



# Flat Belly Fitness - A Simple Guide: 53 Tips on How to Get a Flatter Belly and Build a Better Body

*Riley Rowe*

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## 53 Ways to Eliminate Belly Fat, Drop Pounds and Stay Slim For Good

If you've tried just about everything to shed stubborn belly fat, including bizarre diets, insane workouts and extreme calorie counting, you realise by now that most of these "magic bullet" solutions often fall short in getting you that coveted trimmer middle.

Yet by making a selection of small but simple changes, you can transform your waistline, build a better body and feel more energized without starving yourself, popping fat loss pills, or spending endless hours exercising.

**"Flat Belly Fitness – A Simple Guide"** is a quick reference handbook containing a compilation of ideas and tips to help kick-start you into a healthier lifestyle, eliminate excess belly fat, and get you tighter, firmer, faster.

Filled with implementable advice in an easy to understand format, you'll find lots of straightforward information broken down into digestible nuggets, designed to help you work your way to a flatter belly using sensible, safe and healthy weight loss techniques.

In this book you'll discover:

- **Belly Fat Defined:** The fat you can see and the fat you can't, plus how the high price of hidden heft can impact your health (even if you're slim).
- **Are You Packing?** Why your bathroom scales may be shamming you, discovering how much fat you really have (and the key to revealing the magic number for your ideal healthy weight).
- **Flat Belly Prep:** Jumpstart tips to help get you underway to eliminating belly fat and revealing your abs.
- **Eat This Not That!** 52 simple food swaps plus other nutritional nuggets to help you drop pounds, cut calories and shrink belly fat faster.
- **Countdown to Flat Belly Fabulous:** The 21 day meal plan containing quick and lean recipes to help fill you up and slim you down.
- **Get Ready to Burn:** mind-body prep tips to help boost motivation, metabolism and accelerate fat loss.
- **Got 10?** Ten minute home and gym flat belly workouts for busy people to help fast-track weight loss.
- **Flat Belly Proof Tips for Eating Out:** how to stop dining-out disasters from torpedoing your fat loss efforts.
- **Maintain your Gains:** Maintenance plan tips to help keep you in flat belly nirvana and from slipping back into belly fat hell.
- **Plus Special Bonuses:** 20 recipes for fat burning, detox recipes for promoting fat loss, and boosting immunity.

So if you want to quit calorie counting and yo-yo dieting, build a better, healthier body and reveal your inner

abs, get **“Flat Belly Fitness A Simple Guide”...today!**

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