

# Ways to Lose Fat

## 10 Surefire Ways on How to Lose Body Fat Fast

People say they want to lose weight, but what they really want to lose is body fat. Losing body fat can help to reveal a lean and defined figure!

**But how do you do it?**



**Avoid steady state cardio and take up HIIT instead.**



**Cut out sweets and confectionery as best you can.**



**Drink 2-3 liters of water per day.**



**Include as much green tea in your diet as you like to speed up your metabolism.**



**Start weight training – the more muscle we have, the better the body burns fat.**



**Use a food scale to monitor your portion sizes.**



**Eat lots of vegetables and include spices like turmeric in your diet to help break up fat.**



**Have at least one rest day per week to allow your body to recover.**



**Be consistent with your workouts; 3-6 times per week.**



**Eat plenty of protein and healthy fats, but don't overdo the carbs.**



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defenders of the digestive system