

The truth about belly fat, the potential risk that skinny people must be wary of

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We can easily observe the fat under the skin through the body positions, typically the abdomen, but also some other fat is deep inside, around organs such as the heart, lungs, Liver, . This fat is called visceral fat. This is the big problem that we need to care about whether you are skinny or fat.



What is inside a fat belly?

Normally, there is still a certain amount of fat around the body's internal organs that serves as a protective cushion. But if this cushion is too thick, the fat will be stored in other places, involved in body activities and create many harmful ingredients that can make people suffer from certain diseases such as high blood pressure, . , type 2 diabetes, memory loss, heart disease, breast cancer, rectal cancer, .

Currently in the world, obesity is increasing rapidly, more and more people own parts of the body full of fat.

To know the amount of visceral fat in the body, a computerized tomography or MRI magnetic resonance scan can be performed. Or simply, you measure your waist over your navel to check. Women should keep a waist not exceeding 89cm and men do not exceed 101cm to have a good health.



But even if you have a slender body, you still have the ability to have too much visceral fat.

The amount of fat around organs is determined by genes and exercise habits, exercising exercise. When you are not active, more internal fat accumulates. Even if you closely manage your diet without exercise, you are more likely to have too much fat in your organs.

How to make belly fat cake?

Exercise, diet, sleep and control are 4 keys to help you control belly fat.

Do exercise



All the fat in your body, including visceral fat, will be destroyed if you exercise regularly.

According to experts, each person should exercise at least 30 minutes a day, 5 days a week. It is not necessary to practice in the gym, instead you can walk, collect leaves, dance, kick the ball with the kids . as long as you make your body sweat, breathe hard and increase your heart rate, It will work.

To still achieve good results without taking too much time, you can switch to more intense training mode. For example, jogging instead of walking, you only need to run 20 minutes a day and 4 days a week.

Sleep

Getting enough sleep is also one of the measures contributing to solving abdominal obesity. According to one study, people who slept for 6 or 7 hours a night accumulated 5 times less visceral fat than others who slept less than 5 hours or more than 8 hours a night.

Diet



There are many different weight-loss diets that you can apply and for any recipe belly fat usually dissipates first. As simple as if you eat 10 grams of soluble fiber every day, your visceral fat accumulates less than others.

Stress control

According to the study, stress in life affects your weight. So reduce stress by taking measures like relaxing with friends, exercising, meditating . to help you stay healthy and make better choices for yourself.

1. Eating these 10 familiar foods at the wrong time, you will have great remorse
2. Plan to remove sugar from your daily meals in just 3 weeks

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