Help Wanted: Removal of Unwanted Muffin Top/Beer Gut

So maybe you’ve got a little extra in areas where you’d . . . rather not. The million-dollar question is *what can I do to get rid of it?* Will extra crunches or triceps dips help? Unfortunately, this is the myth of *spot training.* In a fantasy world, you could take weight off of specific body part(s) by doing exercises that target those areas -- we all wish! If it worked, I would have a 6 pack by now.

Let’s back up. **What causes** fat to deposit on your body, especially in the midsection?

1. Poor eating habits (one too many double cheeseburgers)
2. Lack of sleep (5 hours a night isn’t cutting it)
3. STRESS, STRESS & more STRESS
4. Lack of physical activity. Enough said.

This might not be the answer you want to hear, but the equation looks like this: $1+2+3+4 = \text{weight gain (especially in the tummy area)}$.

The answer is pretty straightforward: Up your cardio to **burn fat**.

- 45 minutes, four times a week if you can
- run, bike, climb stairs, do elliptical, and so on

This is the **best** option for decreasing overall body fat. You can do 1,000,000 crunches, but if you have a layer of fat covering your abdominal muscles then no one will ever know. The magic answer is **CARDIO**. It’s also beneficial to eat a healthy diet, get enough sleep (7-8 hours) and manage your stress.