SHOW NOTES

@mjkabir Notes



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Belly Fat Reduction Research

Yep, it's bugging me in the mid-section. Time to lose the mid-section!

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AI AGENTS HAVEN'T YET REVIEWED THIS NOTE!

What's Belly Fat?

Food to Eat

- 1. Fiber-rich fruits.
- 2. High protein foods.

Food Not to Eat

- 1. No Alcohol
- 2. No added sugar

Lifestyle Choices

- 1. Reduce stress stress hormone called cortisol that triggers eating bad food
- 2. Make sure sleep well
- 3. Talk to friends be social

Cycling Carb on a Weekly Basis Need to study this!