



# SIMPLE TIPS TO GET A

## *Flat Stomach* In One Month



### Skip The Sugary Foods

Avoid sugary foods, including baked goods, sauces, candies, pasta, flavored teas, juices, yogurt, soda, and sugar-free foods. Reducing them will aid in lowering calorie consumption and the dangers of type 2 diabetes, hypertension, and other conditions.

### Stay Hydrated

Drinking enough water reduces body weight, waist circumference, and body fat mass. Consume 3-4 liters of water daily. You can also go for fresh fruits, vegetable juices and soups. Drinking too much water, however, should be avoided as it might result in water intoxication.



### Choose Healthy Snacks

Adopt healthy snacking practices. Consume carrot, cucumber, tomato, watermelon, banana, apple, pistachios, berries, coconut water, freshly squeezed juices free of salt and sugar, and other low-calorie snacks. After your snack, drink 8 ounces of water.

### Start Cardio Exercises

Cardio is a fantastic all-around workout that helps burn fat, can help with a weight reduction of up to 2 kg (4.4 lb), and can reduce your risk of heart disease, stroke, type 2 diabetes, hypertension, and lung disease. Every day, set up 30-45 minutes to perform the exercises.



# Flat Stomach Asap The Breakthrough Plan For The Look You Want In Just 6 Weeks

**Yicheng Fang**



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