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# **Having Difficulty Achieving a Flat Stomach and Six Pack Abs?**

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Throughout the making of this consumer report, every effort has been made to ensure the highest amount of accuracy and effectiveness for the techniques suggested by the author.

The report may contain contextual as well as typographical mistakes.

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## Introduction

An ultimate goal that many men and women have is to achieve a flat stomach and have six pack abs. But try as they might, reaching that goal continues to elude them - despite hours spent crunching, toning and doing weight training exercises.

If this sounds like you, there's a good reason that you're not seeing your body shape up the way that you want it to. The reason is that you have to follow a nutritionally sound eating plan along with an exercise program that's specifically designed to get rid of stomach fat and give you those toned abs.

You have to look at a program that addresses every part of your body - from your mind to every physical aspect – the way that [Truth About Abs](#) does.

## The Nutritional Link to Six Pack Abs

You know that there are some foods that help your body stay healthy and get lean over eating other foods. But even eating healthy foods isn't the only answer to getting rid of that stubborn stomach fat.

A lot of people who want to have toned abs don't understand that to have the body shape you want, you have to have a foundation that's nutritionally sound - and even some *healthy* foods don't make the cut. They can cause bloating.

Millions of people worry that they're not getting the right nutrition that their body needs to develop a nice looking set of six pack abs, so they start supplementing what they feel are the nutritional deficits in their diet.

They begin to take some vitamins that promise to work wonders on their metabolism. They might add supplements along with the vitamins that are 'supposed' to melt away body fat and will help them develop a toned abdomen.

They may even start to chug shakes that are supposed to perform a miracle and magically transform their abdomen and do away with the fat.

You can develop the body that you want by eating the right foods and by eating a wide variety of foods. You don't have to go on any strange elimination diets. You also don't have to supplement your food intake with any products that claim to help your body burn fat.

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Because the truth is that your body is perfectly capable of getting rid of fat on its own with the right guidance. So if you've fallen into the trap of thinking that you can take some extras like the pills or shakes to get a toned body, now is the time to pitch those items into the garbage can and go the all natural way - the way that's the healthiest for your body.

You might not be into taking anything like pills or shakes because you have decided already that you want to eat healthy for your body, so you chose to live your life as a vegetarian.

There are many benefits to this way of eating, but you have to know what to do to get the protein your body has to have to develop six pack abs. Eating the right way is a must if you want to be in shape.

Unfortunately, this is one of the biggest areas that derail so many people. They believe the nutritional information that they've learned over time is sound advice. Instead, that information could very well be holding them back from reaching success.

For example, there are a lot of warnings about eating fat. So a lot of people avoid it and go on these no fat, low carb diets. Then they don't understand why they can't get rid of the stomach fat.

The reason that this kind of eating style always backfires is because your body has to have a certain amount of fat in order to be able to function properly. That's because there are nutrients in fat and these nutrients work to protect your body from developing health issues such as heart disease.

You may have read all of the hype about low carb diets and how these diets are great news for your body. Actually, they're not. You have to have carbohydrates every day - and depending on your calorie intake, the percentage of carbs that you need can vary.

If you eat only low carb diets, you can be working against yourself - not only because it won't help you lose stomach fat - but because it's not healthy. Low carb diets don't help you develop six pack abs, either.

The reason that eating the right level of carbs is important is because you have to have a certain level of carbs in your diet in order to maintain energy. Without enough carbohydrates in your diet, your body will look to your muscles for the energy it needs.

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Carbs work to protect your muscles. They also help with your glucose level and digestion. They even aid in helping you have healthy cholesterol levels. But you'll find that programs touting the low carb diets neglect to give you all of the information you need to be able to make an informed choice.

## Why Exercise Isn't Working for You

Just as there are plenty of myths about dieting and the foods that you should eat to lose body fat and get in good shape, there are also a lot of exercise myths. For example, one of these myths is that men and women shouldn't do the same kinds of exercises.

Regardless of whether you're a man or a woman, a muscle is a muscle and fat is fat. True, there can be different levels or muscle tone and different locations for the fat, but the efforts to address both are the same.

And if you're not doing it right, it doesn't matter what your sex is, it's not going to work. You might even be one of the most faithful visitors to your local gym. You might work out six days a week and you burn it up for two hours a day and sometimes even extra hours on the weekend.

You have plenty of willpower. What you're missing is knowing the right way to exercise to get rid of fat. Being faithful to the gym won't cause you to target certain areas of your body that tends to carry fat.

It also won't help you develop six pack abs without doing the right types of exercise. You're actually wasting time at the gym when you're spending hours there.

You can achieve your goals by spending as little as 20 minutes a day exercising. You don't have to do it six days a week either. You can complete these body changes exercises, reaping all the ways they shape your body, by doing them just 3 days a week.

Having a long exercise routine that isn't giving you results is like having car tires mired down in muck. The wheels spin and spin with effort, but you can bet that car isn't going anywhere.

When you don't exercise the right way, your body isn't heading where you want it to go. So it's time to let go of what's not working and embrace what will work.

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You need to know what kind of exercises to do and how that you can exercise at the gym or at home and be able to lose fat and tone your abdomen.

You can find the information to help you with this from [Truth About Abs](#). This program is for both men and women, and you learn both the nutritional and physical regimens you need to shed stomach flab and showcase a nice six pack of abs!

## **Two Big Myths About Losing Fat and Developing Six Pack Abs**

Needing to be young and active are two of the biggest myths that people believe when it comes to getting in shape. The truth is that your age shouldn't be a barrier to you having the body that you want to have.

Your activity level shouldn't be a barrier either because everyone who ever changed his or her life began somewhere. A smart program takes into consideration the age and physical abilities of the users.

This is important for you because you want to have a program that specifically targets where you are physically today. Otherwise, you can risk overdoing it or end up discouraged and quit.

If you're mostly a couch potato and your biggest exercise is stretching to reach for the remote, you can still follow a good beginner plan to get in shape. Even just learning about the nutritional information will help your body feel better.

So if you're out of shape, you can start easy and make some simple changes. Before you know it, you'll be moving up levels until you're ready for the more advanced routines.

## **Tackle Stomach Fat to See Your Six Pack Abs**

This is one of the main reasons that so many of the programs that are available fail. They promise that you can develop six pack abs. Many consumers buy the program and try as hard as they can, but they don't succeed.

The reason that many programs fail is because they don't address the connection between stomach fat and six pack abs. Every adult and even teenagers can develop six pack abs.

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But the problem is that you can't *show* your six pack abs unless you get rid of the stomach fat. This is also why you'll see so many people who work really hard to exercise - but still keep that stomach pouch.

They're trying to have six pack abs through muscle building, without taking off the stomach fat, too. This is an area that trips up most men who are trying to get their body in shape.

Here's why it doesn't work to attempt to build six pack abs when you have stomach fat. When you lose that stomach fat, what you see underneath it are the abdominal muscles.

These abdominal muscles are there even if you have a stomach that's hanging over your belt. But what happens is a lot of men (and women too) believe that myth that if they do plenty of ab exercises like stomach crunches or sit-ups, they're going to end up with a nice, toned abdomen.

Instead, the opposite happens. Those abdominal exercises are actually adding inches to their waist. Now those inches are from working out and it's muscle because that muscle is indeed growing.

But you won't see it and neither will anyone else because your stomach fat is camouflaging it very well. You need to have a program that will teach you how to burn off the stomach fat *while* you're developing six pack abs.

That's the only way that you'll get the shape that you want. What happens is that some programs you can buy will target one or the other issue - but not both. This is really noticeable in programs that are developed for men and it's why you might not have gotten the abs that you want despite all of your hard work. So take care of the fat and the abs will show.

### **3 Tips for Your Fat Loss and Development of Six Pack Abs**

You know that there's no such thing as overnight success. People that achieve success have worked hard to change their lives and arrive at the place they want to be.

Along the way, successful people have encountered obstacles that have cropped up. Rather than letting those obstacles stop them, they figured out how to eliminate them or go around them.

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The same can be said when it comes to fat loss and getting those ripped abdominal muscles that you want to have. To find success, you're going to have to put the work into it and you should know what it is that you may be up against.

When it comes to your body and changing it, you'll face three potential obstacles that are going to determine how fast and how well you do. There are three things that you need to weigh when you decide to get your body in shape.

The first thing is genetics. This is one of the factors that will not stop you from losing abdominal fat or developing six pack abs. However, what your genetics will do is play a part in how easily you can lose stomach fat.

Some people allow this to become an obstacle that stops them. Let it motivate you instead. Some bodies are genetically wired so that they don't give up fat easily.

Depending on your body type, you may have to deal with this. A woman's body is also naturally geared toward holding on to abdominal fat. But this doesn't mean that you're facing an impossible task.

It simply means that you need to be aware that you're going to have to stick with the program and not give up if your body is sluggish to respond.

The second factor that you need to think about when it comes to getting in shape is your metabolism. Your metabolism can be a fast one or a slow one. What type of body that you have will determine how well your metabolism burns off the fat.

You may be someone who has always struggled with a slow metabolism. Don't let that make you afraid that you won't succeed. Because fortunately, there are ways that you can eat and exercise to get your metabolism up to speed and [Truth About Abs](#) can show you these.

Finally, the third factor is your mindset. Your mind is a big part of whether or not you find success in anything you do in life but especially when it comes to getting fit.

You have to be able to vow that you're going to learn the information that you need and not going to let anything stop you from saying goodbye to the stomach fat and hello to toned abs.

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When you decide to go after a goal, you need to first figure out what that goal is. Simply saying that you want to lose stomach fat or develop a set of six pack abs is too broad.

Identify *why* you want to do this. You want to have this because when you feel discouraged - and discouragement comes even during times of success - you'll be able to have clear motivation.

Break your journey down into milestones. You can do this by breaking them down into weeks or months. What milestones do is to help you stay on target. They provide a short point that you're able to reach on the way to the final step.

Whether you're a man or a woman who is suffering from excess flab on your stomach, you don't have to be discouraged that it's a lost cause. Even if you barely have any fat – but it's slightly covering up your strong, cut look, you can easily burn it off to reveal an amazingly toned and flat stomach!

## **Other Weight Loss Resources**

Here are some **FREE Reports** that may interest you...

[\*Fat Loss Starts With a Healthy Liver\*](#)

[\*A Nutritional Guide to Fat Loss\*](#)

[\*5 Ways to Finally Get Fit\*](#)

[\*Shed Fat and Find Your Six Pack Abs\*](#)

[\*Is Your Belly Fat Killing You\*](#)

[\*Why Everyone Should Detox Their Body for Optimal Health\*](#)

[\*Cellulite Lies\*](#)

Here are some great articles from Flavia Del Monte, designer of the Full Body Licious female workout system...

[\*What is the best type of cardio to burn fat faster\*](#)

[\*Why low calorie diets will make you fat?\*](#)

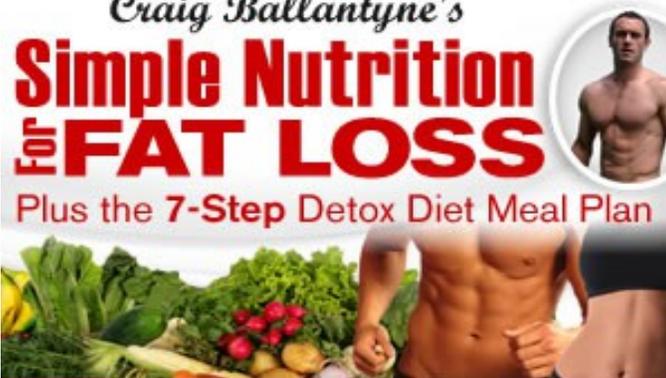
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[The truth about females and lifting heavy weights](#)

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