SHOW NOTES

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How to Reduce Belly Fat for Men

Mid-section has been an issue for a long time, and I am seriously considering working towards a reduced belly fat self-image, so here is my ongoing research on how to go about this.

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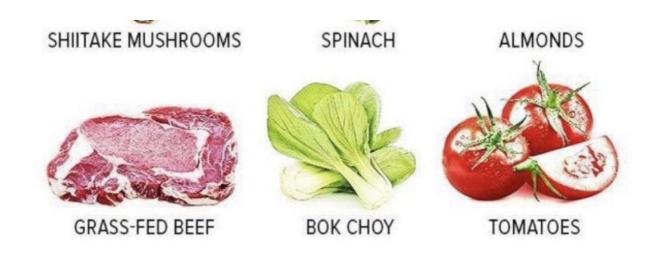
AI REVIEW PASSED.

Eat Nutrient Dense food Benefits

- High energy
- Helps metabolism burn fat
- · Prevents disease and obesity
- · Vitamins, minerals, and amino acids.

THE 15 MOST NUTRIENT-DENSE FOODS ON EARTH





362 days 20 hrs ago

Eat Lots of Protein

- Fills you up
- Essential minerals and vitamins
- Eat 0.8-1g of protein per pound of body weight



Chicken Breast

4 oz 110 calories 23 grams protein 2.5 grams fat



Salmon

4 oz 166 calories 24 grams protein 7 grams fat



Shrimp

4 oz 112 calories 27 grams protein 0 grams fat



Lean Ground Turkey

4 oz 120 calories 28 grams protein 1.5 grams fat



Lean Ground Beef

4 oz 200 calories 23 grams protein 11 grams fat

Health hack: For better digestion, drink 1 tbsp of apple cider vinegar (dilute in water) before a meal. 362 days 20 hrs ago

Get better sleep with 3-2-1 Rule

- Comfortable bed
- Completely dark room
- Asleep by 9:00-10:00 pm
- Cold room temperature (63-68 °F / 17-20 Celsius)

321 Rule:

- Don't eat 3 hours before bed
- Don't drink 2 hours before bed
- No screen time I hour before bed.

Exercise or do Physical Labor Work

- Lift weight 3-5X a week
- Weights burn more calories than cardio
- Walk 10-20k steps daily for optimal health

Sore muscles = Growth hormone spike that burns fat.

What's wrong with a little Belly Fat?

Belly fat causes Heart Attacks in men between the ages of 35-69. 362 days 21 hrs ago

Avoid Stress by Hanging out with Fit People

Stress = Cortisol

Cortisol turns protein, fat, and ketones into sugar.

Consider Intermittent Fasting

When you eat within a time frame of 4-8 hours a day, you give your digestive system a rest. You will have:

- Clarity
- More energy
- Fewer cravings

Ask your doctor before you fast. 362 days 20 hrs ago

Don't try to be perfect - Eat 80% healthy and eat 20% whatever you want!

Trying to be perfect creates unrealistic expectations you can't stop thinking about. Strive for excellence, not perfection.