Forget the idea that you’re going to bulk up, because unless you’re taking steroids or some sort of testosterone this just isn’t going to happen.

Rather weight training will allow you to build more sexy lean muscle mass, which ultimately will boost your metabolism and help you to burn more fat. That means you’ll burn MORE calories, more fat, and more belly fat at rest, even when you’re sitting on your butt. Not to mention the weight training activity will burn extra calories that will also burn that flab around your tummy.

So start incorporating a FULL body workout into your fitness program, not just 1000’s of crunches. Crunches alone are great to tone the abs BUT they are not going to do anything to burn that extra fat off your midsection. On the other hand, building muscle ALL over your body will in fact increase your body’s ability to burn fat.
Secret #5: Kick Your Workouts Into High Gear

If I had to guess, I’d say you’re super busy and so the less time you can spend in the gym the better.

Well good news, actually spending LESS time working out can have a bigger impact on your body’s fat burning ability. Crazy, I know. But by working HARDER for less time you can actually burn MORE calories and burn more fat during your workouts and after as well.

First of all, you are working harder and expending more energy so by working out twice as hard you can work out half as long to get the same calorie burn.

Secondly, this wonderful new discovery called EPOC (exercise post-exercise oxygen consumption) kicks in and causes your body to burn fat even after your workout is over, BUT this is only the case when you work really hard (a leisurely stroll is not what I’m talking about here).

So to sum it up by working out harder you can burn more calories and more belly fat during and after your workout!

There are many ways to do this such as incorporating circuits, reducing rest between sets, incorporating compound movements, or just picking up the pace.

By working HARDER for less time you can actually burn MORE calories and more fat!
SECRET #7: GET YOUR ZZZ’S

Sleep may not seem that important to blasting belly fat but getting enough sleep can actually have a huge impact on your weight loss goals.

Research has shown that individuals with less sleep are more likely to be obese than those who get a full night’s sleep and this is largely due to hormones.

When we don’t get enough sleep, hormones that control our eating habits and metabolism get out of whack.

For instance, our levels of leptin, the hormone that suppresses appetite, generally increase during sleep, but with lack of sleep leptin levels fall and causes us to want to eat more.

Additionally, levels of ghrelin (a hormone that stimulates appetite) increases.

Have you ever noticed when you didn’t get enough sleep that you crave carbs, salty snacks, or sweets the next day?

Yeah that’s your hormones all out of whack thinking you need food when you don’t because you didn’t get enough sleep. And the extra calories are most easily converted to belly fat because of the types of foods craved such as carbs and sweets.

So be sure to get your 7-9 hours of sleep a night!

7 TIPS TO BETTER SLEEP

1. Avoid caffeinated drinks or alcohol in the late afternoon and evening.

2. Make sure your room is cool, dark, and quiet to create a comfortable sleep environment.

3. Stick to a regular sleep schedule.

4. Avoid going to bed too full. Refrain from eating 2-3 hours before bed.

5. Create a bedtime ritual that allows your body to wind down.

6. Include daily physical activity, but limit strenuous activity to 3-4 hours before bed.

7. Keep tech equipment such as laptops and phones out of the bedroom.

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SECRET #7: HYDRATE

How much water do you drink each day? Most people do not get enough water on a daily basis.

It could be because we’re too busy gulping down sodas or just because we don’t make the effort to drink the water that we should. However, staying hydrated is an important part of avoiding overeating and maintaining a slim waist. Why?

• Sometimes, hunger can actually be a sign of dehydration. Oftentimes when you feel hungry you may just be thirsty, so if you’re mistaking dehydration for hunger, you may be overeating. So next time you feel hungry try drinking a glass of water first and be sure you are getting enough throughout the day.

• By replacing water for your calorie laden juices and sodas you’ll cut your daily calories and thus start dropping unwanted pounds.

• When your body doesn’t have enough water it tends to see this as a threat and instinctively will hold onto every last drop. This is what creates bloating. So by drinking enough water you can allow your body to let go of excess water and debloat thus reducing the size your belly.

So make sure you’re getting at least 8-10 eight oz glasses of water per day. You’re urine should NOT be bright yellow so use that as an indication if you’re getting enough or not.
5 Tips To Stay Motivated And Accomplish Your Goals

1. Find activities that you enjoy. Think fun and variety.

2. Get accountability and support from others to keep you on track.

3. Make small, achievable goals and reward yourself each time you reach them.

4. Track your progress. Sometimes you may not notice the small changes happening to your body but the camera and tape measure doesn't lie.

5. When you get off track, don't beat yourself up, it happens. Instead, get back on track as soon as you can.

CONCLUSION

By putting these nutrition, exercise, and lifestyle fat burning tips together and taking ACTION on them you can definitely blast belly fat in less time. This may seem like a lot of information, so if you feel overwhelmed, start with Secret #1 for the first week. Then implement a new secret each week until eventually they all become regular habits.

The key is to start making changes NOW so you can feel confident, look better, and get a lean, flat stomach.

I hope you really enjoyed this e-book. Please be sure to leave your questions and comments at www.foxfitness.com because I'm going to reply to as many of them personally as possible.

In the meantime be sure to connect with me at some of my other hangout spots:

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