

# How to Reduce Visceral Fat

**Stress less:** Start a daily meditation or mindfulness practice. Mindfulness can include a physical activity like yoga, walking or performing a physical task. The aim is to focus your attention on the action, taking it away from the chattering mind that produces so much stress.



**Love more:** Do more of the things you love!! This can include spending more time on a hobby, taking time out for fun activities or spending quality time with friends and family. The key point is that it feels good for you.

**Exercise** is physically, mentally and emotionally beneficial. Exercise to tolerance, don't overdo it. The best results come from a combination of aerobic and resistance/weight bearing exercise. Better still if it is something you enjoy.

**Observe** your appetite. Are you driven by hunger or by compulsion? Are you comfort eating? Are your meals rushed or eaten on the go? Are you skipping breakfast? Are you a yo-yo dieter?

**Dietary Dos:** Eat little and often (every 3-4 hrs). Add protein to each meal. Eat essential fats (nuts, seeds or oily fish). Eliminate sugar and white refined flour products from your diet. Reduce or replace alcohol, sodas and stimulants with water, lemon water, herbal tea, green tea or other healthier options. Increase your intake of fresh and cooked vegetables.

**Dietary Don'ts:** Don't diet! Yes, you heard! You are sending your body a message that it might starve and it will hold on, ever so much more tightly, to that stored fat. Try eating smaller portions more regularly throughout the day. Don't count calories.... just eat nutrient dense real food. Don't skip breakfast. A good protein rich breakfast helps balance your appetite for the rest of the day. Don't eat on the run or rush your meals... digestion shuts down under stressful conditions.

**Self-Talk:** Over time these actions will send a clear signal to your body that 'all is well' and that you are taking care of things now. It can relax and let go of those extra pounds. I'm sure some positive affirmations to this effect would help the process along, for example, "all my needs are met abundantly.... always"!!