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[6 Simple Ways to Lose Belly Fat, Based on Science](#)
Belly fat is the most harmful fat in your body, linked to many diseases. Here are 6 simple ways to lose belly fat that are supported by science. Belly fat is the most harmful fat in your body.

[How To Lose Body Fat Now: The Most Effective Methods Explained](#)

Typically they are holding around 20 pounds of fat and have a body fat percentage of around 17-18 percent in males and 25 percent in females. The best strategy would be to gradually drop excess body fat through a combination of low-intensity and high-intensity training, coupled with a sensible eating approach.

[20 Effective Tips to Lose Belly Fat \(Backed by Science\)](#)
Though losing fat from this area can be difficult, there are several things you can do to reduce excess abdominal fat. Here are 20 effective tips to lose belly fat, backed by scientific studies. 1.

[The Truth About Belly Fat - WebMD](#)

The Truth About Belly Fat. By Sonya Collins. From the WebMD Archives. Surprise: Everyone has some belly fat, even people who have flat abs. That's normal. But too much belly fat can affect your

[How to Lose Belly Fat Fast - 22 Ways to Lose 2 Inches in 2 ...](#)

If you're trying to lose belly fat and body weight fast, try these healthy fat-fighting tips to shave two inches off your waist in as little as two weeks.

[How to Lose Visceral Fat, and Why It's So Bad for You](#)
Visceral fat is the deep abdominal fat that surrounds your organs. Even thin people can have dangerous levels of it. Some levels of visceral fat are normal and even healthy but too much can lead to insulin resistance, diabetes, heart disease, and inflammation.

[How Much Body Fat Can You Lose in a Month? | POPSUGAR Fitness](#)

There's no one-size-fits-all method to losing weight and lowering your overall body fat percentage. Some people rely on diets like the ketogenic diet to lose weight, while others simply reduce the

[15 foods and drinks that will help BLAST belly fat!](#)
We've created a list of 15 foods and drinks that can help you lose stomach fat and increase your weight loss progress. Here are our top picks of tummy fat burning foods that you can easily incorporate into your daily diet.

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Baby. Part of the series: Workout Tips. To lose belly fat and love handles after a pregnancy, do gentle abdominal exercises. Learn exercises to